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<u>네</u> Dashboard

은 Profile



Goals

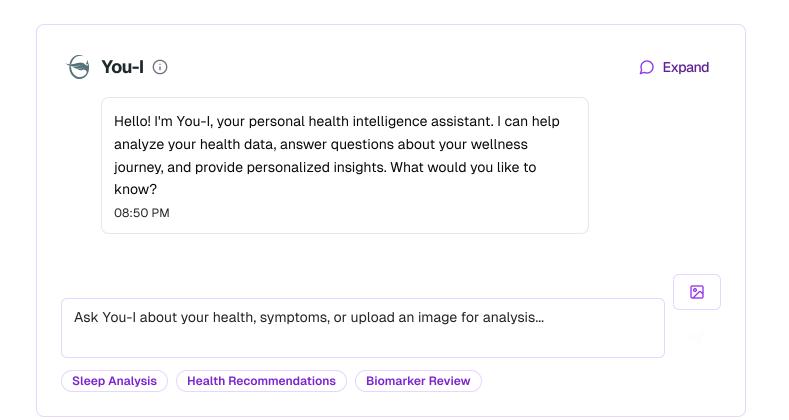


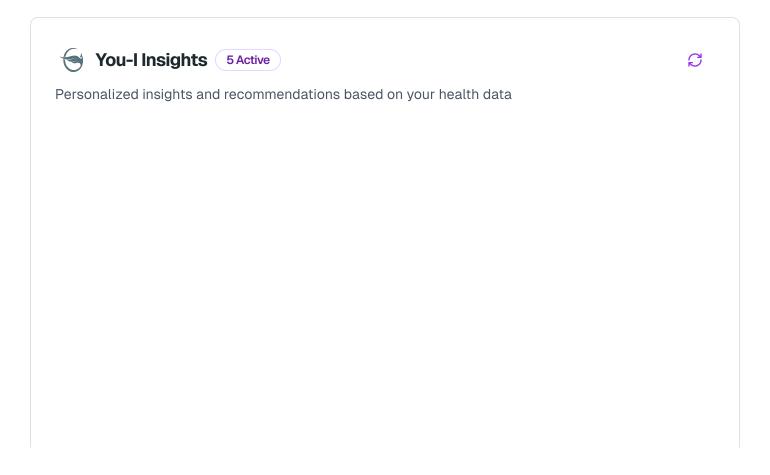
Products

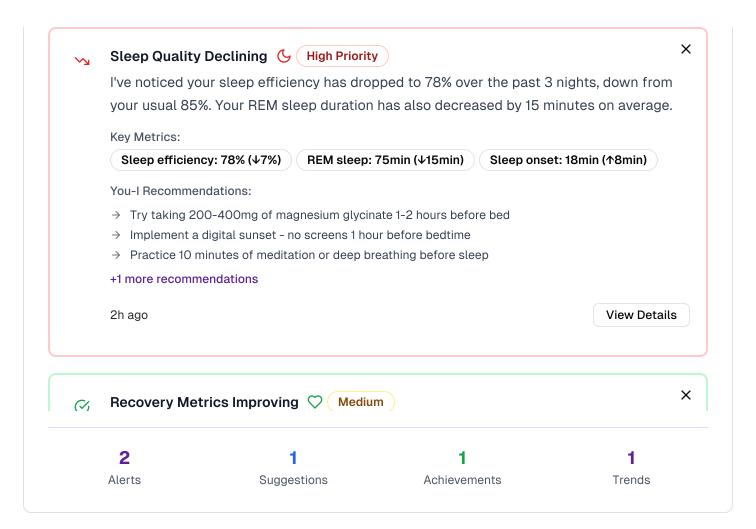
Integrations

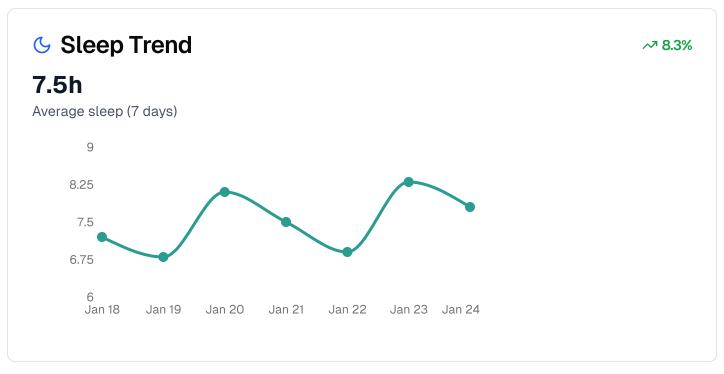
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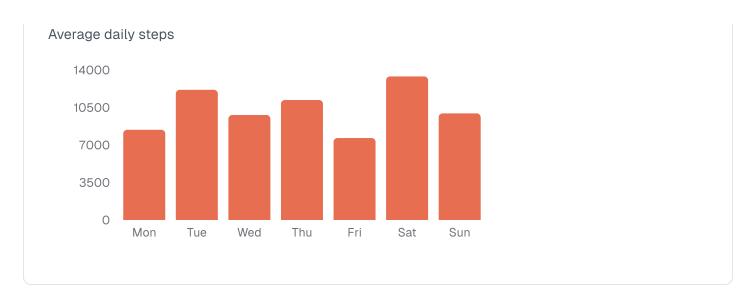


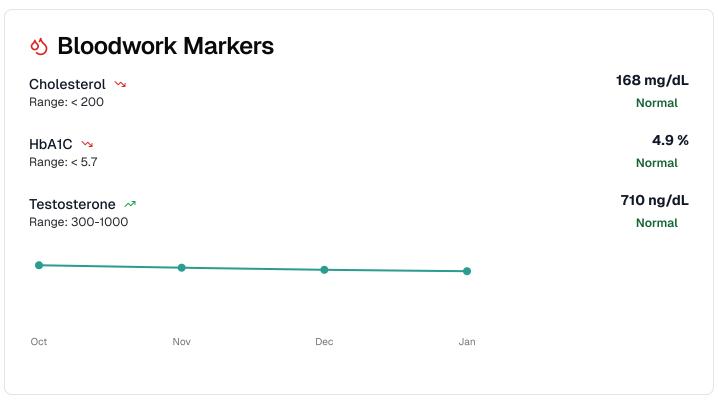


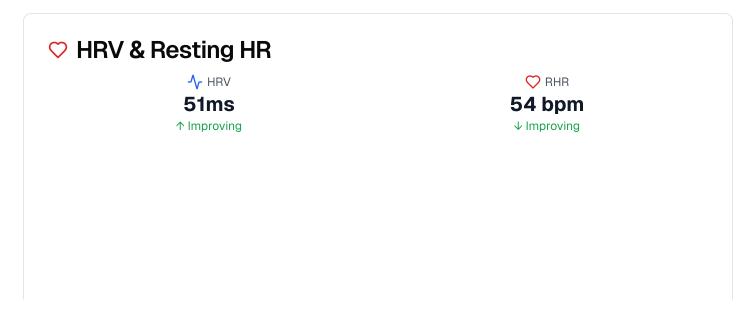


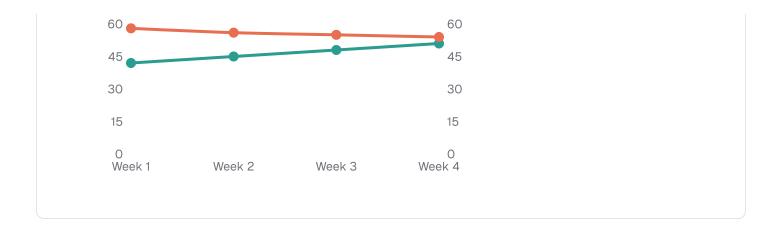


↑ Activity Level10,367



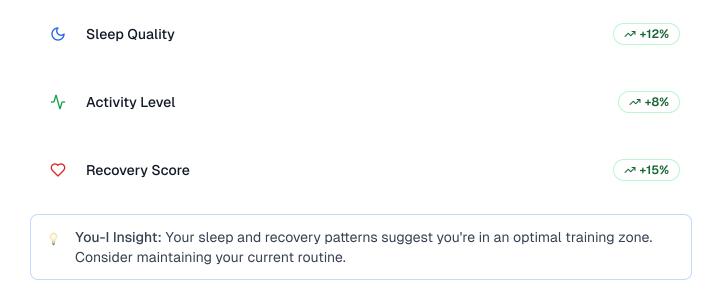


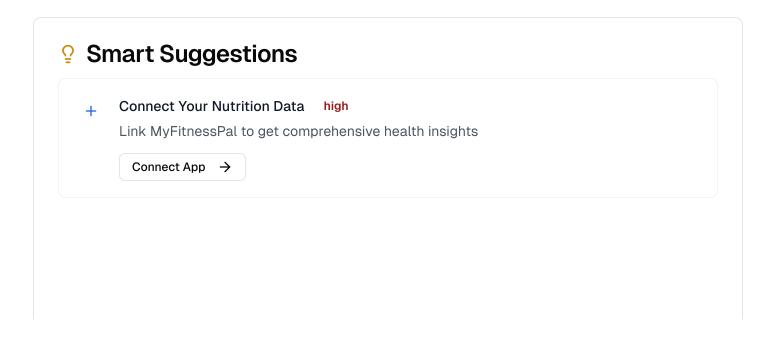


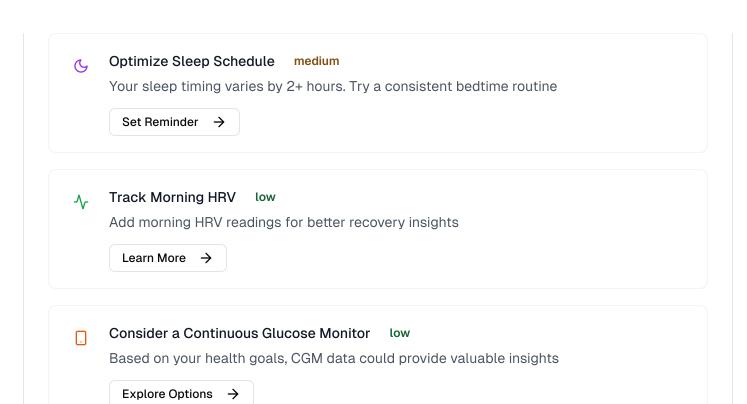


Your Health at a Glance

Great progress this week! Your sleep quality improved by 12%, and your recovery metrics are trending upward. Your consistent activity levels are paying off with better HRV scores.







Y-I Personalized for you: These suggestions are based on your current data patterns and health goals.