



DATE:	22-12-2025	TIME:	05:40 AM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	74 bpm	-	-
BREATHING RATE:	14 breaths/min	-	-
OXYGEN SATURATION:	94 %	-	-
BLOOD PRESSURE:	118/84 mmHg	-	-
STRESS LEVEL:	Mild	-	-
HEART RATE VARIABILITY:	31 ms	-	-
PRQ:	5.23 HR/RR	-	-
ACTIVITY:	1/5	-	-
SLEEP:	4/5	-	-
EQUILIBRIUM:	3/5	-	-
METABOLISM:	3/5	-	-

DATE:	22-12-2025	TIME:	05:40 AM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:	3/5	-	-
HEMOGLOBIN:	11.79 g/dL	-	-
CHOLESTEROL:	140.15 mg/dL	-	-
CHOLESTEROL RISK:	4 %	-	-
CHOLESTEROL RANGE:	Normal	-	-
CARDIOVASCULAR BMI:	24	-	-
AFIB:	NSR	-	-
CARDIOVASCULAR AGE:	23	-	-
A1C RISK:	48.00 %	-	-
A1C RANGE:	5.27 - 6.09	-	-
HEALTH:	4/5	-	-
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK