



DATE:	05-04-2024	TIME:	01:07 AM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	81		
BREATHING RATE:	19		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	126 / 82		
STRESS LEVEL:	High		
HEART RATE VARIABILITY:	13.23		
HEMOGLOBIN:	12.27		
HBA1C:	6.22		
CHOLESTEROL:	138.14		
PRQ:	4.29		
ACTIVITY:	3		

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SLEEP:	2		
EQUILIBRIUM:	5		
METABOLISM:	5		
RELAXATION:	1		
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK