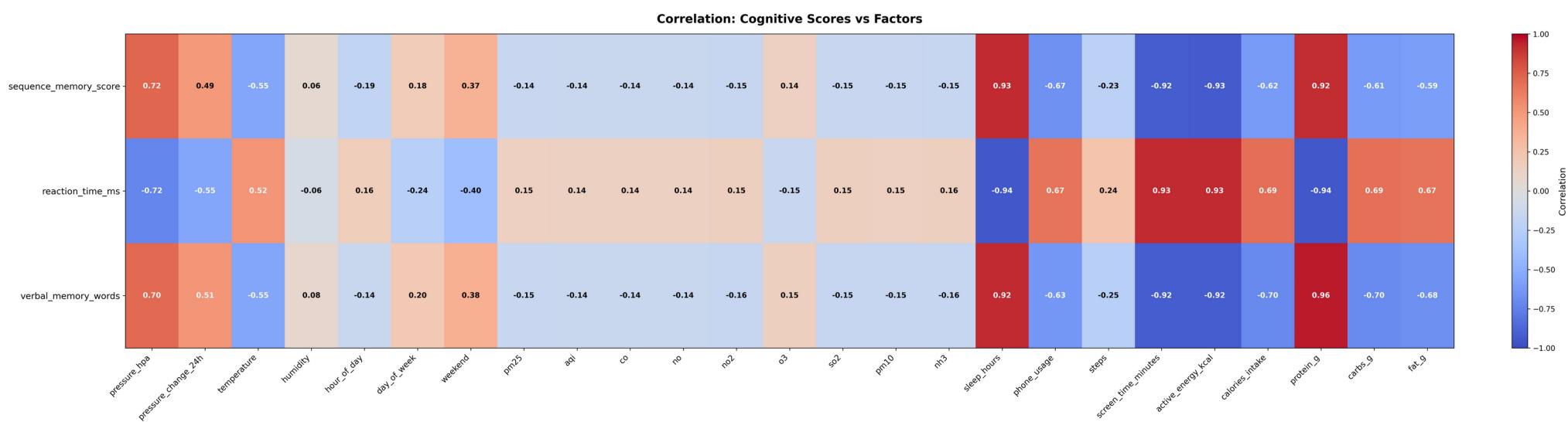


Cognitive Performance Analysis Report

Generated: December 08, 2025 • Total Measurements: 168



Color Guide: Red = Positive correlation ($X \uparrow \rightarrow Y \uparrow$) • Blue = Negative correlation ($X \uparrow \rightarrow Y \downarrow$) • White = Weak/no correlation

AI Analysis Summary

Automated insights generated from correlation data

KEY FINDINGS

- High protein intake is strongly associated with improved verbal memory and reaction times.
- Increased sleep hours correlate positively with better reaction times and memory scores.
- Higher active energy expenditure is linked to enhanced sequence memory and verbal memory performance.

STRONGEST CORRELATIONS

- Protein_g: 0.9578 with verbal_memory_words - Indicates a very strong positive relationship suggesting that higher protein intake may enhance verbal memory.
- Reaction_time_ms: 0.9428 with protein_g - Suggests that increased protein consumption is associated with faster reaction times.

LIMITATIONS

- The dataset consists of 168 measurements, which may limit the generalizability of the findings.