

Profile

🔍 Search for...

Asthma Forecast

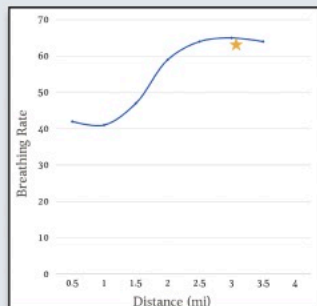
Previous Runs

Log Data

Insights & Personal Coaching

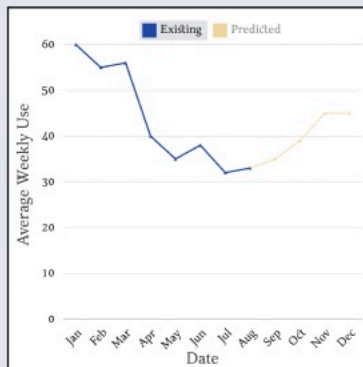
Personal Coaching & Historical Insights

Breathing Rates on Past Runs

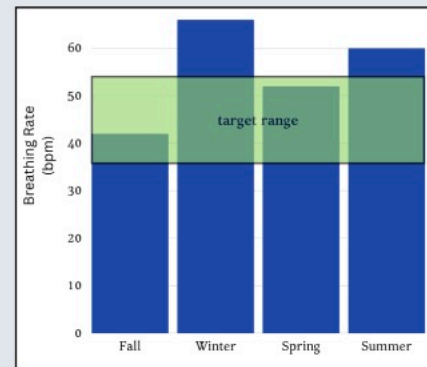


< Jan. 6 >

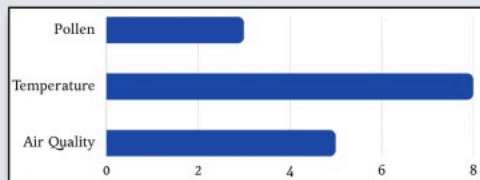
Predicted Inhaler Use



Seasonal Breathing Rate Changes



Top Triggers - Last 6 months



Smart Training Suggestions

- You tend to have fewer symptoms when you warm up for at least 10 minutes before running.
- Hills exacerbate your symptoms - avoid heavy inclines when asthma forecast is moderate or severe.
- You've used your inhaler more than usual this month. It may be time to check in with your doctor.

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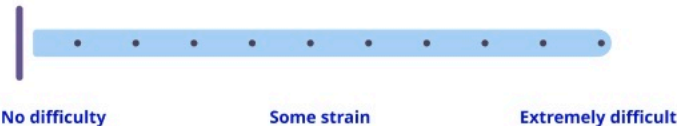
Title

Morning Run

Notes

Include any notes you would like to remember about this run. This is only for your use.

Breathing Difficulty



Run Type

Easy Run ▼

Race
Long Run
Tempo
Easy Run

Environment

Outdoors ×

Treadmill ×

Indoor Track ×

Inhaler Use

3 ▼

0
1
2
3
4

Save

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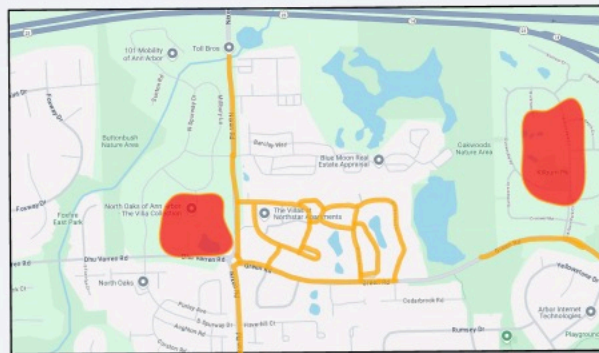
Insights

Home - Daily Overview

Asthma Forecast

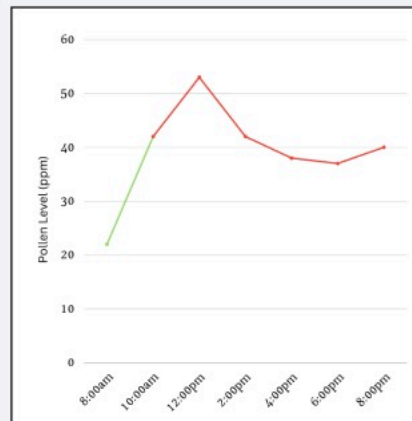


Environment Risk Heat Map



● No Risk ● Moderate Risk ● High Risk

Pollen Levels



● Low ● Moderate ● High

Daily Recommendation

Due to the

- pollen levels
- humidity
- temperature

your asthma forecast shows a moderate risk of asthma attack. To avoid this risk, you should run indoors today and bring your inhaler with you on your run

Weather Outlook



H: 59
L: 36

Humidity:

32%

Air Pollution:

5 - moderate

Today's Run

After you go for a run, the data will be displayed here.

Log Inhaler Button Pressed



Run - good bpm



Run - good bpm



Run - good bpm

