



DATE:	16-02-2025	TIME:	10:40 PM
NAME:	Manal		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		92	75
BREATHING RATE:			14
OXYGEN SATURATION:		98	98
BLOOD PRESSURE:		117 / 85	117 / 80
STRESS LEVEL:		Low	Normal
HEART RATE VARIABILITY:		51	27
PRQ:		-1.00	5.21
ACTIVITY:		4	5
SLEEP:		4	3
EQUILIBRIUM:		2	2
METABOLISM:		2	2

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RELAXATION:		3	1
HEMOGLOBIN:		Coming soon	Coming soon
HBA1C:		4.0 – 5.6	4.0 – 5.6
CHOLESTEROL:		Coming soon	Coming soon
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK