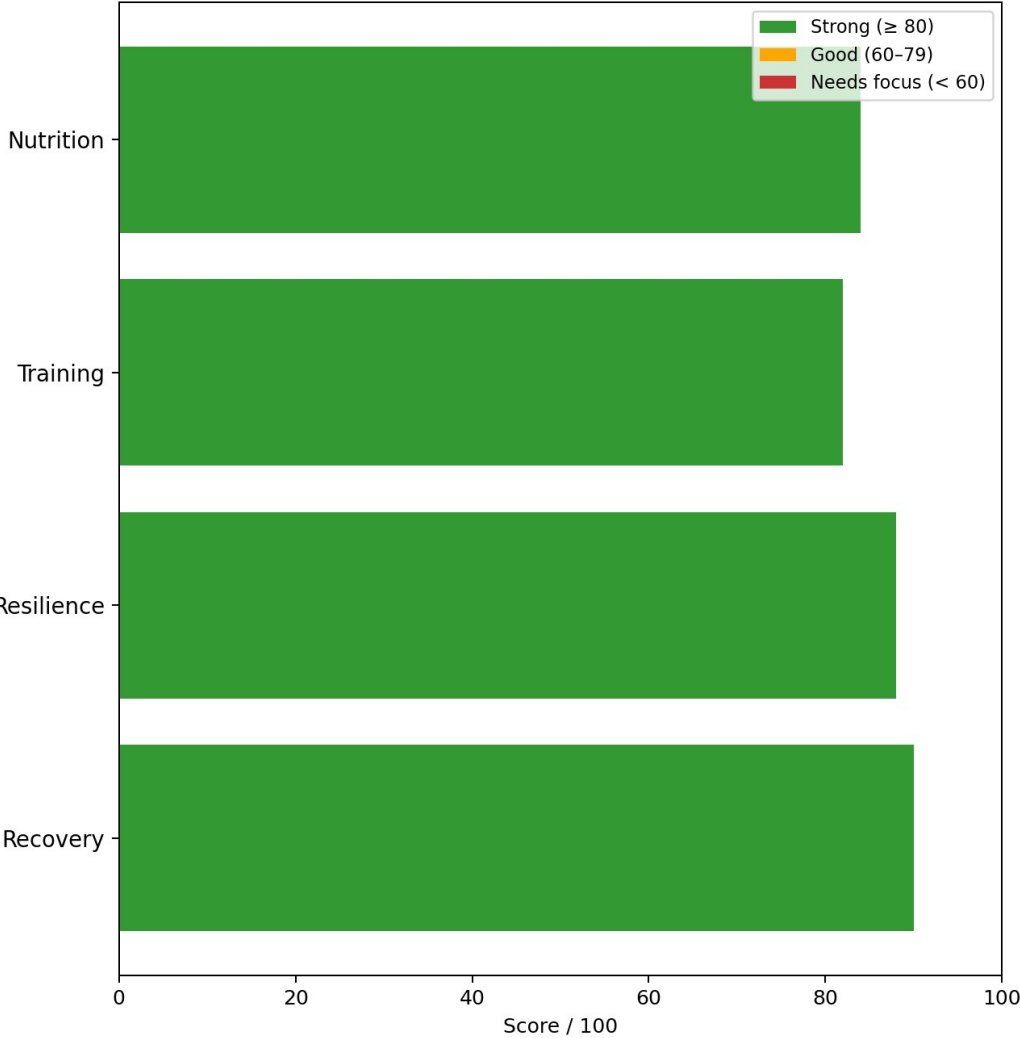


Overall Score: 86/100

Wellbeing Assessment for Rhys

Pillar Overall Scores



[N] Nutrition — 84/100

Feedback

Great job on providing detailed responses; consider increasing fruit and vegetable intake.

Next steps

- Aim for at least 5 portions of fruits and vegetables daily.
- Monitor and adjust processed food intake for better nutrition balance.

[T] Training — 82/100

Feedback

You effectively track cardio and strength training, but could enhance flexibility routines.

Next steps

- Incorporate at least one more day of flexibility work.
- Set a reminder for stretching sessions to build consistency.

[R] Resilience — 88/100

Feedback

You maintain a high level of resilience, but consider enhancing stress management techniques.

Next steps

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

[Rc] Recovery — 90/100

Feedback

You consistently maintain good sleep habits, but consider tracking sleep quality variations.

Next steps

- Monitor any changes in sleep quality over the next week.
- Reflect on daily activities that may impact your sleep.