



DATE:	03-06-2024	TIME:	10:05 PM
NAME:	WELLTRA		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			62
BREATHING RATE:			26
OXYGEN SATURATION:			98
BLOOD PRESSURE:			125 / 91
STRESS LEVEL:			High
HEART RATE VARIABILITY:			81
PRQ:			2.39
ACTIVITY:			3
SLEEP:			3
EQUILIBRIUM:			5
METABOLISM:			5

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RELAXATION:			3
HEMOGLOBIN:			Coming soon
HBA1C:			4.0 – 5.6
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK