



Daily Health Report

February 18, 2026 · Wednesday | Source: Apple Watch / Google Fit | Generated: 2026-02-20

6.0

Recovery Score

Fair

10

HRV Recovery

Excellent

3

Sleep Quality

Critical

6

Exercise

Moderate



Cardiovascular

Metric	Value	Status
Avg Heart Rate	75 bpm	Normal
Resting HR	57 bpm	Excellent
HRV	52 ms	Excellent
Respiratory Rate	14.8/min	Normal
Blood Oxygen	96.06%	Normal



Exercise

Metric	Value	Goal
Steps	6,852	8,000
Exercise Time	40 min	60 min
Flights Climbed	108	50
Standing Hours	12h	12h
Active Energy	262 kcal	-



Sleep Analysis

Sleep Metric	Value	Assessment
Total Sleep	2.81h	Critical
Bedtime	22:28	-
Wake Time	01:17	-

Sleep Structure

Core
~2h

Deep
~0.5h

REM
~0.3h



Diet Records



Actual Diet

Breakfast

(not recorded)

Lunch

(not recorded)

Dinner



Diet Recommendations

Breakfast (7:00-8:00)

Protein + Complex Carbs: 2 eggs, oatmeal, milk/soy milk

Lunch (12:00-13:00)

(not recorded)

Balanced: Lean meat/fish, vegetables, small rice/noodles

Dinner (18:00-19:00)

Light: Vegetables, tofu, small protein, avoid greasy food

💡 Recommendations

🔴 Critical Priority: Severe Sleep Deprivation

Only 2.81 hours of sleep (target 7-8 hours), severely lacking deep sleep. Bedtime 22:28 is acceptable, but waking at 01:17 indicates poor sleep continuity.

- Tonight's goal: Before 23:00, ensure at least 6 hours of sleep
- 1 hour before bed: Avoid electronics, try meditation or reading
- Environment: Keep bedroom quiet, dark, temperature 18-22°C
- Avoid: Caffeine after 2pm, alcohol before bed, overeating

🟡 Exercise Optimization

Steps 6,852 (goal 8,000), exercise 40 min (goal 60 min), but 108 flights climbed is excellent.

- Today's goal: 10,000 steps (make up deficit)
- Increase: Hourly movement, 15-min lunch walk
- Maintain: Continue stair training

🟢 Maintain Strengths

HRV 52ms excellent, resting HR 57bpm excellent. Cardiovascular and autonomic recovery are good.

- Maintain current light exercise intensity
- Monitor HRV changes, avoid overtraining
- Keep monitoring blood oxygen, watch respiratory health



Notes

(Users can send notes via Discord, which will be automatically displayed here)



Summary

Overall Status: Fair (Recovery Score: 6.0/10)

Autonomic nervous system recovery is excellent (HRV 52ms, resting HR 57bpm), but **severe sleep deprivation (2.81h)** is the biggest weakness. Exercise performance is moderate, stair climbing ability is excellent. Immediate sleep schedule adjustment recommended, prioritize at least 6 hours of sleep.

