



DATE:	31-03-2024	TIME:	03:10 AM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	83		
BREATHING RATE:	21		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	125 / 91		
STRESS LEVEL:	High		
HEART RATE VARIABILITY:	14.14		
HEMOGLOBIN:	14.15		
HBA1C:	6.21		
CHOLESTEROL:	136.83		
PRQ:	3.86		
ACTIVITY:	3		

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SLEEP:	2		
EQUILIBRIUM:	3		
METABOLISM:	3		
RELAXATION:	1		
<u>NOTES:</u>			

VITAL SIGNS
LOG BOOK