



DATE:	17-12-2025	TIME:	06:08 PM
NAME:	U m		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	-	112 bpm
BREATHING RATE:	-	-	13 breaths/min
OXYGEN SATURATION:	-	-	98 %
HEART RATE VARIABILITY:	-	-	35 ms
PRQ:	-	-	8.90 HR/RR
ACTIVITY:	-	-	1/5
SLEEP:	-	-	2/5
EQUILIBRIUM:	-	-	2/5
METABOLISM:	-	-	2/5
RELAXATION:	-	-	4/5
HEMOGLOBIN:	-	-	15.08 g/dL

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HBA1C:	-	-	5.7 – 6.4 %
CHOLESTEROL:	-	-	136.99 mg/dL
CHOLESTEROL RISK:	-	-	19 %
CHOLESTEROL RANGE:	-	-	Normal
AFIB:	-	-	NSR
CARDIOVASCULAR AGE:	-	-	29
A1C RISK:	-	-	100.00 %
A1C RANGE:	-	-	5.74 - 6.57
HEALTH:	-	-	5/5
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK