User data report

Daily report for November 17, 2023

Overview Smart Textile & Garmin watch

Smart Textile

Collected data: 0h, 33min

- 🌙 Night: 0h, 0min
- ☀️ Day: 0h, 33min
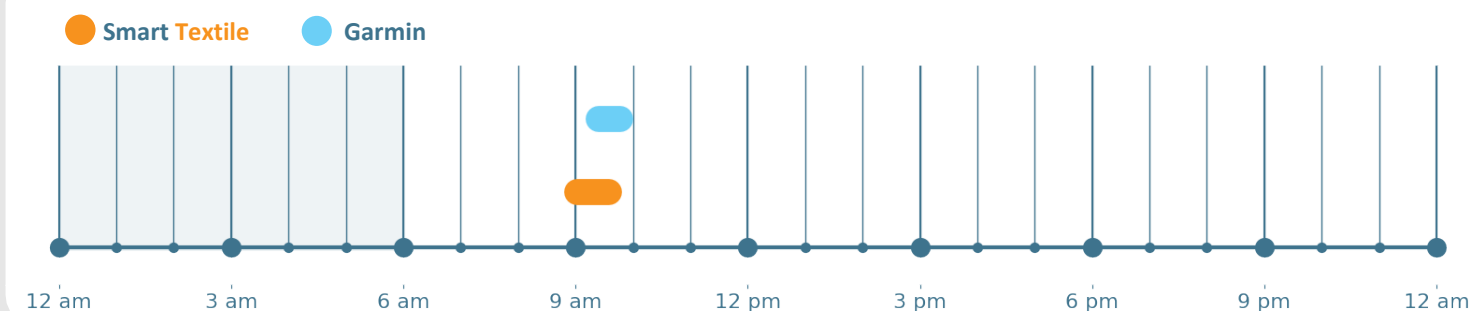- 🧍 Rest: 0h, 33min
- 🏃 Active: 0h, 0min

Garmin watch

Collected data: 0h, 23min

- 🌙 Night: 0h, 0min
- ☀️ Day: 0h, 23min
- 🧍 Rest: 0h, 23min
- 🏃 Active: 0h, 0min

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	76 bpm
HR resting	70 bpm
HRV resting	130 ms

🫁 Respiratory

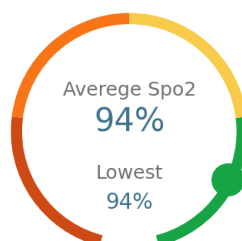| Tachypnea | ❌ |
Bradypnea	❌
BR high	19 brpm
BR resting	15 brpm
BRV resting	1 s
Inhale/Exhale Ratio	72 %

👣 Steps

Number of steps
0

Goal
4780

0%
of Goal

Distance
8 m

🧍 Stress

- 🔵 Rest
  0h 17m (100%)
- 🟡 Low
  0h 00m (0%)
- 🟠 Medium
  0h 00m (0%)
- 🔴 High
  0h 00m (0%)

Pulse Ox

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

Averege Spo2
94%

Lowest
94%

💤 Sleep score

- 🔵 Deep
- 🔵 Light
- 🟣 REM
- 🟣 Awake

🔥 Calories

Number of total calories
1409 kcals

Total = Active + Resting

Active
0 kcals

Resting
1409 kcals

⏱️ Intensity Minutes

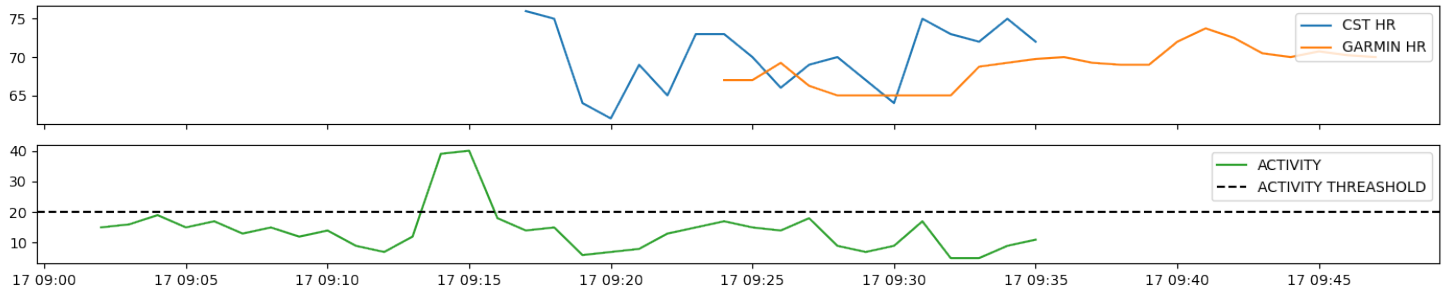| Moderate | Vigorous | Total |
| 0h 00m | 0h 00m | 0h 00m |

⚡ Body Battery

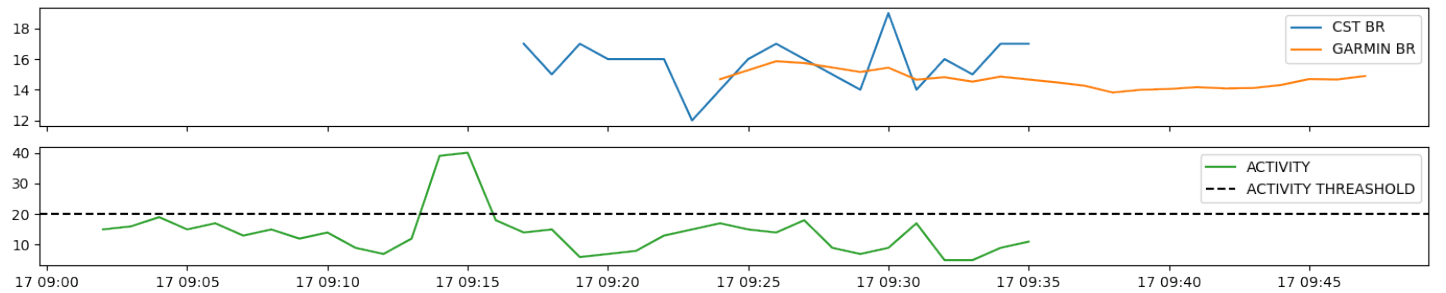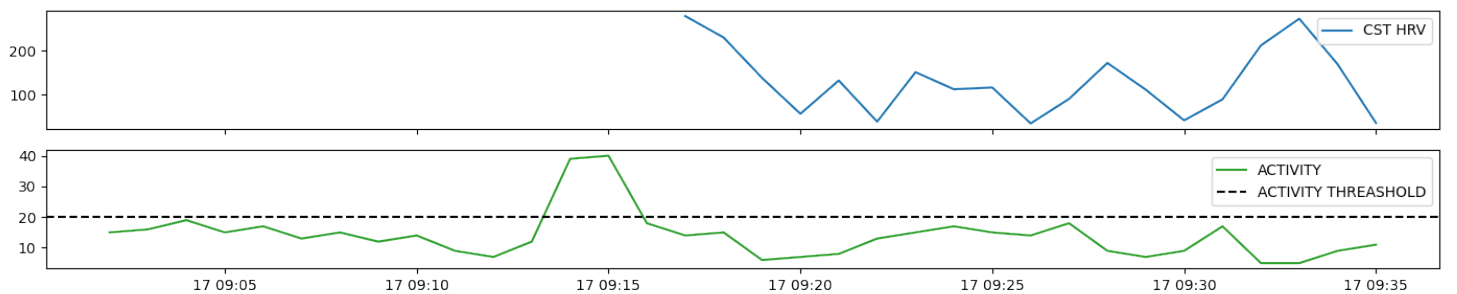| Highest | Lowest |
| 72 /100 | 70 /100 |

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Health indicators

Heartbeat Per Minute (HR)

Heart Rate Variability (HRV)

Breath Rate Per Minute (BR)

Breath Rate Variability (BRV)