

DS8 - Sleep Activity



OSQ



Sleep Quality
HRV
Respiratory Rate

Oxygen Saturation
Skin Temperature
Additional Sleep Data

DS2 - Lifestyle & Health



Lifestyle Survey
Medical History
SF-36

DS4 - Biomarkers



Immune Markers
Biochemical Parameters



Blood Sugar Levels

DS1 - Anthropometric Measurements



Body Mass Index
Body Measurements
Body Composition

Muscle Strength
Blood Oxygen Level

DS10 - Additional Information



MMSE COVID-19 SUS

DS9 - Emotional State



DASS-21



Stress Score
EDA Sessions

DS6 - Vital Signs



Heart Rate
Blood Pressure



Heart Rate
Electrocardiogram (ECG)

DS3 - Nutrition



Food Diary



Food Images

DS5 - Gut Microbiome



Shotgun Metagenomics
Metabolomics

DS7 - Physical Activity



IPAQ



Physical Activity Reports
Active Minutes
Estimated VO₂
Additional Physical Activity Data



Acquired
Manually



Acquired by a
Health Professional



Acquired
Digitally