User data report

Daily report for March 24, 2023

Overview Smart Textile & Garmin watch

Smart Textile

Collected data: 7 hours

- 🌙 Night: 0 hours
- ☀️ Day: 7 hours
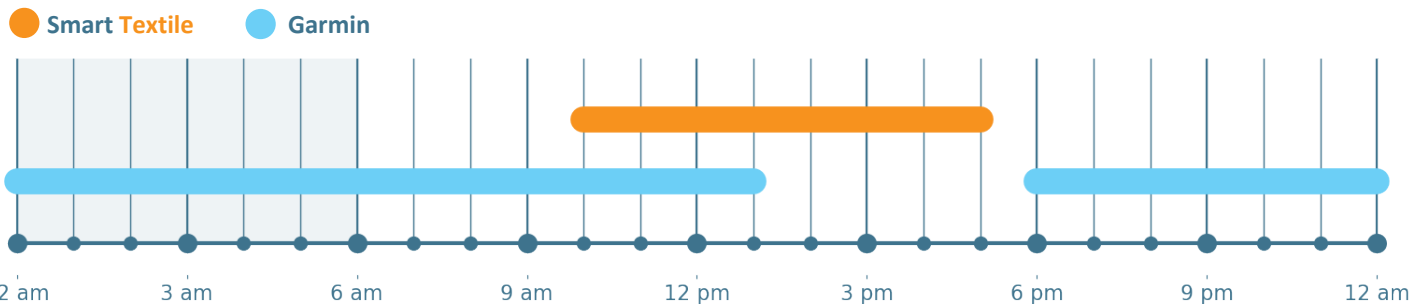- 🧍 Rest: 6 hours
- 🏃 Active: 1 hours

Garmin watch

Collected data: 19 hours

- 🌙 Night: 6 hours
- ☀️ Day: 13 hours
- 🧍 Rest: 15 hours
- 🏃 Active: 4 hours

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	143 bpm
HR resting	72 bpm
HRV resting	57 ms

🫁 Respiratory

Tachypnea	❗
Bradypnea	❌
BR high	41 brpm
BR resting	16 brpm
BRV resting	4 s
Inhale/Exhale Ratio	80 %

👣 Steps

Number of steps
1721

Goal
6000

Distance
1.2 km

29% of Goal

🙋 Stress

- 🔵 Rest
  12h 30m (75%)
- 🟠 Low
  3h 08m (19%)
- 🟠 Medium
  0h 59m (6%)
- 🔴 High
  0h 07m (1%)

22 Overall

〰️ Pulse Ox

- 🟢 90 -100 %
- 🟡 80 – 89%
- 🟠 70 – 79%
- 🔴 < 70%

Averege Spo2
92%

Lowest
88%

💤 Sleep score

- 🔵 Deep
  1h 22m (18%)
- 🔵 Light
  4h 27m (57%)
- 🟣 REM
  1h 54m (24%)
- 🩷 Awake
  0h 05m (1%)

93/100
Quality: Excellent

🔥 Calories

Number of total calories
1623 kcals

Total = Active + Resting

Active
72 kcals

Resting
1551 kcals

⏱️ Intensity Minutes

Moderate	Vigorous	Total
0h 29m	0h 04m	0h 33m

⚡ Body Battery

Highest	Lowest
88 /100	11 /100