

# MyLab Weekly Health Report

Generated: 24/12/2025  
For: Blessing Oga

## Weekly Activity Summary

- Total Sleep: 0 hours
- Average Sleep Quality: 0/10
- Workout Sessions: 0
- Average Calories Burned: 0
- Self-Care Activities: 0
- Community Posts: 0

Note: Report based on insights data. Connect other health modules for detailed activity tracking.

# Ø>Ýà Your Health Insights

## 1. SLEEP RECOVERY

Average score: 7.43 based on 7 records.

- Maintain a consistent bedtime.
- Avoid caffeine before sleep.
- Reduce screen time before bed.

## 2. SELF CARE

Average score: 90.00 based on 5 records.

- Stay consistent.
- Review your data weekly.
- Maintain positive lifestyle habits.

## 3. NUTRITION

Average score: 83.60 based on 5 records.

- Eat balanced meals with proteins, carbs, and vitamins.
- Stay hydrated throughout the day.
- Include fruits and vegetables in your diet.

Generated by MyLab Health Platform  
Track • Understand • Improve