



| | | | |
|-------------------------|---------------------|---------------------|-------------------|
| DATE: | 19-09-2024 | TIME: | 07:38 AM |
| NAME: | ABKO Group | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | 72 | | |
| BREATHING RATE: | 14 | | |
| OXYGEN SATURATION: | 98 | | |
| BLOOD PRESSURE: | 112 / 83 | | |
| STRESS LEVEL: | Low | | |
| HEART RATE VARIABILITY: | 64 | | |
| PRQ: | 5.06 | | |
| ACTIVITY: | 3 | | |
| SLEEP: | 3 | | |
| EQUILIBRIUM: | 4 | | |
| METABOLISM: | 4 | | |

| | | | |
|---------------|---------------------|---------------------|-------------------|
| DATE: | 19-09-2024 | TIME: | 07:38 AM |
| NAME: | ABKO Group | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| RELAXATION: | 3 | | |
| HEMOGLOBIN: | Coming soon | | |
| HBA1C: | 4.0 – 5.6 | | |
| CHOLESTEROL: | Coming soon | | |
| <u>NOTES:</u> | | | |

VITAL SIGNS

LOG BOOK