



DATE:	01-08-2024	TIME:	03:21 PM
NAME:	Alok		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		104	
BREATHING RATE:		16	
OXYGEN SATURATION:		-1	
BLOOD PRESSURE:		112 / 79	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		26	
PRQ:		6.59	
ACTIVITY:		4	
SLEEP:		3	
EQUILIBRIUM:		4	
METABOLISM:		4	

DATE:	01-08-2024	TIME:	03:21 PM
NAME:	Alok		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:		2	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK