



DATE:	29-01-2024	TIME:	03:53 PM
NAME:	WELLTRA		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		84	
BREATHING RATE:		20	
PRQ:		4.2	
STRESS LEVEL:		High	
BLOOD PRESSURE:			
HEART RATE VARIABILITY:		104	
OXYGEN SATURATION:			
HBA1C:		5.38	
HEMOGLOBIN:		13.9	
NOTES:			

# VITAL SIGNS

## LOG BOOK