



|                         |                     |                     |                   |
|-------------------------|---------------------|---------------------|-------------------|
| DATE:                   | 08-04-2024          | TIME:               | 02:47 PM          |
| NAME:                   | Mostafa Farouq      |                     |                   |
|                         | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE:             | 77                  | 60                  |                   |
| BREATHING RATE:         | 20                  | 11                  |                   |
| OXYGEN SATURATION:      | 97                  | 98                  |                   |
| BLOOD PRESSURE:         | 128 / 86            | 129 / 78            |                   |
| STRESS LEVEL:           | High                | High                |                   |
| HEART RATE VARIABILITY: | 11.26               | 33.10               |                   |
| HEMOGLOBIN:             | 13.52               | 13.06               |                   |
| HBA1C:                  | 6.22                | 6.27                |                   |
| CHOLESTEROL:            | 126.38              | 147.24              |                   |
| PRQ:                    | 3.86                | 5.23                |                   |
| ACTIVITY:               | 2                   | 5                   |                   |

|               |                     |                     |                   |
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|               | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| SLEEP:        | 2                   | 5                   |                   |
| EQUILIBRIUM:  | 3                   | 5                   |                   |
| METABOLISM:   | 3                   | 5                   |                   |
| RELAXATION:   | 1                   | 2                   |                   |
| <u>NOTES:</u> |                     |                     |                   |

# VITAL SIGNS

## LOG BOOK