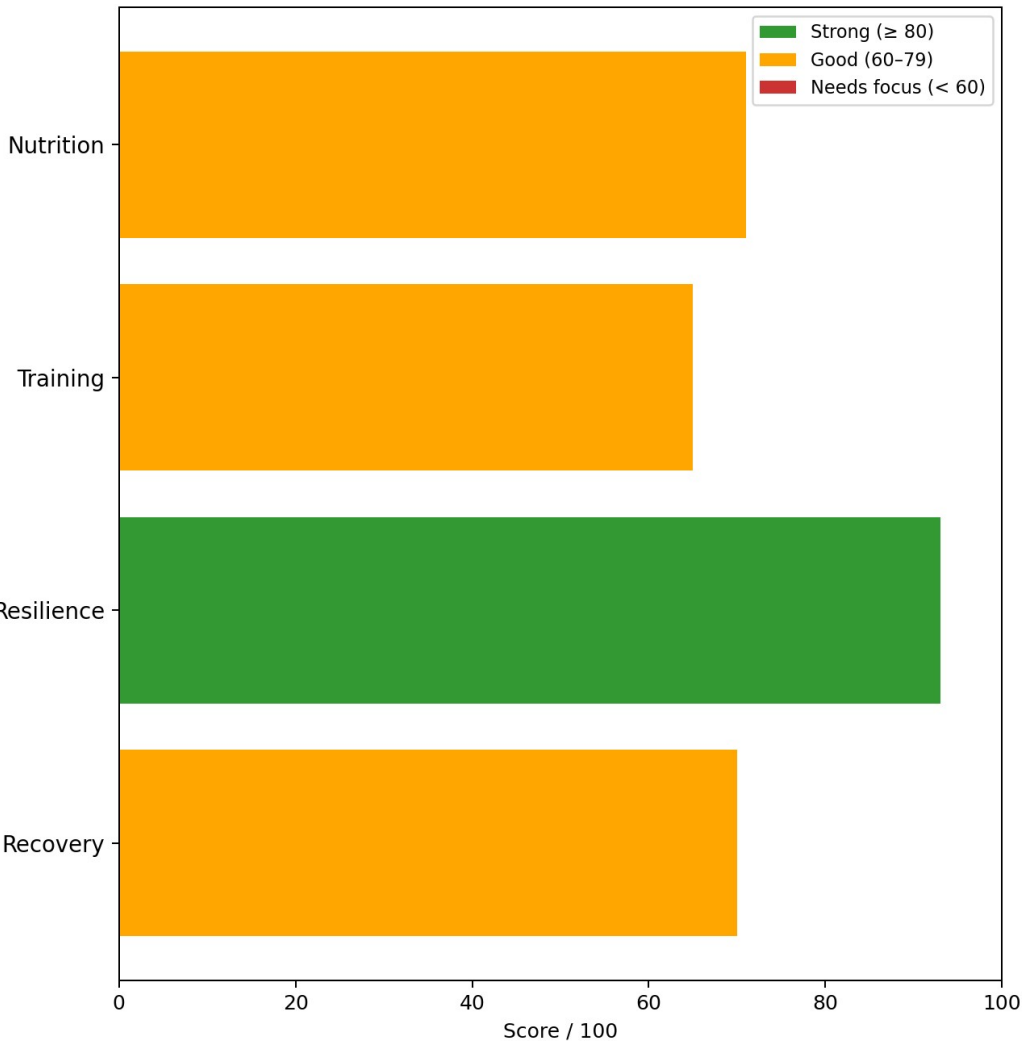


Overall Score: 75/100

Wellbeing Assessment for Rhys

Pillar Overall Scores



[N] Nutrition — 71/100

Feedback

Great job providing detailed information about your protein intake; consider tracking portion sizes more consistently.

Next steps

- Keep a food diary for better portion tracking.
- Share your typical serving sizes for more accurate assessments.

[T] Training — 65/100

Feedback

You effectively encourage regular activity, but there's a gap in addressing strength training concerns.

Next steps

- Share simple strength training options that won't bulk up.
- Encourage gradual integration of strength training into the routine.

[R] Resilience — 93/100

Feedback

You demonstrate strong resilience but may overlook the importance of self-care.

Next steps

- Schedule 10 minutes daily for a relaxing activity.
- Explore low-cost self-care options that fit your schedule.

[Rc] Recovery — 70/100

Feedback

You express confidence in your sleep needs, but lack specific insights.

Next steps

- Track your sleep patterns for a week.
- Reflect on how you feel after different sleep durations.