



<b>DATE:</b>	<b>19-12-2025</b>	<b>TIME:</b>	<b>12:06 PM</b>
<b>NAME:</b>	<b>Ronny</b>		
	<b>MORNING (12AM-08AM)</b>	<b>MID-DAY (08AM-04PM)</b>	<b>NIGHT (04PM-12AM)</b>
HEART RATE:	-	102 bpm	-
BREATHING RATE:	-	8 breaths/min	-
OXYGEN SATURATION:	-	98 %	-
STRESS LEVEL:	-	Normal	-
HEART RATE VARIABILITY:	-	58 ms	-
PRQ:	-	12.07 HR/RR	-
ACTIVITY:	-	4/5	-
SLEEP:	-	2/5	-
EQUILIBRIUM:	-	3/5	-
METABOLISM:	-	3/5	-
RELAXATION:	-	4/5	-

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HEMOGLOBIN:	-	13.75 g/dL	-
HBA1C:	-	5.7 – 6.4 %	-
CHOLESTEROL:	-	129.58 mg/dL	-
CHOLESTEROL RISK:	-	30 %	-
CHOLESTEROL RANGE:	-	Normal	-
AFIB:	-	NSR	-
CARDIOVASCULAR AGE:	-	29	-
A1C RISK:	-	100.00 %	-
A1C RANGE:	-	5.70 - 6.52	-
HEALTH:	-	2/5	-
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK