



<b>DATE:</b>	<b>16-12-2025</b>	<b>TIME:</b>	<b>08:56 AM</b>
<b>NAME:</b>	<b>Omar</b>		
	<b>MORNING (12AM-08AM)</b>	<b>MID-DAY (08AM-04PM)</b>	<b>NIGHT (04PM-12AM)</b>
HEART RATE:	-	70 bpm	-
BREATHING RATE:	-	20 breaths/min	-
OXYGEN SATURATION:	-	98 %	-
BLOOD PRESSURE:	-	112/83 mmHg	-
STRESS LEVEL:	-	Normal	-
HEART RATE VARIABILITY:	-	65 ms	-
PRQ:	-	3.51 HR/RR	-
ACTIVITY:	-	3/5	-
SLEEP:	-	1/5	-
EQUILIBRIUM:	-	2/5	-
METABOLISM:	-	2/5	-

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RELAXATION:	-	4/5	-
HEMOGLOBIN:	-	15.75 g/dL	-
CHOLESTEROL:	-	120.39 mg/dL	-
CHOLESTEROL RISK:	-	14 %	-
CHOLESTEROL RANGE:	-	Normal	-
CARDIOVASCULAR BMI:	-	21	-
AFIB:	-	NSR	-
CARDIOVASCULAR AGE:	-	27	-
A1C RISK:	-	46.00 %	-
A1C RANGE:	-	5.26 - 6.08	-
HEALTH:	-	1/5	-
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK