



DATE:	18-02-2025	TIME:	07:37 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	53		53
BREATHING RATE:	16		24
OXYGEN SATURATION:	95		98
BLOOD PRESSURE:	122 / 84		120 / 84
STRESS LEVEL:	Low		Low
HEART RATE VARIABILITY:	61		104
PRQ:	3.27		2.25
ACTIVITY:	4		
SLEEP:	3		2
EQUILIBRIUM:	5		4
METABOLISM:	5		4

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RELAXATION:	2		3
HEMOGLOBIN:	Coming soon		Coming soon
HBA1C:	4.0 – 5.6		4.0 – 5.6
CHOLESTEROL:	Coming soon		Coming soon
NOTES:			

# VITAL SIGNS

## LOG BOOK