



DATE:	24-12-2025	TIME:	01:25 PM
NAME:	Omar		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	67 bpm	-
BREATHING RATE:	-	16 breaths/min	-
OXYGEN SATURATION:	-	98 %	-
BLOOD PRESSURE:	-	104/81 mmHg	-
STRESS LEVEL:	-	Very High	-
HEART RATE VARIABILITY:	-	28 ms	-
PRQ:	-	4.08 HR/RR	-
ACTIVITY:	-	1/5	-
SLEEP:	-	3/5	-
EQUILIBRIUM:	-	3/5	-
METABOLISM:	-	2/5	-

DATE:	24-12-2025	TIME:	01:25 PM
NAME:	Omar		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:	-	1/5	-
HEMOGLOBIN:	-	13.76 g/dL	-
HBA1C:	-	4.0 – 5.6 %	-
CHOLESTEROL:	-	166.30 mg/dL	-
CHOLESTEROL RISK:	-	40 %	-
CHOLESTEROL RANGE:	-	Normal	-
CARDIOVASCULAR BMI:	-	23	-
AFIB:	-	NSR	-
CARDIOVASCULAR AGE:	-	28	-
A1C RISK:	-	38.00 %	-
A1C RANGE:	-	5.19 - 6.01	-
HEALTH:	-	3/5	-
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK