



DATE:	17-12-2025	TIME:	07:41 AM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	59 bpm	64 bpm	-
BREATHING RATE:	13 breaths/min	19 breaths/min	-
OXYGEN SATURATION:	98 %	98 %	-
BLOOD PRESSURE:	110/82 mmHg	-	-
STRESS LEVEL:	Mild	-	-
HEART RATE VARIABILITY:	23 ms	23 ms	-
PRQ:	4.48 HR/RR	3.29 HR/RR	-
ACTIVITY:	1/5	1/5	-
SLEEP:	2/5	4/5	-
EQUILIBRIUM:	3/5	3/5	-
METABOLISM:	3/5	3/5	-

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RELAXATION:	1/5	1/5	-
HEMOGLOBIN:	12.21 g/dL	11.08 g/dL	-
HBA1C:	-	5.7 – 6.4 %	-
CHOLESTEROL:	132.57 mg/dL	166.00 mg/dL	-
CHOLESTEROL RISK:	15 %	20 %	-
CHOLESTEROL RANGE:	Normal	Normal	-
CARDIOVASCULAR BMI:	23	-	-
AFIB:	NSR	NSR	-
CARDIOVASCULAR AGE:	29	27	-
A1C RISK:	43.00 %	50.00 %	-
A1C RANGE:	5.23 - 6.06	5.28 - 6.11	-
HEALTH:	2/5	2/5	-
NOTES:			

VITAL SIGNS

LOG BOOK