

Cardio Guard - Health Analyst Report

Prepared by: AI Health Intelligence System

Date: [Automatically Generated]

User ID: [Auto-filled]

Device: Cardio Guard Smart Band

1. Vital Signs Summary

- Average Heart Rate (Resting): 78 bpm
- Heart Rate Variability: Low (Possible stress or fatigue)
- Blood Pressure Trend: Within target range
- Oxygen Saturation: 97% (Normal)

2. Activity & Lifestyle Analysis

- Step Count (Average/day): 4,200 steps
- Physical Activity Level: Below recommended threshold
- Sleep Duration: 5h 45m (Needs improvement)
- Sleep Quality: Disrupted (Frequent awakenings detected)

3. Alerts & Early Warnings

- Irregular Heart Rhythm detected on 2 occasions this week.
- Fatigue Indicator: Elevated resting heart rate in mornings.

4. Recommendations

- Increase physical activity to 6,000-8,000 steps/day.
- Reduce screen time and caffeine intake before bedtime.

- Schedule a check-up if heart rhythm irregularities persist.
- Start guided breathing exercises (5 minutes daily).

5. Weekly Risk Assessment

- Cardiac Risk Level: Moderate
- AI suggests close monitoring and lifestyle adjustments.