

User data report

Daily report for June 13, 2023

Overview Smart Textile & Garmin watch

Smart Textile



Collected data: 2h, 16min

- Night: 0h, 0min
- Day: 2h, 16min
- Rest: 2h, 9min
- Active: 0h, 7min

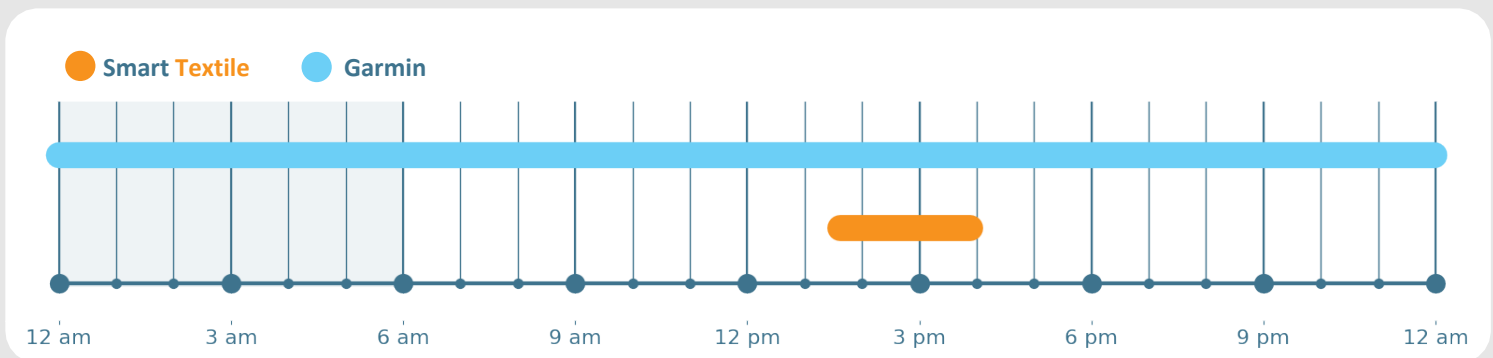
Garmin watch



Collected data: 23h, 59min

- Night: 5h, 59min
- Day: 17h, 58min
- Rest: 23h, 13min
- Active: 0h, 45min

Duration of data collection



Health overview

Cardiology

Tachycardia	✗
Bradycardia	✗
QTc Length anomaly	✗
HR high	115 bpm
HR resting	57 bpm
HRV resting	45 ms

Respiratory

Tachypnea	!
Bradypnea	✗
BR high	23 brpm
BR resting	13 brpm
BRV resting	1 s
Inhale/Exhale Ratio	57 %

Steps

Number of steps

2949

Goal

8000

Distance

2142 m

36%
of Goal

Stress

- Rest
13h 23m (70%)
- Low
4h 17m (22%)
- Medium
1h 23m (7%)
- High
0h 04m (0%)

23
Overall

Pulse Ox

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

Average Spo2
93%
Lowest
84%

Sleep score

- Deep
0h 51m (10%)
- Light
5h 53m (70%)
- REM
1h 25m (17%)
- Awake
0h 15m (3%)

85/100
Quality:
GOOD

Calories

Number of total calories

1651 kcals

Total = Active + Resting

Active

100 kcals

Resting

1551 kcals

Intensity Minutes

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

Body Battery

Highest

93 / 100

Lowest

29 / 100