



DATE:	29-05-2024	TIME:	08:04 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			59
BREATHING RATE:			16
OXYGEN SATURATION:			98
BLOOD PRESSURE:			127 / 84
STRESS LEVEL:			Medium
HEART RATE VARIABILITY:			80
PRQ:			3.78
ACTIVITY:			2
SLEEP:			3
EQUILIBRIUM:			4
METABOLISM:			4

DATE:	29-05-2024	TIME:	08:04 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:			3
HEMOGLOBIN:			Coming soon
HBA1C:			Coming soon
CHOLESTEROL:			Coming soon
NOTES:			

# VITAL SIGNS

## LOG BOOK