



DATE:	26-01-2024	TIME:	04:56 PM
NAME:	WELLTRA		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			57
BREATHING RATE:			16
PRQ:			3.5
STRESS LEVEL:			High
BLOOD PRESSURE:			
HEART RATE VARIABLITY:			0.852
OXYGEN SATURATION:			
HBA1C:			5.47
HEMOGLOBIN:			12.9
NOTES:			

# VITAL SIGNS

## LOG BOOK