



DATE:	12-02-2025	TIME:	07:44 AM
NAME:	ahmed		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	56		
BREATHING RATE:	25		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	112 / 82		
STRESS LEVEL:	Low		
HEART RATE VARIABILITY:	105		
PRQ:	2.23		
ACTIVITY:			
SLEEP:	1		
EQUILIBRIUM:	3		
METABOLISM:	3		

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RELAXATION:	4		
HEMOGLOBIN:	Coming soon		
HBA1C:	4.0 – 5.6		
CHOLESTEROL:	Coming soon		
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK