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|-------------------------|---------------------|---------------------|-------------------|
| DATE: | 01-04-2024 | TIME: | 03:36 AM |
| NAME: | Mostafa Farouq | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | 66 | | |
| BREATHING RATE: | 20 | | |
| OXYGEN SATURATION: | 98 | | |
| BLOOD PRESSURE: | 126 / 84 | | |
| STRESS LEVEL: | High | | |
| HEART RATE VARIABILITY: | 18.20 | | |
| HEMOGLOBIN: | 12.21 | | |
| HBA1C: | 6.26 | | |
| CHOLESTEROL: | 177.92 | | |
| PRQ: | 3.29 | | |
| ACTIVITY: | 3 | | |

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| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| SLEEP: | 3 | | |
| EQUILIBRIUM: | 5 | | |
| METABOLISM: | 5 | | |
| RELAXATION: | 1 | | |
| <u>NOTES:</u> | | | |

VITAL SIGNS

LOG BOOK