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|-------------------------|---------------------|---------------------|-------------------|
| DATE: | 17-12-2025 | TIME: | 01:18 PM |
| NAME: | Test | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | - | 48 bpm | 84 bpm |
| BREATHING RATE: | - | 22 breaths/min | 9 breaths/min |
| OXYGEN SATURATION: | - | 98 % | 98 % |
| HEART RATE VARIABILITY: | - | 60 ms | 118 ms |
| PRQ: | - | 2.14 HR/RR | 9.09 HR/RR |
| ACTIVITY: | - | 1/5 | 4/5 |
| SLEEP: | - | 1/5 | 1/5 |
| EQUILIBRIUM: | - | 2/5 | 4/5 |
| METABOLISM: | - | 2/5 | 4/5 |
| RELAXATION: | - | 4/5 | 4/5 |
| HEMOGLOBIN: | - | 15.65 g/dL | 14.85 g/dL |

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| HBA1C: | - | 5.7 – 6.4 % | 5.7 – 6.4 % |
| CHOLESTEROL: | - | 130.20 mg/dL | 167.10 mg/dL |
| CHOLESTEROL RISK: | - | 9 % | 38 % |
| CHOLESTEROL RANGE: | - | Normal | Normal |
| AFIB: | - | NSR | NSR |
| CARDIOVASCULAR AGE: | - | 30 | 24 |
| A1C RISK: | - | 67.00 % | 65.00 % |
| A1C RANGE: | - | 5.42 - 6.25 | 5.41 - 6.23 |
| HEALTH: | - | 1/5 | 1/5 |
| <u>NOTES:</u> | | | |

VITAL SIGNS

LOG BOOK