



DATE:	14-04-2024	TIME:	10:00 PM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			60
BREATHING RATE:			18
OXYGEN SATURATION:			98
BLOOD PRESSURE:			132 / 83
STRESS LEVEL:			High
HEART RATE VARIABILITY:			18.13
HEMOGLOBIN:			11.23
HBA1C:			6.29
CHOLESTEROL:			126.82
PRQ:			3.25
ACTIVITY:			3

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

VITAL SIGNS

LOG BOOK