



DATE:	19-10-2024	TIME:	01:39 PM
NAME:	ammar		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		90	
BREATHING RATE:			
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		126 / 93	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		34	
PRQ:		-1.00	
ACTIVITY:		5	
SLEEP:		3	
EQUILIBRIUM:		1	
METABOLISM:		1	

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RELAXATION:		2	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK