

Sample Daily & Weekly Health Metric Averages

Sample Daily & Weekly Health Metric Averages

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

■■ 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) |

■ 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 |

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

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