



DATE:	21-04-2024	TIME:	05:51 AM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	80		
BREATHING RATE:	18		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	131 / 84		
STRESS LEVEL:	High		
HEART RATE VARIABILITY:	21.17		
HEMOGLOBIN:	15.77		
HBA1C:	6.21		
CHOLESTEROL:	129.06		
PRQ:	4.46		
ACTIVITY:	4		

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

VITAL SIGNS  
LOG BOOK