



DATE:	30-01-2024	TIME:	05:07 PM
NAME:	WELLTRA		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		74	83
BREATHING RATE:		15	21
PRQ:		5.1	3.9
STRESS LEVEL:		Low	Low
BLOOD PRESSURE:			
HEART RATE VARIABILITY:		33	20
OXYGEN SATURATION:			
HBA1C:		5.28	5.0
HEMOGLOBIN:		12.7	12.6
NOTES:			

# VITAL SIGNS

## LOG BOOK