



DATE:	29-07-2024	TIME:	03:43 AM
NAME:	Ali Garhy		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	106		
BREATHING RATE:	28		
OXYGEN SATURATION:	-1		
BLOOD PRESSURE:	120 / 90		
STRESS LEVEL:	Normal		
HEART RATE VARIABILITY:	32		
PRQ:	3.78		
ACTIVITY:	3		
SLEEP:	3		
EQUILIBRIUM:	5		
METABOLISM:	5		

DATE:	29-07-2024	TIME:	03:43 AM
NAME:	Ali Garhy		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:	2		
HEMOGLOBIN:	Coming soon		
HBA1C:	4.0 – 5.6		
CHOLESTEROL:	Coming soon		
NOTES:			

# VITAL SIGNS

## LOG BOOK