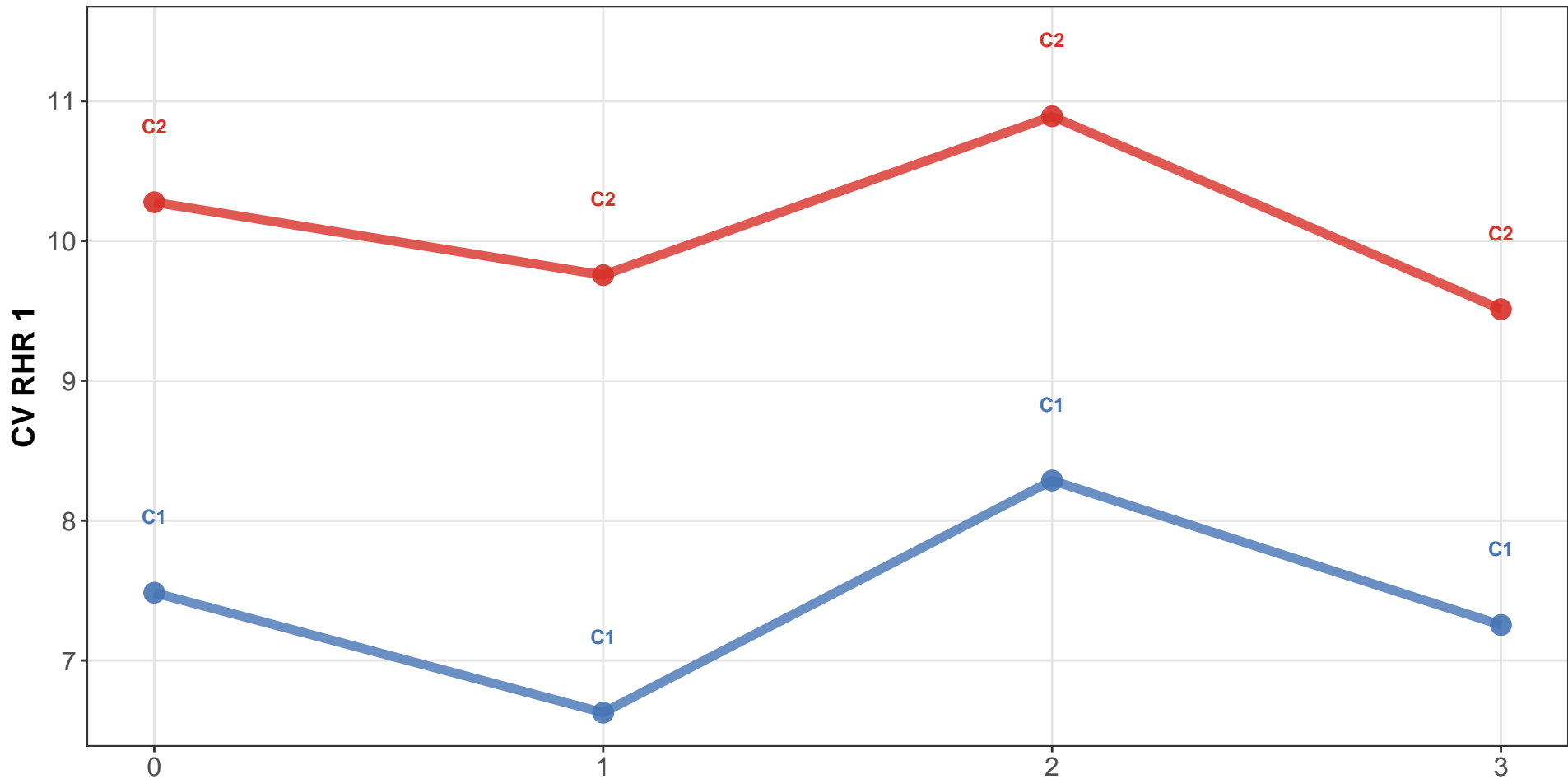


ACUTE_RECOVERY Pattern–Unified Trends: CV RHR 1

Colors unified by physiological patterns (Blue=Good, Red=Poor)



Blue = Good Pattern (Low CV, High Steps) | Red = Poor Pattern (High CV, Low Steps)