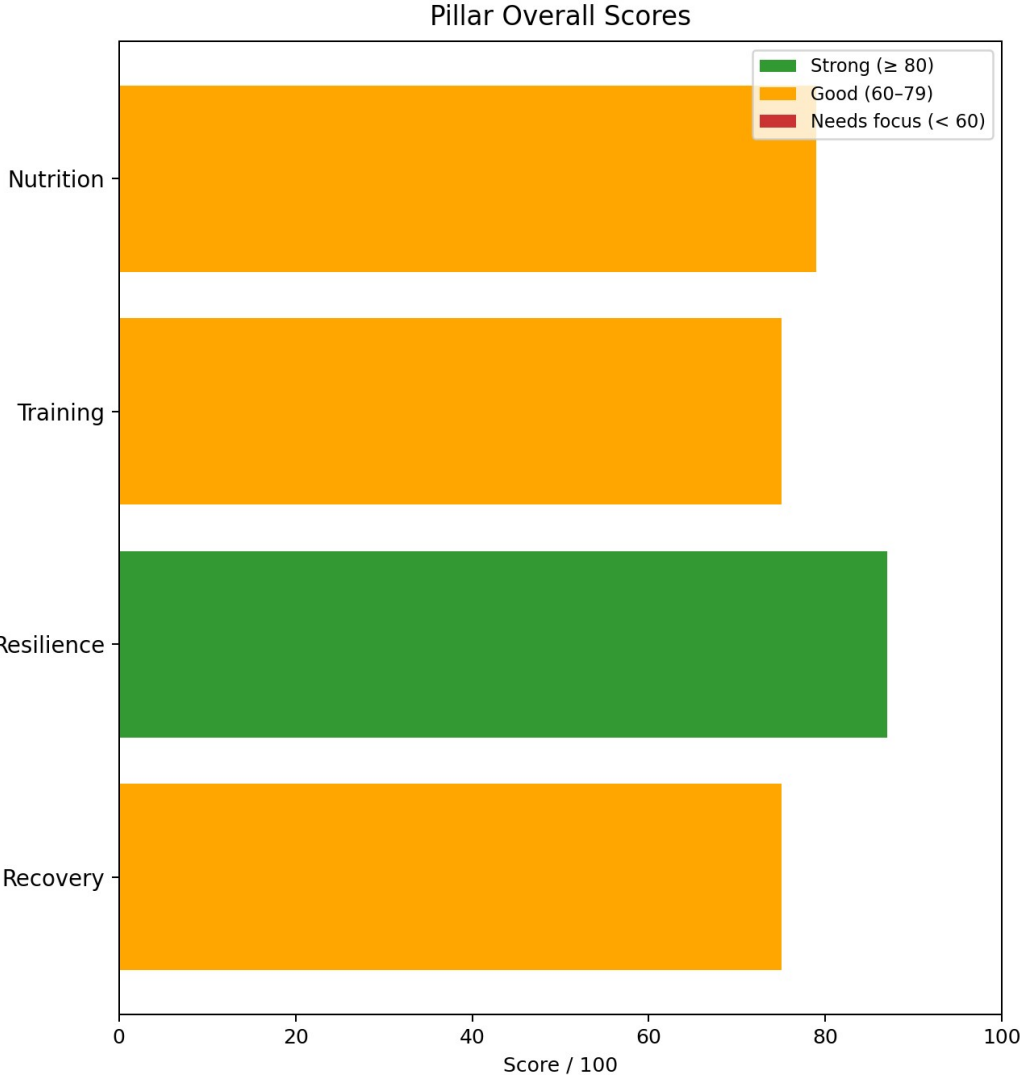


Overall Score: 79/100

Wellbeing Assessment for Julian



[N] Nutrition — 79/100

Feedback

Great job on maintaining hydration and avoiding processed foods; consider increasing fruit and vegetable intake.

Next steps

- Aim for at least five portions of fruits and vegetables daily.
- Explore new recipes to incorporate more variety in your meals.

[T] Training — 75/100

Feedback

You effectively gather information on training habits but could encourage more engagement.

Next steps

- Ask follow-up questions to deepen the conversation.
- Suggest specific training goals based on user responses.

[R] Resilience — 87/100

Feedback

You maintain a strong sense of resilience, but could enhance stress management techniques.

Next steps

- Explore new stress management techniques to diversify your approach.
- Schedule regular check-ins to assess your resilience practices.

[Rc] Recovery — 75/100

Feedback

You are doing well in maintaining a consistent bedtime, but there's room to improve your sleep quality.

Next steps

- Aim for more nights of restful sleep.
- Consider a relaxing bedtime routine to enhance sleep quality.