



|                         |                     |                     |                   |
|-------------------------|---------------------|---------------------|-------------------|
| DATE:                   | 11-06-2024          | TIME:               | 12:55 AM          |
| NAME:                   | Mostafa             |                     |                   |
|                         | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE:             | 98                  |                     |                   |
| BREATHING RATE:         | 29                  |                     |                   |
| OXYGEN SATURATION:      | -1                  |                     |                   |
| BLOOD PRESSURE:         | 111 / 93            |                     |                   |
| STRESS LEVEL:           | Low                 |                     |                   |
| HEART RATE VARIABILITY: | 54                  |                     |                   |
| PRQ:                    | 3.39                |                     |                   |
| ACTIVITY:               | 4                   |                     |                   |
| SLEEP:                  | 5                   |                     |                   |
| EQUILIBRIUM:            | 4                   |                     |                   |
| METABOLISM:             | 4                   |                     |                   |

|              |                     |                     |                   |
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| RELAXATION:  | 2                   |                     |                   |
| HEMOGLOBIN:  | Coming soon         |                     |                   |
| HBA1C:       | 4.0 – 5.6           |                     |                   |
| CHOLESTEROL: | Coming soon         |                     |                   |
| NOTES:       |                     |                     |                   |

# VITAL SIGNS

## LOG BOOK