

# User data report





Daily report for May 24, 2023

## Overview Smart Textile & Garmin watch

### Smart Textile







Collected data: 5h, 19min

-  Night: 0h, 0min
-  Day: 5h, 19min
-  Rest: 5h, 3min
-  Active: 0h, 16min

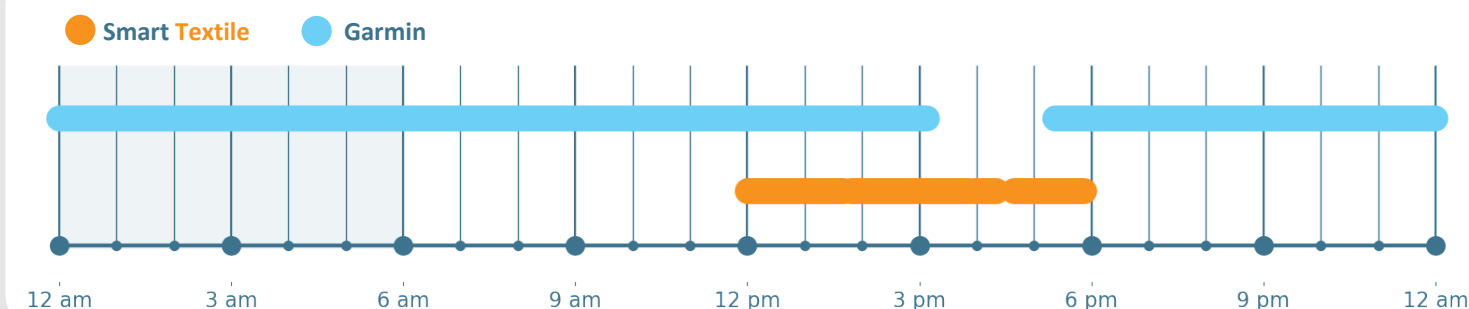
### Garmin watch



Collected data: 21h, 45min




-  Night: 5h, 59min
-  Day: 15h, 45min
-  Rest: 19h, 21min
-  Active: 2h, 23min

## Duration of data collection





## Health overview

### Cardiology

Tachycardia	
Bradycardia	
QTc Length anomaly	
HR high	135 bpm
HR resting	61 bpm
HRV resting	173 ms

### Respiratory

Tachypnea	
Bradypnea	
BR high	27 brpm
BR resting	14 brpm
BRV resting	1 s
Inhale/Exhale Ratio	68 %

### Steps

Number of steps

9870

Goal





8000

Distance

7159 m





123%  
of Goal

### Stress

-  Rest: 9h 24m (57%)
-  Low: 5h 02m (31%)
-  Medium: 1h 41m (10%)
-  High: 0h 19m (2%)

29  
Overall





### Pulse Ox

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

Average Spo2  
92%

Lowest  
83%

### Sleep score

-  Deep: 1h 42m (24%)
-  Light: 3h 52m (55%)
-  REM: 1h 24m (20%)
-  Awake: 0h 01m (0%)

80/100  
Quality:  
GOOD

### Calories

Number of total calories

1870 kcals

Total = Active + Resting

Active

319 kcals

Resting

1551 kcals

### Intensity Minutes

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

### Body Battery

Highest

69 / 100

Lowest

16 / 100