

Wellbeing Assessment – How to Read This Report

For: Julian Matthews • Completed: 11 Nov 2025

Purpose of This Report

This report provides a snapshot of your current wellbeing across four key areas — Nutrition, Training, Resilience, and Recovery. It combines your assessment results with goal-oriented OKRs to help you focus on the habits that drive performance and wellbeing.

How to Read Your Scores

Overall Score summarises balance across all pillars (out of 100). Pillar bars show strengths and areas that need attention: Strong (≥ 80), Good (60–79), Needs Focus (< 60).

Understanding Objectives and Key Results (OKRs)

Each pillar includes a Quarter Objective — a focused aim for the next 12 weeks — and up to three Key Results (KRs), which are measurable actions or outcomes that indicate progress toward the objective.

Example:

Quarter Objective: Improve overall nutrition quality.

1. Increase fruit and vegetable intake.
2. Reduce processed food consumption.
3. Maintain adequate protein intake.

How to Use This Report

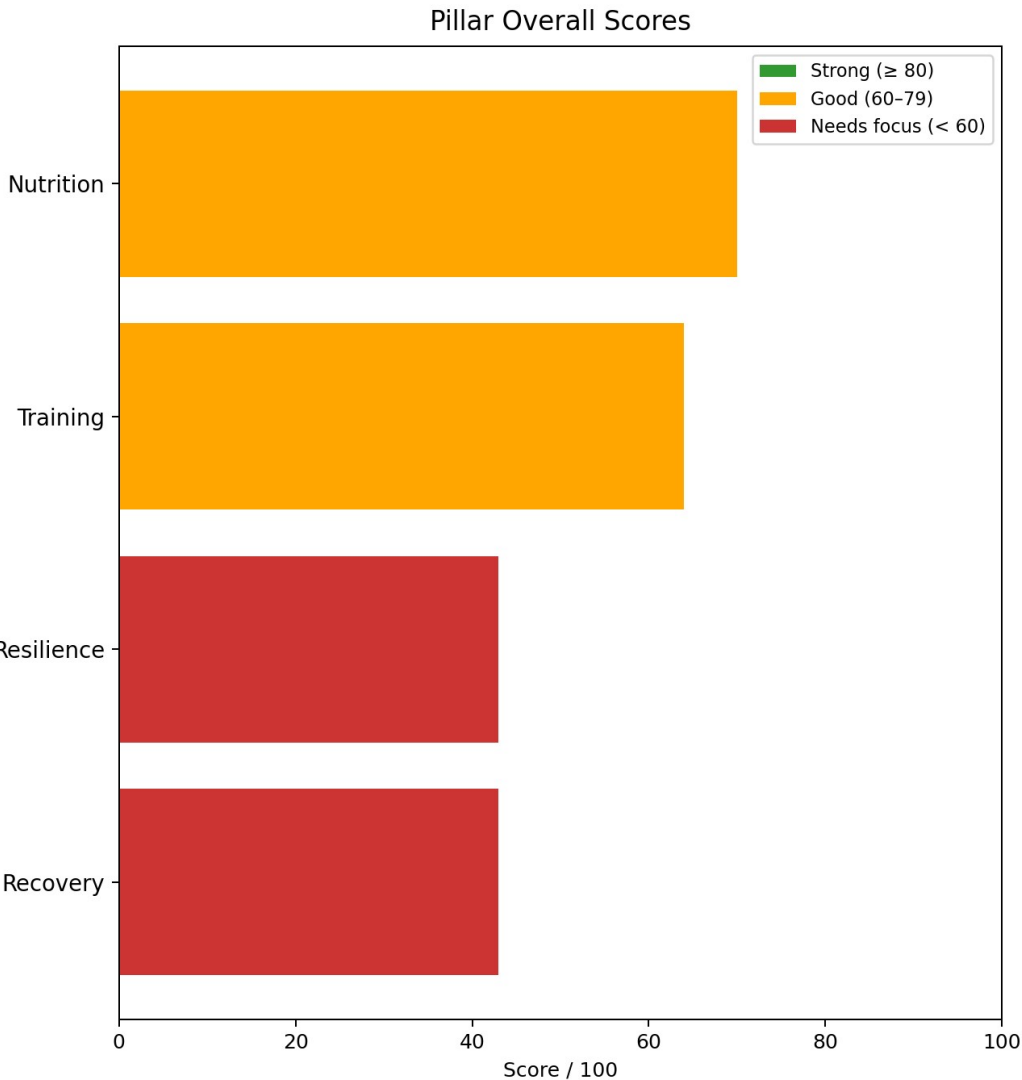
Review your lowest pillar for the biggest impact, track progress using the listed KRs, and re-assess each quarter to measure improvement and adjust goals.

Next Steps

Focus on 1–2 pillars over the next quarter, embed the KRs as weekly habits, and revisit your goals in 12 weeks.

Overall Score: 55/100

Wellbeing Assessment for Julian Matthews



[N] Nutrition — 70/100

Quarter Objective
Increase fruit and vegetable intake while reducing processed food consumption.

Key Results

- Add 1 portion of fruit or vegetables at lunch each day.
- Reduce processed food intake to 4 portions per day.
- Increase protein intake to 6 portions per day.

[T] Training — 64/100

Quarter Objective
Increase overall training frequency to enhance fitness levels.

Key Results

- Increase cardio sessions to 6 sessions/week by adding one more day of...
- Increase strength training sessions to 4 sessions/week by adding one more strength...
- Increase mobility/flexibility work to 4 sessions/week by adding one more day of...

[R] Resilience — 43/100

Quarter Objective
Increase resilience through consistent emotional and social practices.

Key Results

- Practice emotional regulation techniques 4 days/week.
- Engage in optimism drills 4 days/week.
- Implement stress-recovery techniques 4 days/week.

[Rc] Recovery — 43/100

Quarter Objective
Improve sleep habits for better recovery.

Key Results

- go to bed at the same time on 6 nights/week
- increase sleep duration to 7.5 hours/night on average
- wake up feeling rested and refreshed on 6 mornings/week