Health & Training Insights

Garmin Data Analysis Report

October 2025 - January 2026

90 days of data analyzed

Executive Summary

RECOVERY SIGNAL: Your resting heart rate has risen from 44.6 to 48.8 bpm (+4.2 change), which often indicates accumulated fatigue.

ENERGY DEFICIT: Body Battery wake values have dropped from 87 to 79.0 (-8 points), suggesting recovery is being outpaced by stress.

LIFESTYLE PATTERN: Days with 17+ hours sedentary average only 5.0h sleep, vs 7.0h on more active days. Sedentary time strongly predicts sleep quality.

FITNESS GAINS: Your VO2 max has improved from 47.5 to 55.4 ml/kg/min (+8.0), indicating improved cardiovascular fitness.

PART 1: KEY METRICS

Resting Heart Rate

Baseline (first 2 weeks): 44.6 bpm
Current (last 2 weeks): 48.8 bpm
Change: +4.2 bpm (+9.5%)
Range: 41 - 53 bpm
Trend: Rising

Note: A rise of 3-5 bpm typically indicates accumulated fatigue. Consider a recovery period to allow your body to absorb recent training.

Body Battery

Baseline wake value: 87
Current wake value: 79.0
Change: -8 points
Avg overnight recharge: +60.0 points
Range: 59 - 100

VO2 Max

Baseline: 47.5 ml/kg/min
Current: 55.4 ml/kg/min
Change: +8.0 ml/kg/min
Range: 45.3 - 56.5 ml/kg/min
Fitness Level: Excellent
Trend: Improving

Note: VO2 max measures your cardiovascular fitness. Higher values indicate better aerobic capacity. Improvements typically come from consistent endurance training.

Sleep

Average duration: 5.9 hours
Range: 4.0 - 7.8 hours
Nights under 6 hours: 48 (53.0%)
Nights 7+ hours: 17 (19.0%)

Note: Research shows <7 hours sleep increases injury risk by 1.7x. Aim for 7-8 hours consistently.

Stress Level

Average stress: 36.0
Range: 15 - 70
High stress days (>45): 20 (22.0%)
Low stress recharge: +62.0 BB points
High stress recharge: +59.0 BB points

PART 2: PATTERNS & CORRELATIONS

Sedentary Time Analysis

Average sedentary hours: 16.1 hours/day

Days with 17+ hours sedentary: 37 (41.0%)

Sedentary Time vs Sleep Duration:

Sedentary Hours	Average Sleep	Impact
< 14 hours	7.0 hours	Best sleep
14-17 hours	6.3 hours	Moderate
17+ hours	5.0 hours	Poor sleep

Key insight: Sedentary time appears to strongly predict sleep duration, regardless of exercise. Breaking up sitting throughout the day may improve sleep quality.

Day of Week Patterns

Best sleep day: Saturday (7.0h avg)

Worst sleep day: Friday (4.2h avg)

Best Body Battery day: Friday (81 avg)

Worst Body Battery day: Wednesday (76.0 avg)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5.1h	6.7h	5.5h	6.6h	4.2h	7.0h	5.8h
80	79	76	79	81	80	81

Row 1: Avg Sleep | Row 2: Avg Body Battery

Activity Patterns

Average daily steps: 11,755

Range: 4,083 - 27,706

Low activity days (<5k): 5 (6.0%)

Very active days (20k+): 11

Variability: Moderate

PART 3: RECOMMENDATIONS

Your metrics look relatively stable. Continue monitoring and consider the general health guidelines in the Science section below.

APPENDIX A: MONTHLY TRENDS

Data spans 4 months:

Month	RHR	BB	Sleep	Stress	Steps	Vig Min
Oct 2025	44.6	87	5.8h	40	12,518	505
Nov 2025	46.0	81	5.8h	33	12,175	1018
Dec 2025	49.7	76	6.0h	36	11,092	957
Jan 2026	48.9	78	6.0h	39	11,575	522

APPENDIX B: THE SCIENCE

Heart Rate & Recovery

- A rise of 3-5 bpm in resting HR often indicates accumulated fatigue
- RHR typically drops during rest/taper periods as fitness is absorbed
- Morning RHR is most reliable when measured immediately upon waking
- Illness, alcohol, and poor sleep can artificially elevate RHR

Sleep & Performance

- Research shows <7 hours sleep increases injury risk by 1.7x (Milewski et al.)
- Sleep extension improves athletic performance metrics (Mah et al.)
- Growth hormone release peaks during deep sleep stages
- Consistent sleep schedule more important than occasional catch-up sleep

Sedentary Behavior

- "Active couch potato" syndrome: exercise doesn't fully offset prolonged sitting
- Breaking up sitting every 30-60 minutes improves metabolic markers
- Post-meal walks improve glucose response by 30-50%
- Light activity throughout day better than single exercise bout

Stress & Recovery

- High stress can throttle overnight recovery regardless of sleep duration
- Chronic stress elevates cortisol, impairing adaptation
- Stress management techniques: breathing exercises, meditation, nature exposure
- Recovery is when adaptation happens - training is just the stimulus

SUMMARY

Key Takeaways

1. Your resting HR has risen +4.2 bpm - consider a recovery period.
2. Body Battery wake values (79.0) indicate good recovery.
3. Reducing sedentary time appears to be a key lever for improving sleep.

This report was generated from your Garmin Connect data using the open-source Garmin Health Analyzer tool. The insights are based on patterns in your personal data and general health research. Always consult healthcare professionals for medical advice.