



DATE:	12-07-2024	TIME:	10:10 PM
NAME:	Sulman Zafar		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		71	106
BREATHING RATE:			17
OXYGEN SATURATION:		98	98
BLOOD PRESSURE:		120 / 79	118 / 82
STRESS LEVEL:		Low	Low
HEART RATE VARIABILITY:		59	99
PRQ:		-1.00	-1.00
ACTIVITY:		4	
SLEEP:		5	3
EQUILIBRIUM:		3	2
METABOLISM:		3	2

<b>DATE:</b>	<b>12-07-2024</b>	<b>TIME:</b>	<b>10:10 PM</b>
<b>NAME:</b>	<b>Sulman Zafar</b>		
	<b>MORNING (12AM-08AM)</b>	<b>MID-DAY (08AM-04PM)</b>	<b>NIGHT (04PM-12AM)</b>
RELAXATION:		3	3
HEMOGLOBIN:		Coming soon	Coming soon
HBA1C:		6.5	6.5
CHOLESTEROL:		Coming soon	Coming soon
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK