# User data report

Daily report for June 08, 2023

## Overview Smart Textile & Garmin watch

### Smart Textile

Collected data:

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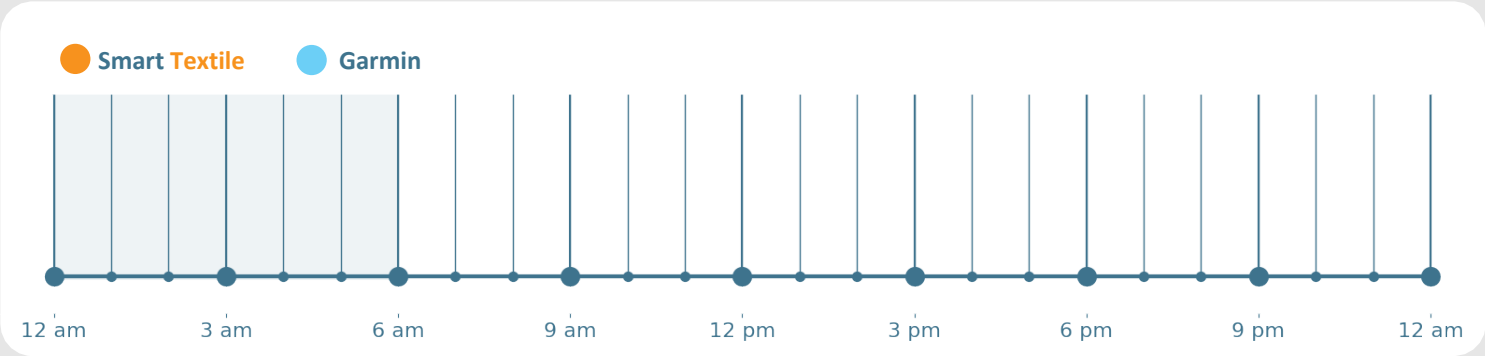- 🧍 Rest:
- 🏃 Active:

### Garmin watch

Collected data:

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

## 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 | |
| HR resting | |
| HRV resting | |

### 🫁 Respiratory

| Tachypnea | ❌ |
| Bradypnea | ❌ |
| BR high | |
| BR resting | |
| BRV resting | |
| Inhale/Exhale Ratio | |

### 👣 Steps

Number of steps

Goal

Distance

### 🧍 Stress

- ● Rest
- ● Low
- ● Medium
- ● High

### 〽️ Pulse Ox

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

### 💤 Sleep score

- ● Deep
- ● Light
- ● REM
- ● Awake

### 🔥 Calories

Number of total calories

kcals

Total = Active + Resting

Active

kcals

Resting

kcals

### ⏱️ Intensity Minutes

Moderate    Vigorous    Total

### ⚡ Body Battery

Highest

/100

Lowest

/100