



DATE:	23-12-2025	TIME:	05:59 AM
NAME:	Mostafa Farouq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	79 bpm	-	-
BREATHING RATE:	16 breaths/min	-	-
OXYGEN SATURATION:	98 %	-	-
BLOOD PRESSURE:	113/82 mmHg	-	-
STRESS LEVEL:	Mild	-	-
HEART RATE VARIABILITY:	26 ms	-	-
PRQ:	4.97 HR/RR	-	-
ACTIVITY:	1/5	-	-
SLEEP:	5/5	-	-
EQUILIBRIUM:	3/5	-	-
METABOLISM:	3/5	-	-

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RELAXATION:	1/5	-	-
HEMOGLOBIN:	12.90 g/dL	-	-
HBA1C:	5.7 – 6.4 %	-	-
CHOLESTEROL:	158.12 mg/dL	-	-
CHOLESTEROL RISK:	29 %	-	-
CHOLESTEROL RANGE:	Normal	-	-
CARDIOVASCULAR BMI:	23	-	-
AFIB:	NSR	-	-
CARDIOVASCULAR AGE:	28	-	-
A1C RISK:	76.00 %	-	-
A1C RANGE:	5.51 - 6.33	-	-
HEALTH:	3/5	-	-
NOTES:			

VITAL SIGNS

LOG BOOK