



|                         |                     |                     |                   |
|-------------------------|---------------------|---------------------|-------------------|
| DATE:                   | 19-12-2023          | TIME:               | 11:44 AM          |
| NAME:                   | Omar                |                     |                   |
|                         | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE:             |                     | 57                  |                   |
| BREATHING RATE:         |                     | 16                  |                   |
| PRQ:                    |                     | 3.5                 |                   |
| STRESS LEVEL:           |                     | Low                 |                   |
| BLOOD PRESSURE:         |                     | 111/70              |                   |
| HEART RATE VARIABILITY: |                     | 0.729               |                   |
| OXYGEN SATURATION:      |                     | 99                  |                   |
| HBA1C:                  |                     | 5.24                |                   |
| HEMOGLOBIN:             |                     | 11.2                |                   |
| NOTES:                  |                     |                     |                   |

# VITAL SIGNS

## LOG BOOK