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|-------------------------|----------------------------|----------------------------|--------------------------|
| DATE: | 19-12-2025 | TIME: | 10:11 AM |
| NAME: | Test | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | - | 69 bpm | 46 bpm |
| BREATHING RATE: | - | 16 breaths/min | 15 breaths/min |
| OXYGEN SATURATION: | - | 98 % | 98 % |
| BLOOD PRESSURE: | - | 114/79 mmHg | 119/83 mmHg |
| STRESS LEVEL: | - | Normal | Normal |
| HEART RATE VARIABILITY: | - | 56 ms | 63 ms |
| PRQ: | - | 4.24 HR/RR | 3.08 HR/RR |
| ACTIVITY: | - | 4/5 | 3/5 |
| SLEEP: | - | 2/5 | 2/5 |
| EQUILIBRIUM: | - | 3/5 | 4/5 |
| METABOLISM: | - | 3/5 | 4/5 |

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| RELAXATION: | - | 4/5 | 4/5 |
| HEMOGLOBIN: | - | 15.60 g/dL | 15.65 g/dL |
| HBA1C: | - | 5.7 – 6.4 % | 5.7 – 6.4 % |
| CHOLESTEROL: | - | 141.33 mg/dL | 124.80 mg/dL |
| CHOLESTEROL RISK: | - | 26 % | 12 % |
| CHOLESTEROL RANGE: | - | Normal | Normal |
| CARDIOVASCULAR BMI: | - | 21 | 21 |
| AFIB: | - | NSR | NSR |
| CARDIOVASCULAR AGE: | - | 28 | 27 |
| A1C RISK: | - | 75.00 % | 81.00 % |
| A1C RANGE: | - | 5.50 - 6.32 | 5.55 - 6.37 |
| HEALTH: | - | 2/5 | 1/5 |
| <u>NOTES:</u> | | | |

VITAL SIGNS

LOG BOOK