



DATE:	08-03-2024	TIME:	06:44 PM
NAME:	WELLTRA		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			53
BREATHING RATE:			11
PRQ:			4.6
STRESS LEVEL:			High
BLOOD PRESSURE:			116/75
HEART RATE VARIABILITY:			73
OXYGEN SATURATION:			99
HBA1C:			5.97
HEMOGLOBIN:			15.0
NOTES:			

VITAL SIGNS

LOG BOOK