



DATE:	03-04-2024	TIME:	11:01 PM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	72		61
BREATHING RATE:	15		56
OXYGEN SATURATION:	98		98
BLOOD PRESSURE:	126 / 82		140 / 80
STRESS LEVEL:	High		High
HEART RATE VARIABILITY:	29.31		21.18
HEMOGLOBIN:	12.44		12.82
HBA1C:	6.20		6.28
CHOLESTEROL:	129.74		154.21
PRQ:	4.98		1.08
ACTIVITY:	4		3

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SLEEP:	4		3
EQUILIBRIUM:	3		3
METABOLISM:	3		3
RELAXATION:	2		1
NOTES:			

VITAL SIGNS

LOG BOOK