



DATE:	28-04-2024	TIME:	11:29 PM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			63
BREATHING RATE:			11
OXYGEN SATURATION:			98
BLOOD PRESSURE:			127 / 83
STRESS LEVEL:			High
HEART RATE VARIABILITY:			21.02
HEMOGLOBIN:			12.69
HBA1C:			6.25
CHOLESTEROL:			160.02
PRQ:			5.82
ACTIVITY:			3

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SLEEP:			3
EQUILIBRIUM:			3
METABOLISM:			3
RELAXATION:			1
<u>NOTES:</u>			

VITAL SIGNS
LOG BOOK