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|-------------------------|---------------------|---------------------|-------------------|
| DATE: | 18-12-2025 | TIME: | 03:52 PM |
| NAME: | Onkar sonk | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | - | 113 bpm | - |
| BREATHING RATE: | - | 7 breaths/min | - |
| OXYGEN SATURATION: | - | 98 % | - |
| STRESS LEVEL: | - | Low | - |
| HEART RATE VARIABILITY: | - | 58 ms | - |
| PRQ: | - | 16.49 HR/RR | - |
| ACTIVITY: | - | 3/5 | - |
| SLEEP: | - | 3/5 | - |
| EQUILIBRIUM: | - | 2/5 | - |
| METABOLISM: | - | 2/5 | - |
| RELAXATION: | - | 4/5 | - |

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| HEMOGLOBIN: | - | 15.12 g/dL | - |
| HBA1C: | - | 5.7 – 6.4 % | - |
| CHOLESTEROL: | - | 133.64 mg/dL | - |
| CHOLESTEROL RISK: | - | 32 % | - |
| CHOLESTEROL RANGE: | - | Normal | - |
| AFIB: | - | NSR | - |
| CARDIOVASCULAR AGE: | - | 28 | - |
| A1C RISK: | - | 79.00 % | - |
| A1C RANGE: | - | 5.53 - 6.35 | - |
| HEALTH: | - | 1/5 | - |
| <u>NOTES:</u> | | | |

VITAL SIGNS

LOG BOOK