

Patient Name	Aman Jaiswal
Age	27
Gender	Male
Blood Group	B+
Weight	94
Height	190
Medical History (Summary)	
Category	Details
Diabetes Diagnosis	2018
Hypertension Diagnosis	2020
Current Medications	Metformin 500mg (2x daily), Amlodipine 5mg (1x daily)
Allergies	None known
Family History	Father – Diabetes, Mother – Hypertension
Smoking	No
Alcohol	Occasional
BMI	28.4 (Overweight range)
Resting Heart Rate Avg	74 bpm
Avg Blood Pressure	134 / 86 mmHg

Laboratory Test Reports			
Test	Result	Reference Range	Status
Fasting Glucose	142 mg/dL	70–99	High
HbA1c	7.4 %	< 5.7	Elevated
Postprandial Glucose	198 mg/dL	< 140	High
Total Cholesterol	212 mg/dL	< 200	Borderline High
LDL	138 mg/dL	< 100	High
HDL	42 mg/dL	> 40	Normal
Triglycerides	190 mg/dL	< 150	High

Serum Creatinine	1.0 mg/dL	0.6–1.3	Normal
Vitamin D	24 ng/mL	30–100	Low
CRP	3.2 mg/L	< 3.0	Slightly Elevated

Date & Time	Exercise	Duration
2026-01-02 07:30	Walk	35 min
2026-01-03 18:15	Cycling	40 min
2026-01-04 06:45	Cardio	25 min
2026-01-05 19:00	Core	20 min
2026-01-07 17:20	Swim	30 min
2026-01-08 06:30	Flexibility	15 min
2026-01-09 07:10	Walk	45 min
2026-01-10 18:40	Cycling	50 min
2026-01-12 06:50	Cardio	30 min
2026-01-14 19:10	Core	25 min

SpO2 Readings		
Date + Time	Exercise / No Exercise	SpO2 (%)
2026-01-01 06:30	No Exercise	98
2026-01-01 07:15	Exercise	96
2026-01-01 12:45	No Exercise	97
2026-01-01 18:20	Exercise	95
2026-01-01 22:10	No Exercise	98
2026-01-02 06:40	No Exercise	97
2026-01-02 07:35	Exercise	96
2026-01-02 13:00	No Exercise	98
2026-01-02 17:50	Exercise	95
2026-01-02 23:15	No Exercise	97
2026-01-03 06:25	No Exercise	98

2026-01-03 18:30	Exercise	95
2026-01-03 21:50	No Exercise	97
2026-01-04 06:20	No Exercise	98
2026-01-04 06:55	Exercise	96
2026-01-04 19:10	Exercise	95
2026-01-04 22:40	No Exercise	97
2026-01-05 07:10	Exercise	96
2026-01-05 14:20	No Exercise	98
2026-01-05 19:05	Exercise	95
2026-01-06 06:35	No Exercise	97
2026-01-06 18:45	Exercise	96
2026-01-06 22:15	No Exercise	98
2026-01-07 07:00	Exercise	95
2026-01-07 21:30	No Exercise	97

Continuous Glucose Readings

Date + Time	Exercise / No Exercise	Glucose (mg/dL)
2026-01-01 06:00	No Exercise	152
2026-01-01 07:45	Exercise	130
2026-01-01 09:30	No Exercise	168
2026-01-01 13:00	No Exercise	160
2026-01-01 18:40	Exercise	138
2026-01-01 21:30	No Exercise	182
2026-01-02 06:10	No Exercise	148
2026-01-02 08:20	Exercise	125
2026-01-02 12:50	No Exercise	170
2026-01-02 18:10	Exercise	132
2026-01-02 21:40	No Exercise	178
2026-01-03 06:05	No Exercise	150

2026-01-03 18:00	Exercise	134
2026-01-03 20:45	No Exercise	176
2026-01-04 06:15	No Exercise	145
2026-01-04 07:10	Exercise	122
2026-01-04 13:15	No Exercise	166
2026-01-04 19:20	Exercise	128
2026-01-04 22:00	No Exercise	172
2026-01-05 06:30	No Exercise	149
2026-01-05 07:30	Exercise	118
2026-01-05 12:40	No Exercise	164
2026-01-05 19:00	Exercise	130
2026-01-05 21:50	No Exercise	175
2026-01-06 06:20	No Exercise	147
2026-01-06 18:30	Exercise	129
2026-01-06 22:10	No Exercise	170
2026-01-07 06:25	No Exercise	150
2026-01-07 07:30	Exercise	120
2026-01-07 20:40	No Exercise	174

Heart Rate Readings		
Date + Time	Exercise / No Exercise	Heart Rate (bpm)
2026-01-01 06:00	No Exercise	72
2026-01-01 07:20	Exercise	118
2026-01-01 07:35	Exercise	124
2026-01-01 08:00	No Exercise	80
2026-01-01 13:30	No Exercise	76
2026-01-01 18:30	Exercise	128
2026-01-01 23:00	No Exercise	70
2026-01-02 06:10	No Exercise	74

2026-01-02 07:45	Exercise	120
2026-01-02 18:00	Exercise	132
2026-01-02 22:30	No Exercise	72
2026-01-03 06:15	No Exercise	73
2026-01-03 18:10	Exercise	126
2026-01-03 19:00	Exercise	130
2026-01-03 23:00	No Exercise	71
2026-01-04 06:00	No Exercise	70
2026-01-04 06:50	Exercise	116
2026-01-04 19:15	Exercise	122
2026-01-04 22:45	No Exercise	69
2026-01-05 07:10	Exercise	118
2026-01-05 12:30	No Exercise	75
2026-01-05 19:05	Exercise	125
2026-01-05 23:15	No Exercise	72
2026-01-06 06:25	No Exercise	73
2026-01-06 18:40	Exercise	129
2026-01-06 22:00	No Exercise	71
2026-01-07 07:05	Exercise	121
2026-01-07 21:30	No Exercise	70

Sleep Tracker Readings		
Date + Time	Exercise / No Exercise	Sleep Quality Score
2026-01-01 06:00	No Exercise	78
2026-01-02 06:00	No Exercise	74
2026-01-03 06:00	No Exercise	81
2026-01-04 06:00	No Exercise	76
2026-01-05 06:00	No Exercise	80
2026-01-06 06:00	No Exercise	77

Vital Sign	Normal	Low/High	Critical
SpO ₂ (%)	95 – 100	90 – 94	< 90
Glucose (mg/dL)	70 – 140	141 – 180	< 70 or > 180
Heart Rate (bpm)	60 – 100 (resting)	50 – 59 OR 101 – 140	< 50 OR > 140
Sleep Quality Score	75 – 100	60 – 74	< 60