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|-------------------------|---------------------|---------------------|-------------------|
| DATE: | 17-05-2024 | TIME: | 04:00 PM |
| NAME: | Anees | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | | 48 | 47 |
| BREATHING RATE: | | 12 | 15 |
| OXYGEN SATURATION: | | 98 | 98 |
| BLOOD PRESSURE: | | 125 / 82 | 124 / 79 |
| STRESS LEVEL: | | Low | Medium |
| HEART RATE VARIABILITY: | | 132 | 94 |
| PRQ: | | 4.06 | 3.13 |
| ACTIVITY: | | | |
| SLEEP: | | 1 | 2 |
| EQUILIBRIUM: | | 4 | 4 |
| METABOLISM: | | 4 | 4 |

| | | | |
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| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| RELAXATION: | | 4 | 3 |
| HEMOGLOBIN: | | Coming soon | Coming soon |
| HBA1C: | | Coming soon | Coming soon |
| CHOLESTEROL: | | Coming soon | Coming soon |
| NOTES: | | | |

VITAL SIGNS

LOG BOOK