



DATE:	13-04-2024	TIME:	06:41 AM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	78		
BREATHING RATE:	12		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	122 / 81		
STRESS LEVEL:	High		
HEART RATE VARIABILITY:	29.99		
HEMOGLOBIN:	12.42		
HBA1C:	6.20		
CHOLESTEROL:	140.24		
PRQ:	6.44		
ACTIVITY:	5		

DATE:	13-04-2024	TIME:	06:41 AM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
SLEEP:	3		
EQUILIBRIUM:	3		
METABOLISM:	3		
RELAXATION:	1		
<u>NOTES:</u>			

VITAL SIGNS
LOG BOOK