



DATE:	16-04-2024	TIME:	05:53 PM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			75
BREATHING RATE:			14
OXYGEN SATURATION:			98
BLOOD PRESSURE:			131 / 86
STRESS LEVEL:			High
HEART RATE VARIABILITY:			35.87
HEMOGLOBIN:			13.77
HBA1C:			6.20
CHOLESTEROL:			121.03
PRQ:			5.30
ACTIVITY:			4

DATE:	16-04-2024	TIME:	05:53 PM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
SLEEP:			5
EQUILIBRIUM:			3
METABOLISM:			3
RELAXATION:			2
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK