



DATE:	16-12-2025	TIME:	06:37 PM
NAME:	Test		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	-	65 bpm
BREATHING RATE:	-	-	16 breaths/min
OXYGEN SATURATION:	-	-	98 %
BLOOD PRESSURE:	-	-	117/86 mmHg
STRESS LEVEL:	-	-	Normal
HEART RATE VARIABILITY:	-	-	45 ms
PRQ:	-	-	3.98 HR/RR
ACTIVITY:	-	-	4/5
SLEEP:	-	-	4/5
EQUILIBRIUM:	-	-	1/5
METABOLISM:	-	-	1/5

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RELAXATION:	-	-	4/5
HEMOGLOBIN:	-	-	13.62 g/dL
HBA1C:	-	-	5.7 – 6.4 %
CHOLESTEROL:	-	-	142.74 mg/dL
CHOLESTEROL RISK:	-	-	27 %
CHOLESTEROL RANGE:	-	-	Normal
CARDIOVASCULAR BMI:	-	-	21
AFIB:	-	-	NSR
CARDIOVASCULAR AGE:	-	-	27
A1C RISK:	-	-	79.00 %
A1C RANGE:	-	-	5.53 - 6.35
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK