



DATE:	13-03-2025	TIME:	02:43 AM
NAME:	Zakyh Alaofy		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	93		
BREATHING RATE:			
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	120 / 78		
STRESS LEVEL:	Low		
HEART RATE VARIABILITY:	39		
PRQ:	-1.00		
ACTIVITY:	4		
SLEEP:	5		
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