



DATE:	19-02-2025	TIME:	09:58 AM
NAME:	Hebah Almubarak		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		78	
BREATHING RATE:		26	
OXYGEN SATURATION:		95	
BLOOD PRESSURE:		118 / 83	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		18	
PRQ:		2.99	
ACTIVITY:		2	
SLEEP:		2	
EQUILIBRIUM:		3	
METABOLISM:		3	

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

VITAL SIGNS

LOG BOOK