

Dashboard

Latest: 2026-02-15

RESTING HR

51 bpm

↓ 7.0% vs prev week

HRV

62 ms

↑ 5.2% vs prev week

SLEEP

70

↓ 2.1% vs prev week

STRESS

17

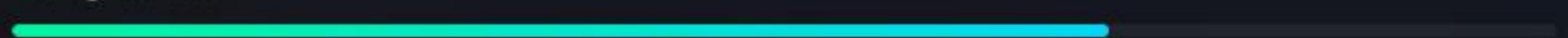
↑ 4.7% vs prev week

READINESS

71

RECOVERY STATUS

Training Readiness



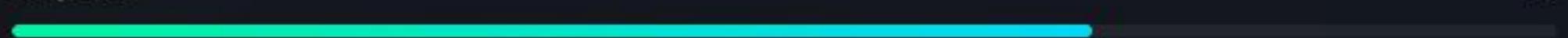
71

Body Battery Peak



84

Sleep Score



70

HRV



62

TODAY'S RECOMMENDATION

- Ready to train hard

Readiness 71 · Stress 17

ACWR 0.89 — optimal zone

Correlations

Statistical relationships between your metrics

Heatmap

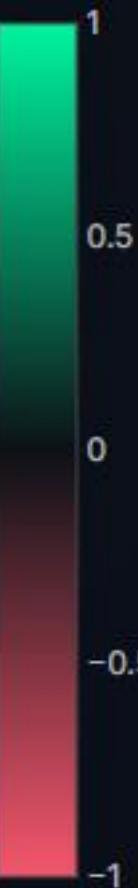
Top Pairs

Lag-1 Predictors

Computed Summary

SAME-DAY CORRELATION MATRIX

	Resting Hr	Hrv Last Night	Sleep Score	Stress Level	Training Readiness	Bb Charged	Bb Drained	Bb Peak	Total Steps	Deep Sleep Sec	Rem Sleep Sec	Acwr	Daily Load Acute	
Daily Load Acute	-0.35	0.13	0.35	0.04	0.76	0.48	-0.19	0.15	-0.48	-0.18	0.42	NaN	0.36	1
Acwr	0.16	0.04	-0.38	0.47	-0.59	-0.07	0.01	-0.45	-0.48	0.12	-0.03	NaN	1	0.36
Vo2 Max Running	NaN	NaN	NaN	NaN	NaN	NaN	NaN	NaN	NaN	NaN	NaN	NaN	NaN	NaN
Rem Sleep Sec	-0.3	-0.32	0.83	-0.12	0.7	0.59	0.46	0.69	0.01	0.2	1	NaN	-0.03	0.42
Deep Sleep Sec	-0.48	0.08	0.38	0.08	-0.01	0.46	0.64	0.36	0.58	1	0.2	NaN	0.12	-0.18
Total Steps	0.1	-0.35	0.32	0.22	-0.34	-0.07	0.54	0.14	1	0.58	0.01	NaN	-0.48	-0.48
Bb Peak	-0.45	0.28	0.86	-0.57	0.86	0.5	0.37	1	0.14	0.36	0.69	NaN	-0.45	0.15
Bb Drained	-0.24	-0.24	0.43	0.45	0.07	0.39	1	0.37	0.54	0.64	0.46	NaN	0.01	-0.19
Bb Charged	-0.96	0.33	0.81	-0.11	0.58	1	0.39	0.5	-0.07	0.46	0.59	NaN	-0.07	0.48
Training Readiness	-0.52	0.28	0.79	-0.4	1	0.58	0.07	0.86	-0.34	-0.01	0.7	NaN	-0.59	0.76
Stress Level	0.26	-0.42	-0.29	1	-0.4	-0.11	0.45	-0.57	0.22	0.08	-0.12	NaN	0.47	0.04
Sleep Score	-0.63	-0.08	1	-0.29	0.79	0.81	0.43	0.86	0.32	0.38	0.83	NaN	-0.38	0.35
Hrv Last Night	-0.53	1	-0.08	-0.42	0.28	0.33	-0.24	0.28	-0.35	0.08	-0.32	NaN	0.04	0.13
Resting Hr	1	-0.53	-0.63	0.26	-0.52	-0.96	-0.24	-0.45	0.1	-0.48	-0.3	NaN	0.16	-0.35



Agent Chat

Talk to 9 specialized AI agents — they have full database access + correlation data

- Single Agent (fast)
- Multi-Agent (comprehensive)

Single: one analyst answers quickly. Multi: dispatches to relevant specialists who work in parallel, then synthesizes their responses. Slower but deeper.

Example questions

how does my sleep affect my training ?

HEALTH ANALYST

Your sleep significantly impacts your training. Specifically, your sleep metrics from the previous day are strong positive predictors of your training acute load for the current day.

* **Training Sleep Score** from yesterday predicts today's **Training Acute Load** with a very strong positive correlation of $r=+0.996$ ($p=0.0003$).

* Your overall **Sleep Score** from yesterday predicts today's **Training Acute Load** with a strong positive correlation of $r=+0.989$ ($p=0.0013$).

* **Training Sleep Percentage** from yesterday predicts today's **Training Acute Load** with a strong positive correlation of $r=+0.976$ ($p=0.0043$).

* **REM Sleep Seconds** from yesterday predicts today's **Training Acute Load** with a strong positive correlation of $r=+0.974$ ($p=0.0052$).

This indicates that better sleep quality and quantity (higher sleep scores, more REM sleep, higher sleep percentage) on one day are highly associated with a greater capacity for training acute load on the following day.

Clear chat

Ask anything about your health data...

