



DATE:	06-03-2025	TIME:	10:55 AM
NAME:	Zakyh Alaofy		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		51	
BREATHING RATE:		16	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		124 / 81	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		89	
PRQ:		3.23	
ACTIVITY:			
SLEEP:		2	
EQUILIBRIUM:		3	
METABOLISM:		3	

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

# VITAL SIGNS

## LOG BOOK