ID: 7k6Hs3

User data report

Daily report for September 09, 2022

Chronolife **x GARMIN**
REAL TIME INTELLIGENCE FOR HEALTHCARE

Overview Smart Textile & Garmin watch

Smart Textile

Collected data: 10h, 7min

- 🌙 Night: 0h, 0min
- ☀️ Day: 10h, 7min
- 🧍 Rest: 8h, 59min
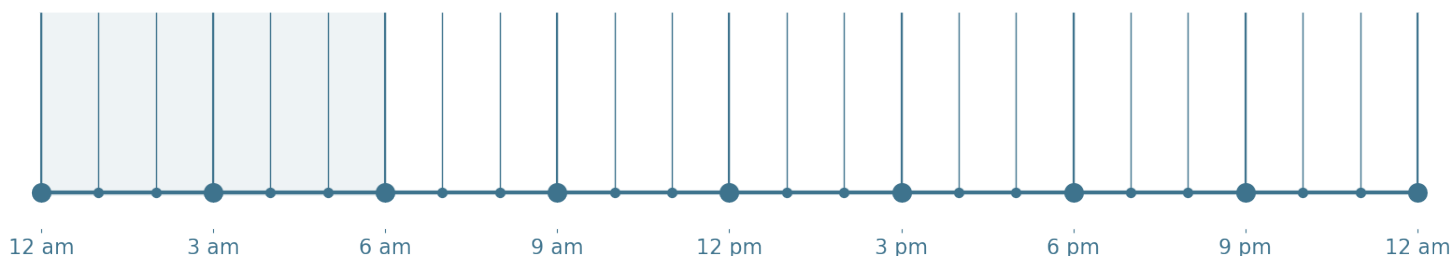- 🏃 Active: 1h, 35min

Garmin watch

Collected data: 23h, 47min

- 🌙 Night: 5h, 47min
- ☀️ Day: 17h, 59min
- 🧍 Rest: 17h, 44min
- 🏃 Active: 5h, 27min

Duration of data collection

- 🟠 Smart Textile
- 🔵 Garmin

| 12 am | 3 am | 6 am | 9 am | 12 pm | 3 pm | 6 pm | 9 pm | 12 am |

Health overview

❤️ Cardiology

Tachycardia	❗
Bradycardia	❌
QTc Length anomaly	❗
HR high	149 bpm
HR resting	59 bpm
HRV resting	55 ms

🫁 Respiratory

Tachypnea	❗
Bradypnea	❌
BR high	41 brpm
BR resting	13 brpm
BRV resting	4 s
Inhale/Exhale Ratio	80 %

👣 Steps

Number of steps
17442

Goal
8000

Distance
12708 m

218% of Goal

🧘 Stress

- 🔵 Rest 7h 54m (56%)
- 🟡 Low 1h 18m (9%)
- 🟠 Medium 2h 50m (20%)
- 🔴 High 2h 07m (15%)

38 Overall

〰️ Pulse Ox

- 🟢 90 -100 %
- 🟡 80 – 89%
- 🟠 70 – 79%
- 🔴 < 70%

Averege Spo2
93%

Lowest
83%

💤 Sleep score

- 🔵 Deep 1h 09m (14%)
- 🔵 Light 5h 12m (65%)
- 🟣 REM 1h 34m (20%)
- 🩷 Awake 0h 07m (1%)

86/100

Quality: GOOD

🔥 Calories

Number of total calories
2630 kcals

Total = Active + Resting

Active
1079 kcals

Resting
1551 kcals

⏱️ Intensity Minutes

Moderate	Vigorous	Total
0h 25m	0h 01m	0h 26m

⚡ Body Battery

Highest	Lowest
87 /100	9 /100