



DATE:	01-02-2024	TIME:	04:51 PM
NAME:	WELLTRA		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		96	62
BREATHING RATE:		17	21
PRQ:		5.5	2.9
STRESS LEVEL:		Low	Low
BLOOD PRESSURE:			
HEART RATE VARIABILITY:		26	28
OXYGEN SATURATION:			
HBA1C:		5.19	5.36
HEMOGLOBIN:		12.8	13.1
NOTES:			

# VITAL SIGNS

## LOG BOOK