



DATE:	10-08-2024	TIME:	01:49 PM
NAME:	Himanshu		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		125	
BREATHING RATE:		6	
OXYGEN SATURATION:		-1	
BLOOD PRESSURE:		113 / 92	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		32	
PRQ:		20.14	
ACTIVITY:		3	
SLEEP:		3	
EQUILIBRIUM:		4	
METABOLISM:		4	

DATE:	10-08-2024	TIME:	01:49 PM
NAME:	Himanshu		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:		3	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
NOTES:			

VITAL SIGNS

LOG BOOK