

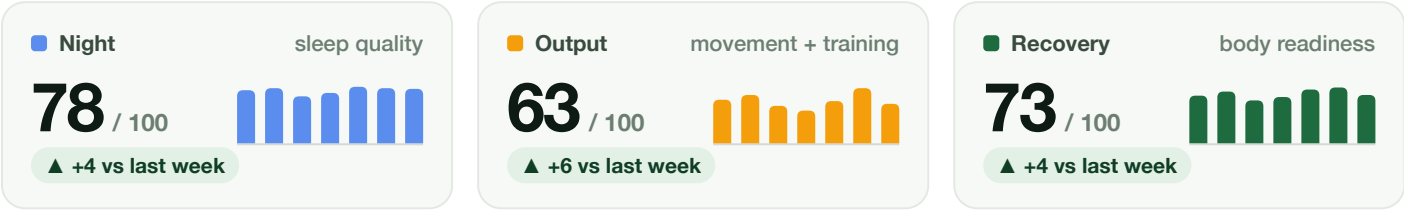
WEEK 38 · 14–20 SEP 2026

9 workouts this week.

Sleep averaged 7 h 17 a night.

Night 78 (+4 on last week), Output 63 (+6 on last week), Recovery 73 (+4 on last week). Every score compares you with your own last 60 days.

Not a medical document. This is a personal wellness summary, not a medical record. It is not a diagnosis and not a clinical document, and it must not be used to diagnose, treat or monitor any condition. The numbers come from consumer devices and your own logs, and they can be wrong. Reference ranges are general population references, not a judgement about you. If a number worries you, talk to a health professional.



Day by day

Darker = higher in this week

	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Week
Night score	78	81	69	74	83	81	80	78
Sleep	7:12	7:41	6:18	6:54	7:33	7:38	7:42	7:17
Recovery	70	76	63	68	79	82	71	73
HRV	46	48	41	44	50	49	47	46 ms
Steps	8.3k	10.9k	6.9k	7.8k	12.4k	15.0k	9.3k	10.1k
Training	114	161	22	108	173	192	47	9 sessions
Stress	38	34	47	41	31	29	33	36
Mood	Good	Good	Okay	Okay	Good	Great	Good	mostly good

What stood out

- 1Sleep debt peaked on Thursday at 3 h 41. By Sunday it was 3 h 30.
- 2Training load was 21% above your 4-week average. 817 this week, 673 on average.
- 3Steps per day: 10,080. Above your usual (7,120 – 9,640).

Compared with your usual

Usual = the middle half of your last 60 days

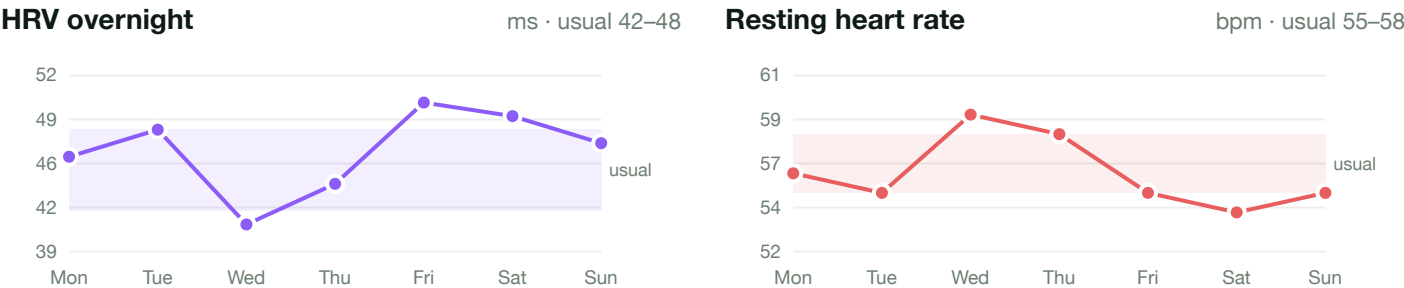
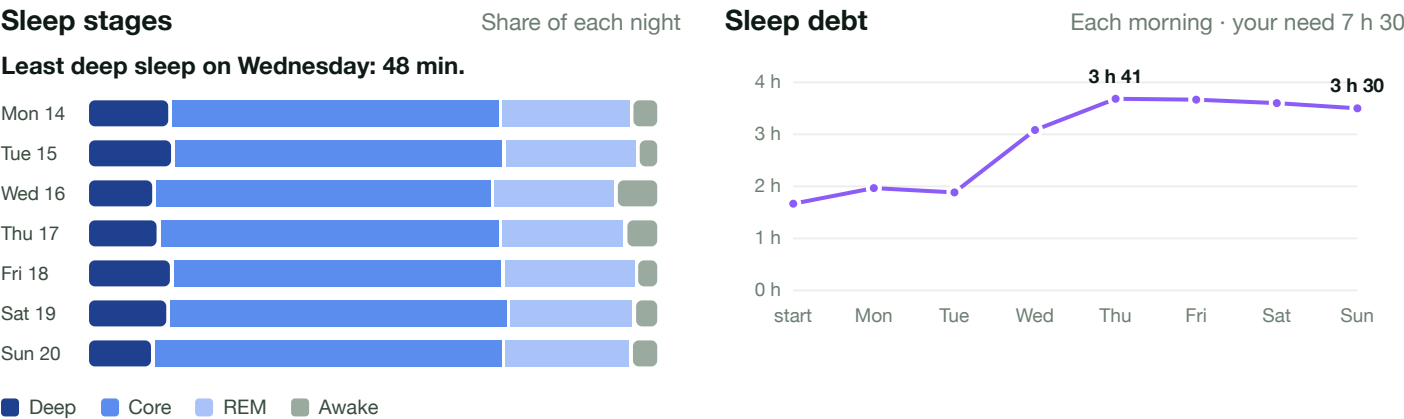
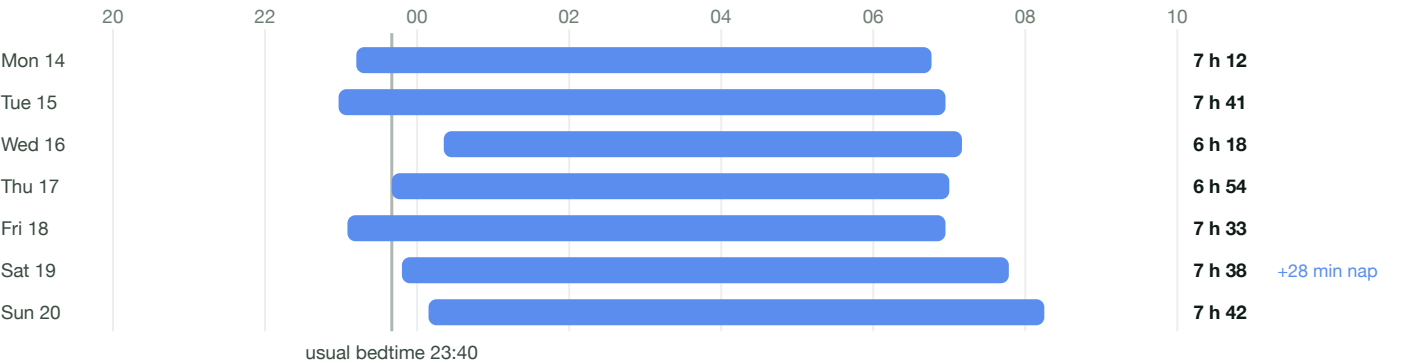
MEASURE	THIS WEEK	YOUR USUAL	
HRV (overnight)	46 ms	42–48 ms	● In your usual range
Resting heart rate	56 bpm	55–58 bpm	● In your usual range
Sleep per night	7 h 17	6 h 55 – 7 h 32	● In your usual range
Bedtime	23:36	23:20 – 23:52	● In your usual range
Steps per day	10,080	7,120 – 9,640	● Above your usual
Time in daylight	57 min	35–62 min	● In your usual range
Stress (daily median)	36	33–40	● In your usual range

SLEEP AND RECOVERY

When you slept

Average 7 h 17 a night · bedtimes spread 1 h 23

Earliest bedtime 22:58 on Tuesday, latest 00:21 on Wednesday.



Night vitals

Week average · usual = your last 60 days

Breathing rate

14.8 br/min

usual 14–15 · in your usual range

Blood oxygen

96.1 %

usual 95.6–96.5 · in your usual range

Wrist temperature

−0.08 °C

vs your usual

Breathing disturbances

0.9 /h

usual 0.4–1.6 · in your usual range

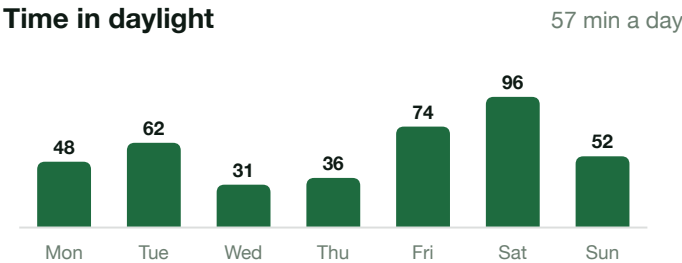
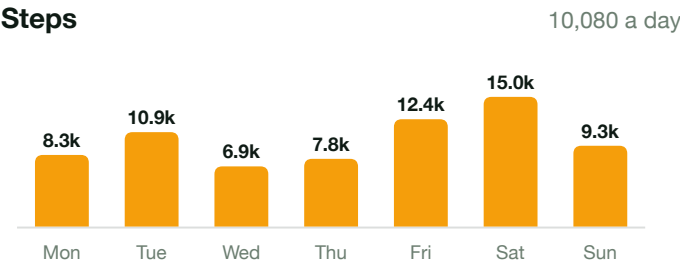
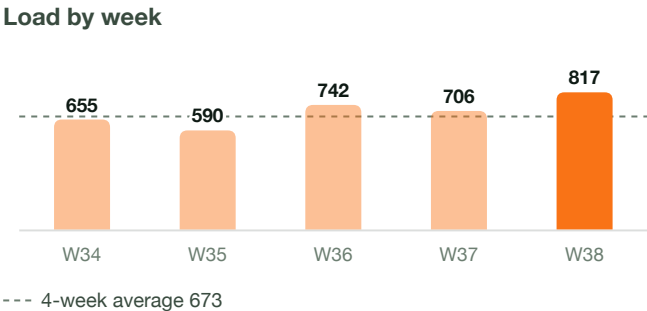
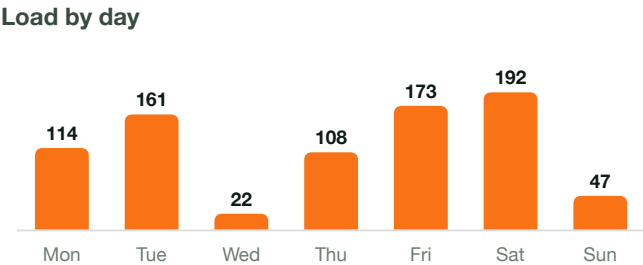
TRAINING, MOVEMENT, FOOD AND HABITS

Training

9 sessions · load is estimated from duration

Load 817, 21% above your 4-week average. 6 h 57 of training.

DAY	SESSION	START	TIME	ENERGY	LOAD
Mon 14	Running	07:15	38 min	402 kcal	114
Tue 15	Walking	12:40	31 min	118 kcal	31
Tue 15	Traditional strength training	18:10	52 min	380 kcal	130
Wed 16	Walking	13:05	22 min	84 kcal	22
Thu 17	Cycling	17:30	45 min	360 kcal	108
Fri 18	Walking	12:20	28 min	106 kcal	28
Fri 18	Traditional strength training	18:05	58 min	420 kcal	145
Sat 19	Hiking	09:20	1 h 36	640 kcal	192
Sun 20	Walking	10:30	47 min	190 kcal	47



Food and drink

From your logs

Eaten per day
2,448 kcal
6 of 7 days logged

Eaten vs burned
-22 kcal
per logged day

Protein
153 g
per logged day

Carbs · fat
272 g · 88 g
per logged day

Water
2.2 L
per day

Caffeine
6 days
with caffeine logged

Alcohol
2 drinks
this week

TRAINING, MOVEMENT, FOOD AND HABITS (CONTINUED)

Supplements and habits

14–20 Sep 2026 · from your stack log

	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Taken
Vitamin D3 + K2 Morning · 2,000 IU	●	●	●	●	●	●	●	6/7
Creatine monohydrate Morning · 5 g	●	●	●	●	●	●	●	7/7
Omega-3 fish oil Midday · 2 g	●	●	○	●	●	●	●	6/7
Magnesium glycinate Evening · 300 mg	●	●	●	●	●	●	●	6/7
Protein powder whey After workout · 25 g	–	●	–	–	●	–	–	2/2

● taken ● skipped ○ not logged

Weight and walking

Weight

83.1 kg

–0.5 kg this week

Walking speed

4.7 km/h

average

Step length

71 cm

average

Walking asymmetry

4.8 %

lower is more even