



DATE:	06-12-2024	TIME:	11:39 AM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		46	
BREATHING RATE:		17	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		119 / 81	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		106	
PRQ:		2.81	
ACTIVITY:			
SLEEP:		1	
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