



DATE:	09-02-2025	TIME:	09:41 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			57
BREATHING RATE:			18
OXYGEN SATURATION:			98
BLOOD PRESSURE:			124 / 83
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			87
PRQ:			3.22
ACTIVITY:			3
SLEEP:			2
EQUILIBRIUM:			5
METABOLISM:			5

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

# VITAL SIGNS

## LOG BOOK