



DATE:	23-04-2024	TIME:	09:06 PM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			70
BREATHING RATE:			12
OXYGEN SATURATION:			98
BLOOD PRESSURE:			126 / 86
STRESS LEVEL:			High
HEART RATE VARIABILITY:			33.96
HEMOGLOBIN:			14.67
HBA1C:			6.22
CHOLESTEROL:			148.24
PRQ:			5.65
ACTIVITY:			4

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SLEEP:			4
EQUILIBRIUM:			4
METABOLISM:			4
RELAXATION:			2
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK