

User data report

Daily report for May 17, 2023

Overview Smart Textile & Garmin watch

Smart Textile



Collected data: 0h, 49min

- Night: 0h, 0min
- Day: 0h, 49min
- Rest: 0h, 35min
- Active: 0h, 14min

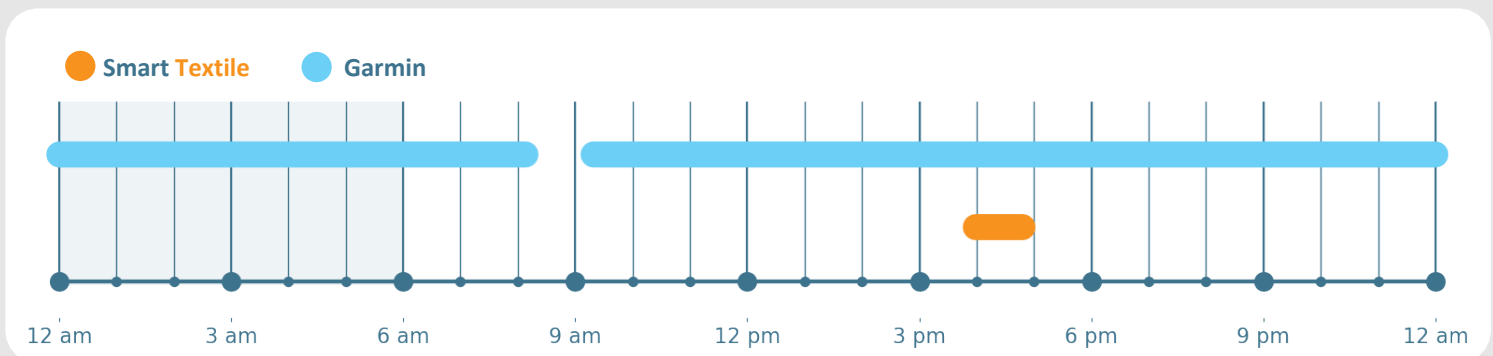
Garmin watch



Collected data: 22h, 48min

- Night: 5h, 59min
- Day: 16h, 48min
- Rest: 22h, 16min
- Active: 0h, 32min

Duration of data collection



Health overview

Cardiology

Tachycardia	✗
Bradycardia	✗
QTc Length anomaly	✗
HR high	144 bpm
HR resting	58 bpm
HRV resting	64 ms

Respiratory

Tachypnea	✗
Bradypnea	✗
BR high	20 brpm
BR resting	14 brpm
BRV resting	2 s
Inhale/Exhale Ratio	72 %

Steps

Number of steps

1672

Goal

8000

Distance

1223 m

21%
of Goal

Stress

- Rest: 15h 29m (85%)
- Low: 1h 54m (10%)
- Medium: 0h 42m (4%)
- High: 0h 10m (1%)

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Overall

Pulse Ox

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

Average Spo2
92%
Lowest
85%

Sleep score

- Deep
- Light
- REM
- Awake

73/100
Quality:
FAIR

Calories

Number of total calories

1861 kcals

Total = Active + Resting

Active

310 kcals

Resting

1551 kcals

Intensity Minutes

Moderate	Vigorous	Total
0h 08m	0h 00m	0h 08m

Body Battery

Highest

50 / 100

Lowest

49 / 100