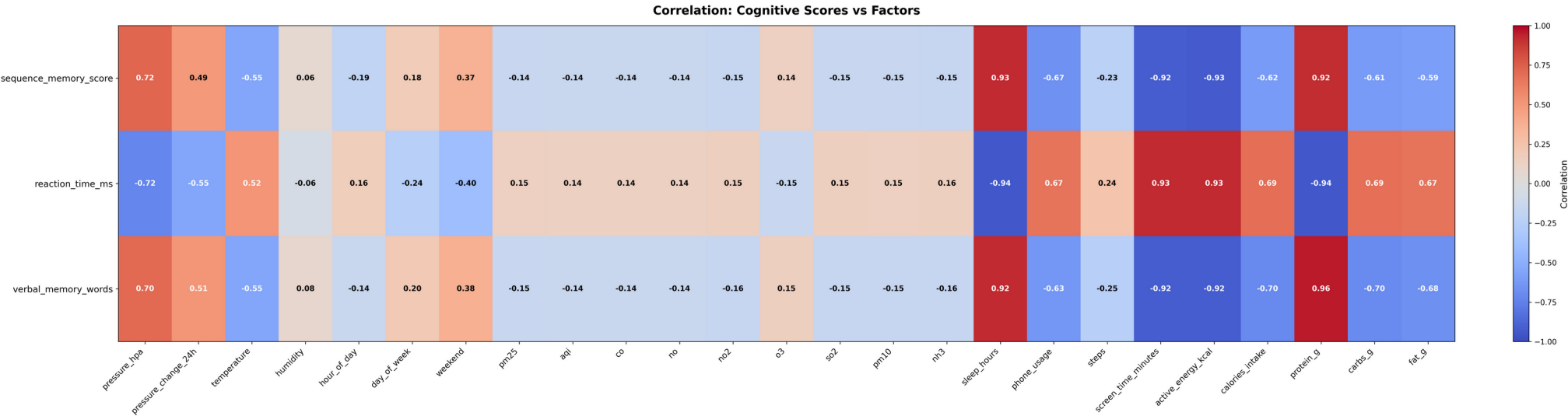


# Brain Fog Analysis Report

Generated: December 06, 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

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## KEY FINDINGS

- High protein intake is strongly correlated with improved verbal memory and reaction times.
- Increased sleep hours are associated with better reaction times and memory scores.
- Higher active energy expenditure correlates positively with both sequence and verbal memory scores.

## STRONGEST CORRELATIONS

- Protein intake: 0.9578 with verbal memory words - indicates a very strong positive relationship.
- Protein intake: 0.9428 with reaction time - suggests that higher protein may enhance cognitive processing speed.

## LIMITATIONS

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