



DATE:	03-04-2024	TIME:	01:22 AM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	84		
BREATHING RATE:	22		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	129 / 87		
STRESS LEVEL:	High		
HEART RATE VARIABILITY:	23.01		
HEMOGLOBIN:	13.39		
HBA1C:	6.20		
CHOLESTEROL:	148.75		
PRQ:	3.91		
ACTIVITY:	4		

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SLEEP:	3		
EQUILIBRIUM:	4		
METABOLISM:	4		
RELAXATION:	1		
<u>NOTES:</u>			

VITAL SIGNS
LOG BOOK