



DATE:	18-04-2024	TIME:	04:27 AM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	81		
BREATHING RATE:	15		
OXYGEN SATURATION:	94		
BLOOD PRESSURE:	130 / 86		
STRESS LEVEL:	High		
HEART RATE VARIABILITY:	27.41		
HEMOGLOBIN:	14.57		
HBA1C:	6.20		
CHOLESTEROL:	123.80		
PRQ:	5.24		
ACTIVITY:	5		

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SLEEP:	3		
EQUILIBRIUM:	1		
METABOLISM:	1		
RELAXATION:	2		
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK