



DATE:	20-02-2025	TIME:	02:03 PM
NAME:	Hebah Almubarak		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		90	
BREATHING RATE:		14	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		109 / 82	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		24	
PRQ:		6.49	
ACTIVITY:		4	
SLEEP:		4	
EQUILIBRIUM:		5	
METABOLISM:		5	

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RELAXATION:		1	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
NOTES:			

VITAL SIGNS

LOG BOOK