



DATE:	11-04-2024	TIME:	12:47 PM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		67	
BREATHING RATE:		13	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		129 / 86	
STRESS LEVEL:		High	
HEART RATE VARIABILITY:		54.39	
HEMOGLOBIN:		14.76	
HBA1C:		6.21	
CHOLESTEROL:		156.74	
PRQ:		5.19	
ACTIVITY:		4	

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SLEEP:		4	
EQUILIBRIUM:		5	
METABOLISM:		5	
RELAXATION:		2	
<u>NOTES:</u>			

VITAL SIGNS
LOG BOOK