

Persona B

You are a **24-year-old student** who generally lives an **active lifestyle**. You regularly include high-intensity workouts during the week.

Recently, however, your schedule has become more irregular due to **exam periods, late-night studying, and inconsistent daily routines**. Even though you stay physically active, you often feel **sore, restless, or not fully recovered**, and you sometimes wake up **not feeling refreshed**.

You want to stay active, but you are **not aiming to increase training volume further**. Any adjustments should focus on **recovery, balance, or pacing**, rather than doing more.

Your Health Goals

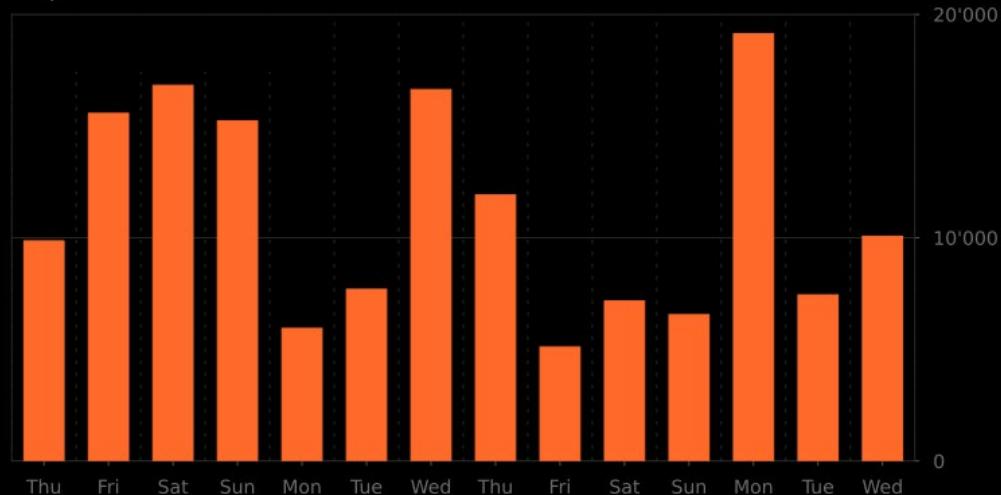
🎯 Why do I feel sore or restless even though I exercise almost every day?

🎯 What should I adjust in my daily routine or training this week to recover better and reduce stress?

AVERAGE

11'077

steps



AVERAGE

6h 18m

sleep

