



DATE:	04-11-2024	TIME:	07:10 PM
NAME:	shaukat		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		87	109
BREATHING RATE:		17	6
OXYGEN SATURATION:		94	98
BLOOD PRESSURE:		113/72	117/81
STRESS LEVEL:		Mild	Low
HEART RATE VARIABILITY:		12	87
PRQ:		4.9	15.8
ACTIVITY:		1	4
SLEEP:		2	2
EQUILIBRIUM:		5	3
METABOLISM:		5	3

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RELAXATION:		1	3
HEMOGLOBIN:			
HBA1C:		4.0 – 5.6	4.0 – 5.6
CHOLESTEROL:			
NOTES:			

VITAL SIGNS

LOG BOOK