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|------------------------|---------------------|---------------------|-------------------|
| DATE: | 19-03-2024 | TIME: | 07:55 PM |
| NAME: | Mostafa Farouq | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | | | 84 |
| BREATHING RATE: | | | 13 |
| PRQ: | | | 6.5 |
| STRESS LEVEL: | | | Low |
| BLOOD PRESSURE: | | | 115/73 |
| HEART RATE VARIABLITY: | | | 19 |
| OXYGEN SATURATION: | | | 96 |
| HBA1C: | | | 5.22 |
| HEMOGLOBIN: | | | 13.0 |
| NOTES: | | | |

VITAL SIGNS

LOG BOOK