



DATE:	19-04-2024	TIME:	11:06 AM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		81	
BREATHING RATE:		21	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		128 / 82	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		121.06	
HEMOGLOBIN:		13.96	
HBA1C:		5.70	
CHOLESTEROL:		137.15	
PRQ:		3.88	
ACTIVITY:			

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SLEEP:		1	
EQUILIBRIUM:		4	
METABOLISM:		4	
RELAXATION:		4	
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK