



DATE:	16-01-2026	TIME:	04:32 PM
NAME:	Aditya pandey		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	-	85 bpm
BREATHING RATE:	-	-	20 breaths/min
OXYGEN SATURATION:	-	-	98 %
BLOOD PRESSURE:	-	-	119/78 mmHg
STRESS LEVEL:	-	-	Normal
HEART RATE VARIABILITY:	-	-	69 ms
PRQ:	-	-	4.35 HR/RR
ACTIVITY:	-	-	4/5
SLEEP:	-	-	1/5
EQUILIBRIUM:	-	-	3/5
METABOLISM:	-	-	3/5

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RELAXATION:	-	-	4/5
HEMOGLOBIN:	-	-	15.92 g/dL
HBA1C:	-	-	5.7 – 6.4 %
CHOLESTEROL:	-	-	144.85 mg/dL
CHOLESTEROL RISK:	-	-	4 %
CHOLESTEROL RANGE:	-	-	Normal
CARDIOVASCULAR BMI:	-	-	21
AFIB:	-	-	NSR
CARDIOVASCULAR AGE:	-	-	26
A1C RISK:	-	-	75.00 %
A1C RANGE:	-	-	5.50 - 6.32
HEALTH:	-	-	1/5
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK