



DATE:	07-04-2024	TIME:	10:10 AM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		54	
BREATHING RATE:		15	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		127 / 82	
STRESS LEVEL:		High	
HEART RATE VARIABILITY:		20.33	
HEMOGLOBIN:		12.15	
HBA1C:		6.24	
CHOLESTEROL:		144.50	
PRQ:		3.52	
ACTIVITY:		4	

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SLEEP:		3	
EQUILIBRIUM:		4	
METABOLISM:		4	
RELAXATION:		1	
<u>NOTES:</u>			

VITAL SIGNS  
LOG BOOK