



DATE:	06-04-2024	TIME:	02:02 AM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	84		
BREATHING RATE:	10		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	131 / 97		
STRESS LEVEL:	High		
HEART RATE VARIABILITY:	10.21		
HEMOGLOBIN:	12.45		
HBA1C:	6.21		
CHOLESTEROL:	143.19		
PRQ:	8.86		
ACTIVITY:	2		

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

VITAL SIGNS
LOG BOOK