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|-------------------------|---------------------|---------------------|-------------------|
| DATE: | 16-03-2024 | TIME: | 04:16 PM |
| NAME: | WELLTRA | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | | | 56 |
| BREATHING RATE: | | | 14 |
| PRQ: | | | 3.9 |
| STRESS LEVEL: | | | High |
| BLOOD PRESSURE: | | | 117/73 |
| HEART RATE VARIABILITY: | | | 82 |
| OXYGEN SATURATION: | | | 99 |
| HBA1C: | | | 4.82 |
| HEMOGLOBIN: | | | 12.8 |
| NOTES: | | | |

VITAL SIGNS

LOG BOOK