

# Sample Daily & Weekly Health Metric Averages

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Below is example data that shows how Lachesis summarizes wearable metrics for chatbot reference and user in

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### ## ■■ Daily Summary (May 16, 2025)

Metric	Value	Remarks
Heart Rate (avg)	72 bpm	Normal
Blood Pressure	122/78 mmHg	Normal
Hydration Intake	2.1 L	Slightly below optimal
Sleep Duration	6.5 hrs	Interrupted (2 wake-ups)

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### ## ■ Weekly Summary (May 10–16, 2025)

Metric	Average	Target Range
Heart Rate (avg)	74 bpm	60–100 bpm
Blood Pressure	124/80 mmHg	< 130/85 mmHg
Hydration Intake	2.3 L/day	2.5–3.0 L/day
Sleep Duration	6.8 hrs/day	7–8 hrs/day

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This type of structured data enables the Lachesis chatbot to:

- Detect abnormal trends
- Advise users to consult a doctor
- Offer hydration or sleep tips
- Compare daily stats against weekly averages

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\*Note: These are sample values only and not real patient data.\*