



DATE:	20-04-2024	TIME:	12:56 PM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		68	
BREATHING RATE:		16	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		126 / 80	
STRESS LEVEL:		High	
HEART RATE VARIABILITY:		28.08	
HEMOGLOBIN:		11.28	
HBA1C:		6.22	
CHOLESTEROL:		151.29	
PRQ:		4.38	
ACTIVITY:		4	

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

VITAL SIGNS

LOG BOOK