



DATE:	28-03-2024	TIME:	11:46 AM
NAME:	WELLTRA		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		44	
BREATHING RATE:		16	
PRQ:		2.8	
STRESS LEVEL:		High	
BLOOD PRESSURE:		115/73	
HEART RATE VARIABLITY:		40	
OXYGEN SATURATION:		99	
HBA1C:		5.07	
HEMOGLOBIN:		12.8	
NOTES:			

# VITAL SIGNS

## LOG BOOK