



DATE:	10-04-2024	TIME:	08:14 AM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		69	
BREATHING RATE:		15	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		122 / 83	
STRESS LEVEL:		High	
HEART RATE VARIABILITY:		15.94	
HEMOGLOBIN:		12.01	
HBA1C:		6.27	
CHOLESTEROL:		120.00	
PRQ:		4.68	
ACTIVITY:		3	

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SLEEP:		2	
EQUILIBRIUM:		4	
METABOLISM:		4	
RELAXATION:		1	
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK