User data report
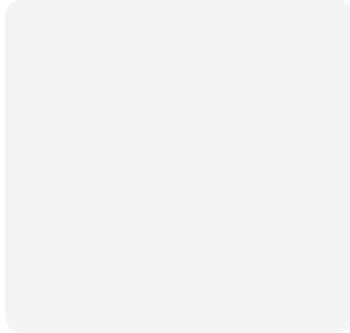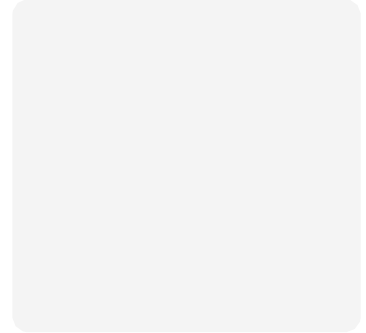
Overview Smart Textile & Garmin watch

Smart Textile

Garmin watch

Duration of data collection

● Smart Textile   ● Garmin

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   Active

Resting

Total = Active + Resting

⏱️ Intensity Minutes

Moderate   Vigorous   Total

⚡ Body Battery

Highest   Lowest