



DATE:	18-12-2025	TIME:	11:12 PM
NAME:	Test		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	-	70 bpm
BREATHING RATE:	-	-	10 breaths/min
OXYGEN SATURATION:	-	-	98 %
STRESS LEVEL:	-	-	Low
HEART RATE VARIABILITY:	-	-	120 ms
PRQ:	-	-	7.00 HR/RR
ACTIVITY:	-	-	4/5
SLEEP:	-	-	1/5
EQUILIBRIUM:	-	-	2/5
METABOLISM:	-	-	2/5
RELAXATION:	-	-	4/5

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HEMOGLOBIN:	-	-	13.25 g/dL
HBA1C:	-	-	5.7 – 6.4 %
CHOLESTEROL:	-	-	130.64 mg/dL
CHOLESTEROL RISK:	-	-	27 %
CHOLESTEROL RANGE:	-	-	Normal
AFIB:	-	-	NSR
CARDIOVASCULAR AGE:	-	-	26
A1C RISK:	-	-	80.00 %
A1C RANGE:	-	-	5.54 - 6.36
HEALTH:	-	-	1/5
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK