



DATE:	04-03-2025	TIME:	07:27 PM
NAME:	ahmed		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			108
BREATHING RATE:			23
OXYGEN SATURATION:			98
BLOOD PRESSURE:			111 / 84
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			57
PRQ:			4.73
ACTIVITY:			5
SLEEP:			4
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			3
HEMOGLOBIN:			Coming soon
HBA1C:			4.0 – 5.6
CHOLESTEROL:			Coming soon
NOTES:			

# VITAL SIGNS

## LOG BOOK