



DATE:	15-03-2025	TIME:	12:11 AM
NAME:	Fares Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	96		
BREATHING RATE:	9		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	118 / 79		
STRESS LEVEL:	Low		
HEART RATE VARIABILITY:	72		
PRQ:	10.60		
ACTIVITY:	3		
SLEEP:	4		
EQUILIBRIUM:	4		
METABOLISM:	4		

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RELAXATION:	3		
HEMOGLOBIN:	Coming soon		
HBA1C:	4.0 – 5.6		
CHOLESTEROL:	Coming soon		
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK