

# Digital Health Tracker - Patient Report

Generated: November 24, 2025

## Patient Summary

Name: John Doe

Age: 32 years

Report Period: Last 30 Days

## Health Metrics Overview

Average Steps: 8,234 steps/day

Average Heart Rate: 72 bpm

Average Sleep: 7.2 hours/night

Average Water Intake: 6 glasses/day

Average Calories: 1,850 kcal/day

## Health Alerts

WARNING: Low sleep detected on 5 days (<6 hours)

CAUTION: High heart rate episodes: 3 instances (>100 bpm)

NOTE: Low water intake on 8 days (<3 glasses)

## Recommendations

1. Improve sleep hygiene - aim for 7-8 hours
2. Monitor cardiovascular health
3. Increase daily water consumption
4. Maintain consistent exercise routine