User data report

Daily report for June 02, 2023

Overview Smart Textile & Garmin watch

Smart Textile

Collected data:

- 🌙 Night:
- ☀️ Day:
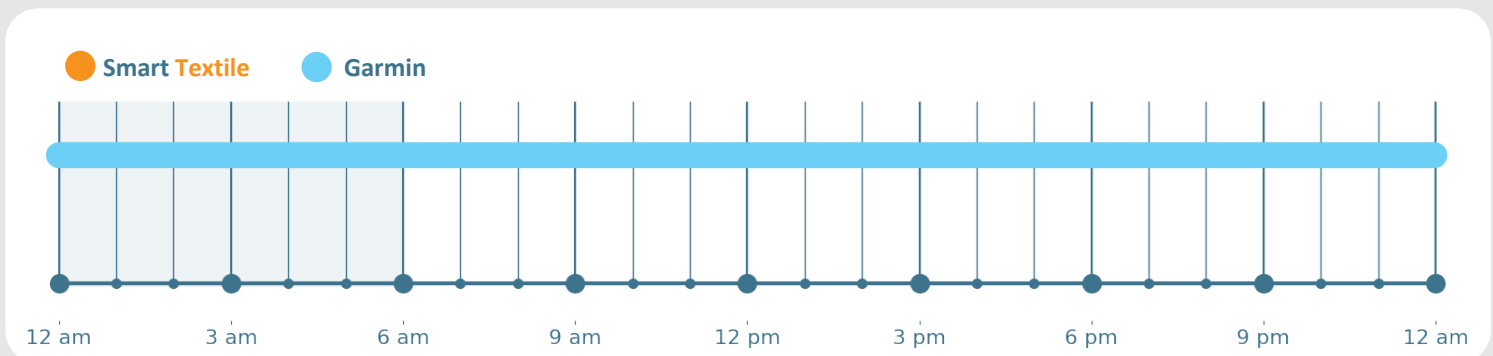- 🧍 Rest:
- 🏃 Active:

Garmin watch

Collected data: 23h, 59min

- 🌙 Night: 5h, 59min
- ☀️ Day: 17h, 58min
- 🧍 Rest: 21h, 38min
- 🏃 Active: 2h, 20min

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	140 bpm
HR resting	66 bpm
HRV resting	

🫁 Respiratory

Tachypnea	❌
Bradypnea	❌
BR high	22 brpm
BR resting	13 brpm
BRV resting	
Inhale/Exhale Ratio	

👣 Steps

Number of steps
13076

Goal
8000

Distance
9567 m

163% of Goal

😣 Stress

- ● Rest
  7h 29m (40%)
- ● Low
  7h 28m (40%)
- ● Medium
  3h 24m (18%)
- ● High
  0h 30m (3%)

35 Overall

〰️ Pulse Ox

- ● 90 -100 %
- ● 80 – 89%
- ● 70 – 79%
- ● < 70%

Averege Spo2
97%

Lowest
89%

😴 Sleep score

- ● Deep
  0h 59m (11%)
- ● Light
  5h 54m (66%)
- ● REM
  0h 00m (0%)
- ● Awake
  2h 06m (23%)

34/100

Quality:
POOR

🔥 Calories

Number of total calories
1963 kcals

Total = Active + Resting

Active
412 kcals

Resting
1551 kcals

⏱️ Intensity Minutes

Moderate	Vigorous	Total
0h 04m	0h 00m	0h 04m

⚡ Body Battery

Highest	Lowest
29 /100	5 /100