

User data report

Daily report for May 10, 2023

Overview Smart Textile & Garmin watch

Smart Textile



Collected data: 6h, 53min

- Night: 0h, 0min
- Day: 6h, 53min
- Rest: 6h, 31min
- Active: 1h, 21min

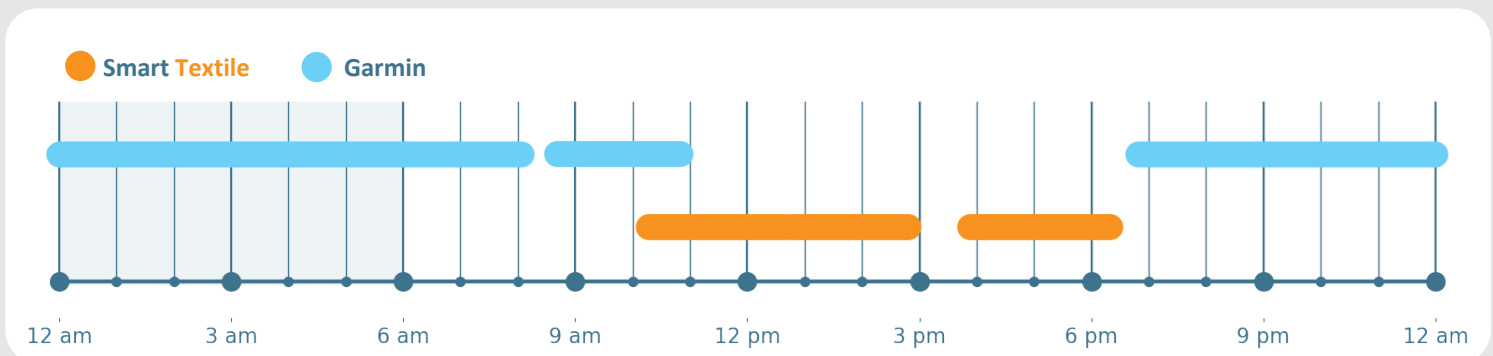
Garmin watch



Collected data: 15h, 23min

- Night: 5h, 59min
- Day: 9h, 23min
- Rest: 22h, 15min
- Active: 1h, 30min

Duration of data collection



Health overview

Cardiology

- Tachycardia !
- Bradycardia x
- QTc Length anomaly !
- HR high: 147 bpm
- HR resting: 65 bpm
- HRV resting: 103 ms

Respiratory

- Tachypnea !
- Bradypnea x
- BR high: 25 brpm
- BR resting: 0 brpm
- BRV resting: 1 s
- Inhale/Exhale Ratio: 68 %

Steps

Number of steps

5068

Goal

8000

Distance

3705 m

63%
of Goal

Stress

- Rest: 8h 12m (74%)
- Low: 1h 44m (16%)
- Medium: 0h 58m (9%)
- High: 0h 09m (1%)

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Overall

Pulse Ox

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

Average Spo2
92%
Lowest
85%

Sleep score

- Deep: 0h 46m (10%)
- Light: 6h 12m (80%)
- REM: 0h 35m (8%)
- Awake: 0h 11m (2%)

73/100
Quality:
FAIR

Calories

Number of total calories

1923 kcals

Total = Active + Resting

Active

372 kcals

Resting

1551 kcals

Intensity Minutes

Moderate	Vigorous	Total
0h 15m	0h 00m	0h 15m

Body Battery

Highest

85 / 100

Lowest

16 / 100