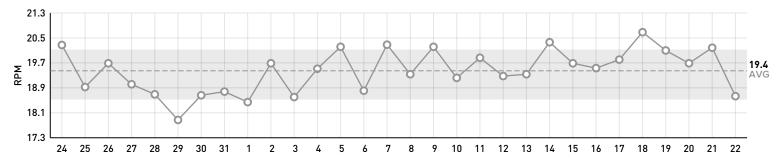
07/24/2024 - 08/22/2024

D.O.B. 05/19/2005 | AGE 19

## **RESPIRATORY RATE**

6-month personal range

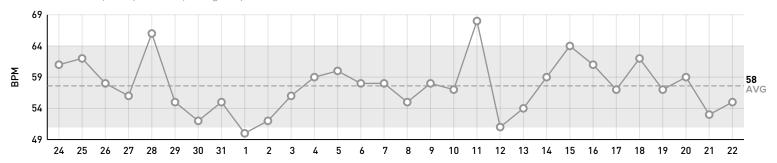
Measured as RPM (respirations per minute) during sleep.



#### **RESTING HEART RATE**

6-month personal range

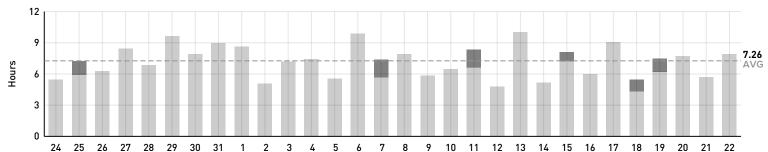
Measured as BPM (beats per minute) during sleep.



#### **SLEEP DURATION**

■ Sleep ■ Nap

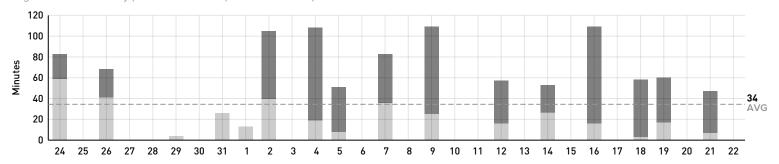
At least 7 hours of sleep is recommended each night for this age group.



#### DAILY AEROBIC ACTIVITY

■ Moderate ■ Vigorous

Total daily minutes spent in upper heart rate zones during logged activities. 150 minutes of moderate aerobic activity (50-80% of max HR) or 75 minutes of vigorous aerobic activity (80-100% of max HR) is recommended per week.



## WI-100P

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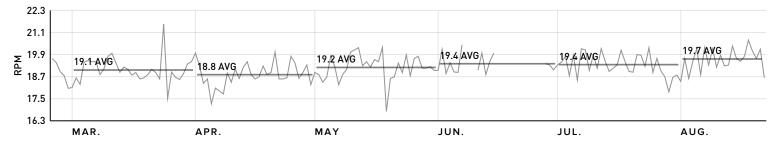
## ISAAC MARTINEZ

## 180 DAY HEALTH REPORT

D.O.B. 05/19/2005 | AGE 19 02/25/2024 - 08/22/2024

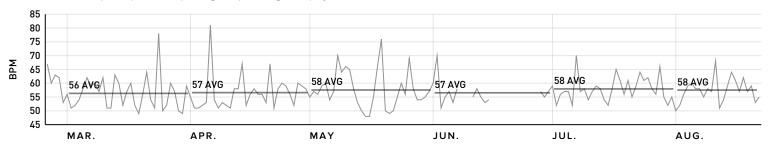
#### RESPIRATORY RATE

Measured as RPM (respirations per minute) during sleep, averages displayed for months with sufficient data.



#### **RESTING HEART RATE**

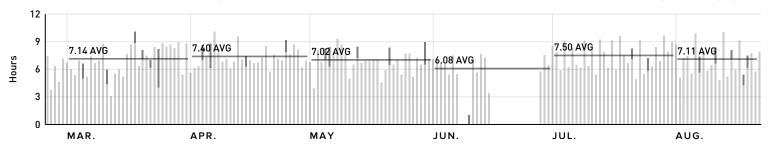
Measured as BPM (beats per minute) during sleep, averages displayed for months with sufficient data.



#### **SLEEP DURATION**

■ Sleep ■ Nap

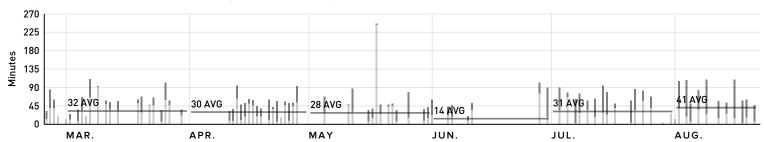
Total daily time spent asleep in hours, averages displayed for months with sufficient data. At least 7 hours of sleep is recommended each night for this age group.



## DAILY AEROBIC ACTIVITY

■ Moderate ■ Vigorous

Total daily minutes spent in upper heart rate zones during logged activities, averages displayed for months with sufficient data. 150 minutes of moderate aerobic activity (50-80% of max HR) or 75 minutes of vigorous aerobic activity (80-100% of max HR) is recommended per week.



Most frequently logged activities.











# WI-IOOP

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