



DATE:	24-01-2024	TIME:	03:47 PM
NAME:	WELLTRA		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		54	
BREATHING RATE:		12	
PRQ:		4.4	
STRESS LEVEL:		High	
BLOOD PRESSURE:		117/73	
HEART RATE VARIABLITY:		1.043	
OXYGEN SATURATION:		99	
HBA1C:		4.8	
HEMOGLOBIN:		13.1	
NOTES:			

# VITAL SIGNS

## LOG BOOK