



|                         |                           |                     |                   |
|-------------------------|---------------------------|---------------------|-------------------|
| DATE:                   | 26-06-2024                | TIME:               | 11:51 AM          |
| NAME:                   | Pramod Singh Kumar jploft |                     |                   |
|                         | MORNING (12AM-08AM)       | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE:             |                           | 56                  |                   |
| BREATHING RATE:         |                           | 9                   |                   |
| OXYGEN SATURATION:      |                           | 98                  |                   |
| BLOOD PRESSURE:         |                           | 112/66              |                   |
| STRESS LEVEL:           |                           | Low                 |                   |
| HEART RATE VARIABILITY: |                           | 117                 |                   |
| PRQ:                    |                           | 5.7                 |                   |
| ACTIVITY:               |                           | 3                   |                   |
| SLEEP:                  |                           | 2                   |                   |
| EQUILIBRIUM:            |                           | 5                   |                   |
| METABOLISM:             |                           | 5                   |                   |

|              |                           |                     |                   |
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| RELAXATION:  |                           | 4                   |                   |
| HEMOGLOBIN:  |                           |                     |                   |
| HBA1C:       |                           | 4.0 – 5.6           |                   |
| CHOLESTEROL: |                           |                     |                   |
| NOTES:       |                           |                     |                   |

# VITAL SIGNS

## LOG BOOK