



DATE:	11-04-2024	TIME:	05:04 PM
NAME:	WELLTRA		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		101	88
BREATHING RATE:		19	19
PRQ:		5.4	4.6
STRESS LEVEL:		Medium	Low
BLOOD PRESSURE:		116/74	118/74
HEART RATE VARIABILITY:			39
OXYGEN SATURATION:		99	99
HBA1C:		5.45	5.52
HEMOGLOBIN:		13.4	13.0
NOTES:			

VITAL SIGNS

LOG BOOK