



DATE:	25-12-2025	TIME:	02:41 PM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	56 bpm	72 bpm
BREATHING RATE:	-	15 breaths/min	17 breaths/min
OXYGEN SATURATION:	-	98 %	98 %
BLOOD PRESSURE:	-	112/79 mmHg	115/79 mmHg
STRESS LEVEL:	-	Very High	Mild
HEART RATE VARIABILITY:	-	17 ms	28 ms
PRQ:	-	3.60 HR/RR	4.15 HR/RR
ACTIVITY:	-	1/5	1/5
SLEEP:	-	2/5	4/5
EQUILIBRIUM:	-	4/5	3/5
METABOLISM:	-	4/5	3/5

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RELAXATION:	-	1/5	2/5
HEMOGLOBIN:	-	13.79 g/dL	11.57 g/dL
HBA1C:	-	4.0 – 5.6 %	-
CHOLESTEROL:	-	131.85 mg/dL	139.33 mg/dL
CHOLESTEROL RISK:	-	11 %	6 %
CHOLESTEROL RANGE:	-	Normal	Normal
CARDIOVASCULAR BMI:	-	21	23
AFIB:	-	NSR	NSR
CARDIOVASCULAR AGE:	-	29	28
A1C RISK:	-	21.00 %	42.00 %
A1C RANGE:	-	5.05 - 5.87	5.22 - 6.04
HEALTH:	-	2/5	3/5
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK