



<b>DATE:</b>	<b>20-12-2025</b>	<b>TIME:</b>	<b>08:19 PM</b>
<b>NAME:</b>	<b>Mostafa Farouq</b>		
	<b>MORNING (12AM-08AM)</b>	<b>MID-DAY (08AM-04PM)</b>	<b>NIGHT (04PM-12AM)</b>
HEART RATE:	-	-	56 bpm
BREATHING RATE:	-	-	11 breaths/min
OXYGEN SATURATION:	-	-	98 %
BLOOD PRESSURE:	-	-	115/83 mmHg
STRESS LEVEL:	-	-	Mild
HEART RATE VARIABILITY:	-	-	25 ms
PRQ:	-	-	4.99 HR/RR
ACTIVITY:	-	-	2/5
SLEEP:	-	-	5/5
EQUILIBRIUM:	-	-	4/5
METABOLISM:	-	-	4/5

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RELAXATION:	-	-	1/5
HEMOGLOBIN:	-	-	10.70 g/dL
HBA1C:	-	-	4.0 – 5.6 %
CHOLESTEROL:	-	-	120.83 mg/dL
CHOLESTEROL RISK:	-	-	2 %
CHOLESTEROL RANGE:	-	-	Normal
CARDIOVASCULAR BMI:	-	-	23
AFIB:	-	-	NSR
CARDIOVASCULAR AGE:	-	-	28
A1C RISK:	-	-	32.00 %
A1C RANGE:	-	-	5.14 - 5.96
HEALTH:	-	-	3/5
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK