

WILLIAM'S MONTHLY PERFORMANCE ASSESSMENT OCTOBER 2020

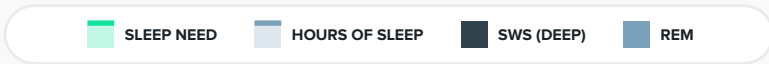
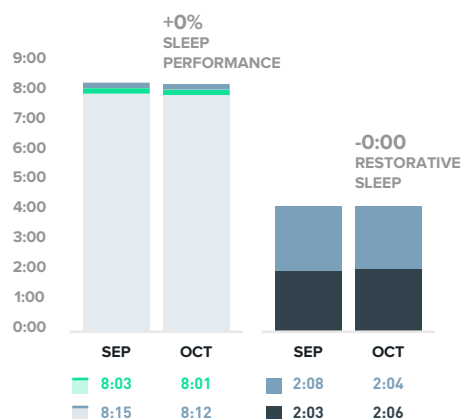
RESTORATIVE SLEEP

Restorative sleep is vital to mental and physical recovery. Restorative sleep occurs during:

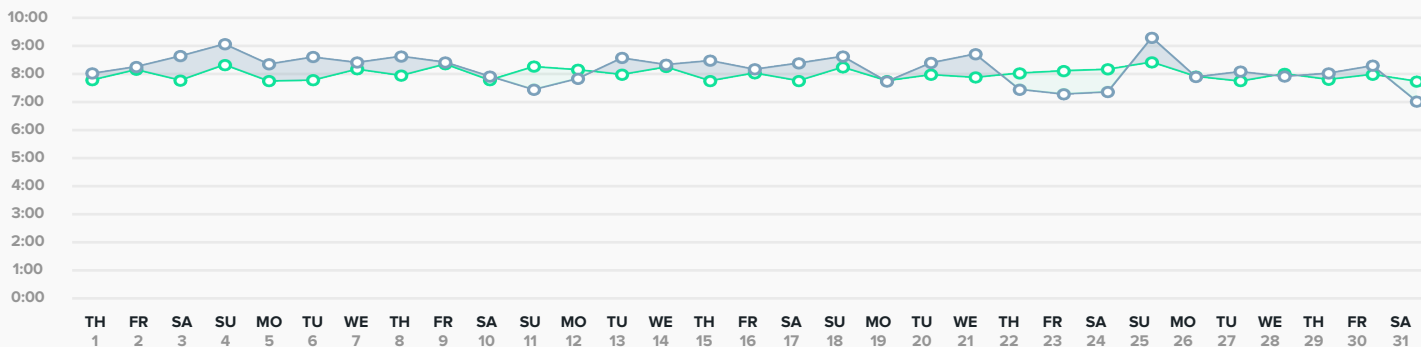
Rapid Eye Movement (REM) is the "mentally restorative" stage of sleep when the brain converts short-term memories into long-term ones.

Slow Wave Sleep (SWS) is the "physically restorative" stage of sleep.

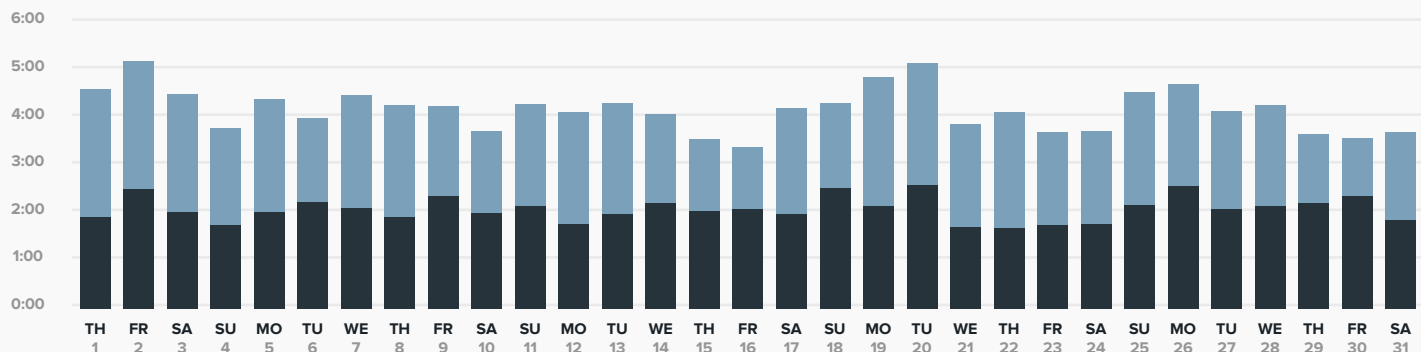
Maximize restorative sleep by matching your **Hours of Sleep** with your **Sleep Need**.



HOURS OF SLEEP VS. SLEEP NEED



RESTORATIVE SLEEP (REM + SWS)

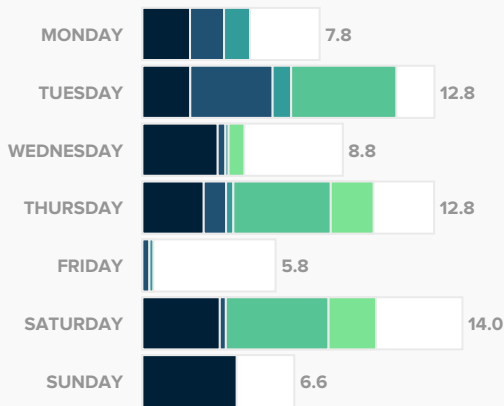


TRAINING BREAKDOWN [LEARN MORE](#)

The Strain by Day of Week graph shows how your strain breaks down over the course of the week and how your various activities contribute to your higher and lower strain days. The white bars show the average strain contribution of your non-activity time. You can maximize the energy you have to exercise by minimizing strain throughout the rest of the day.



STRAIN BY DAY OF WEEK



NUMBER OF ACTIVITIES

33 ▲ vs 8 in September

- Jumping Rope: 9x
- Walking: 8x
- Weightlifting: 6x
- Running: 6x
- All other activities: 4x

AVERAGE ACTIVITY STRAIN

8.9 ▲ vs 8.1 in September

- Jumping Rope: 9.8 average
- Walking: 6.9 average
- Weightlifting: 5.2 average
- Running: 12.2 average
- All other activities: 9.1 average

TOTAL ACTIVITY DURATION

15:42 ▲ vs 7:26 in September

- Jumping Rope: 3:57 total
- Walking: 3:48 total
- Weightlifting: 2:58 total
- Running: 2:33 total
- All other activities: 2:24 total

AVERAGE ACTIVITY DURATION

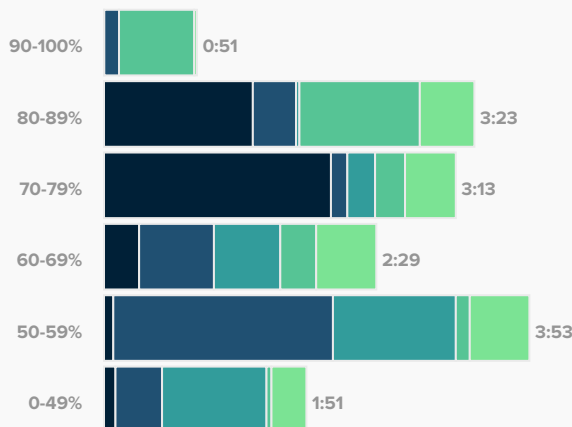
0:28 ▼ vs 0:55 in September

- Jumping Rope: 0:26 average
- Walking: 0:28 average
- Weightlifting: 0:29 average
- Running: 0:25 average
- All other activities: 0:36 average

HEART RATE TRAINING [LEARN MORE](#)

Each heart rate zone causes a unique training stimulus. The Heart Rate Zones graph shows how much training you've accumulated in each of the 6 heart rate zones and how your various activities breakdown across the zones last month.

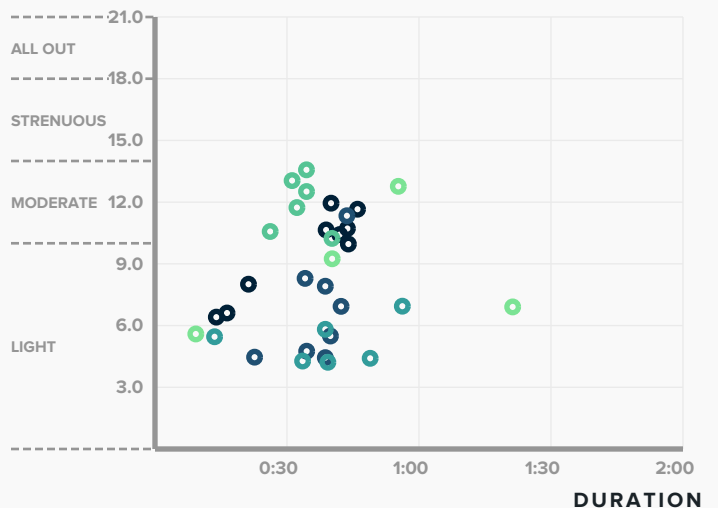
HEART RATE ZONES



TRAINING INTENSITY [LEARN MORE](#)

See how long it took you to earn various strain scores. Each morning Strain Coach recommends an Optimal Strain, some sports take longer than others to reach that Strain. Analyzing recent training lets you estimate the time it will take to reach your daily goal.

STRAIN

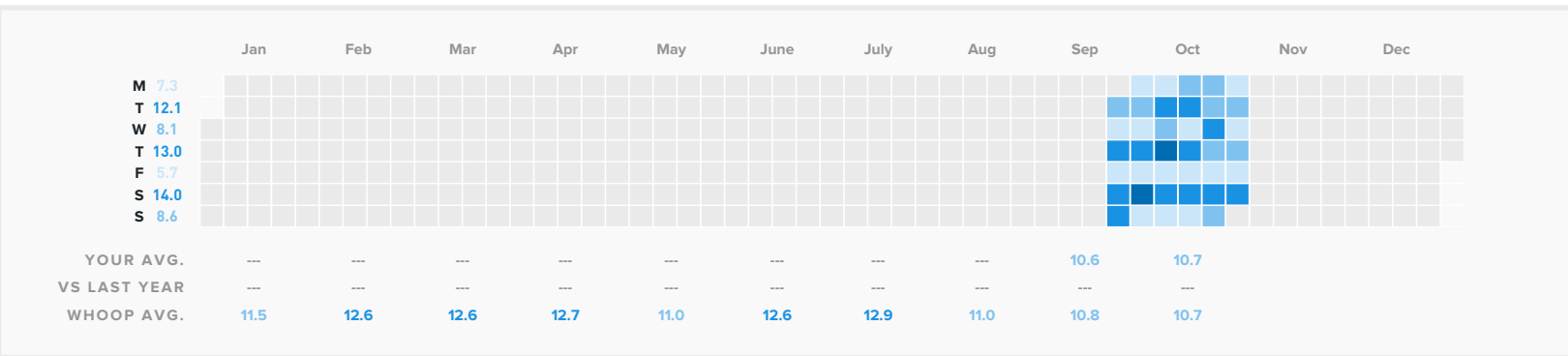


STRAIN

Strain represents the amount of cardiovascular exertion you've built per day. Gauge daily patterns of Strain over the year.

Lighter days represent low Strain
Darker days represent high Strain.

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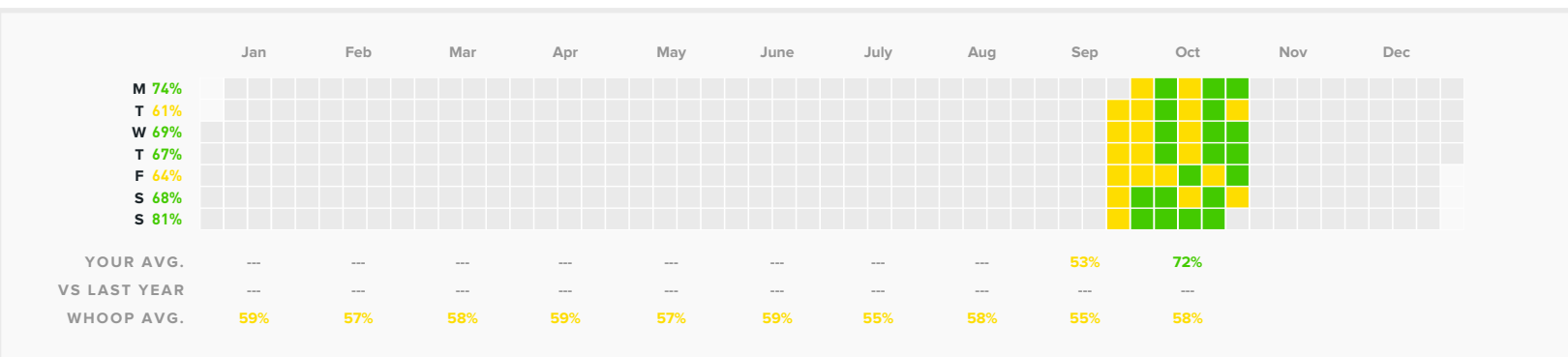


RECOVERY

Recovery represents how ready your body is to take on Strain. Check out your year's Recovery trends.

Red days represent low Recovery
Yellow days represent typical Recovery
Green days represent high Recovery

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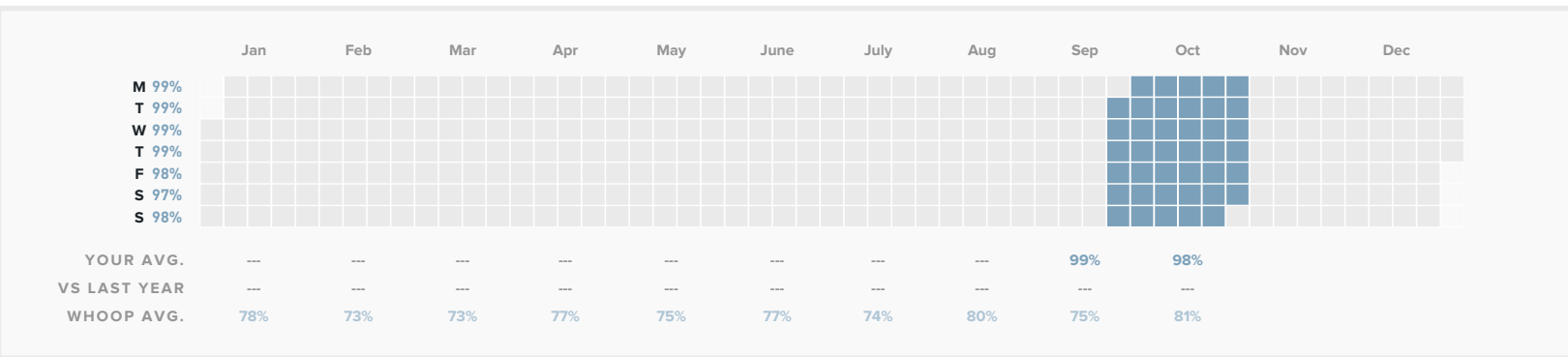


SLEEP PERFORMANCE

Sleep Performance measures the percentage of sleep you needed that you got. Identify your sleep patterns throughout the year.

Lighter days represent poor Sleep Performance
Darker days represent high Sleep Performance

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The data below shows how your Sleep and Recovery metrics responded to various behaviors you reported in the past 90 days.

* 5 Yes's and 5 No's are required to calculate an impact (per behavior).



		RECOVERY IN %	RHR IN BPM	HRV IN MS	SLEEP DURATION IN HRS	REM DURATION IN HRS	SWS DURATION IN HRS
READ IN BED	NO 35	69	50	57	8:12	2:05	2:07
		-4%	0	0	+0:11	+0:08	-0:14
	YES 5	65	50	57	8:23	2:13	1:53
MAGNESIUM	NO (TOTAL) 24	73	50	59	8:07	2:01	2:06
		-11%	+1	-4	+0:15	+0:13	-0:02
	YES (TOTAL) 16	62	51	55	8:22	2:14	2:04
	230 mg 5	62	51	52	8:24	2:18	2:13
	240 mg 5	74	51	55	8:31	2:19	2:01
250 - 260 mg 6	52	51	56	8:11	2:05	1:58	

The following behaviors are not yet able to be analyzed due to **low volume of answers**.

To unlock impact analysis, log at least 5 Yes's and 5 No's per behavior.

		RECOVERY IN %	RHR IN BPM	HRV IN MS	SLEEP DURATION IN HRS	REM DURATION IN HRS	SWS DURATION IN HRS
FEEL EFFICACY	NO 0*	---	---	---	---	---	---
		---	---	---	---	---	---
	YES 40	68	50	57	8:13	2:06	2:06
FEEL PURPOSE	NO 0*	---	---	---	---	---	---
		---	---	---	---	---	---
	YES 40	68	50	57	8:13	2:06	2:06

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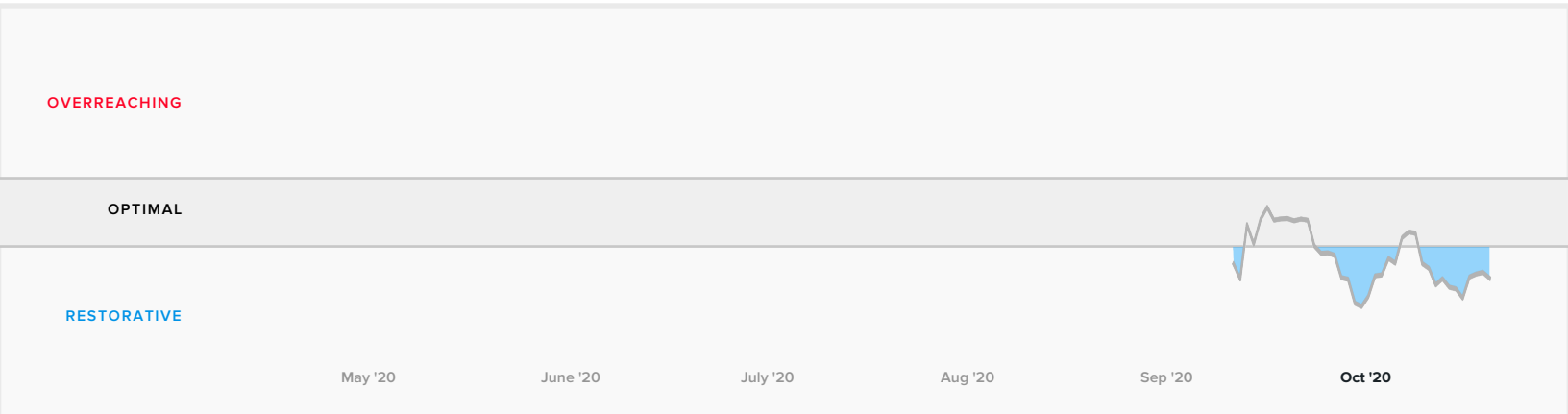
		RECOVERY IN %	RHR IN BPM	HRV IN MS	SLEEP DURATION IN HRS	REM DURATION IN HRS	SWS DURATION IN HRS
HYDRATION	NO 1*	---	---	---	---	---	---
		---	---	---	---	---	---
	YES 39	69	50	57	8:13	2:06	2:06
PLANT-BASED DIET	NO 1*	---	---	---	---	---	---
		---	---	---	---	---	---
	YES 39	68	50	57	8:12	2:06	2:05
SLEEP IN OWN BED	NO 1*	---	---	---	---	---	---
		---	---	---	---	---	---
	YES 39	69	50	57	8:13	2:06	2:06

TRAINING BEHAVIOR

Overreaching means taking on more Strain than is recommended based on your Recovery.

Optimal means Strain and Recovery were balanced.

Restorative means taking on less Strain than you were ready for.



PHYSIOLOGICAL RESPONSE

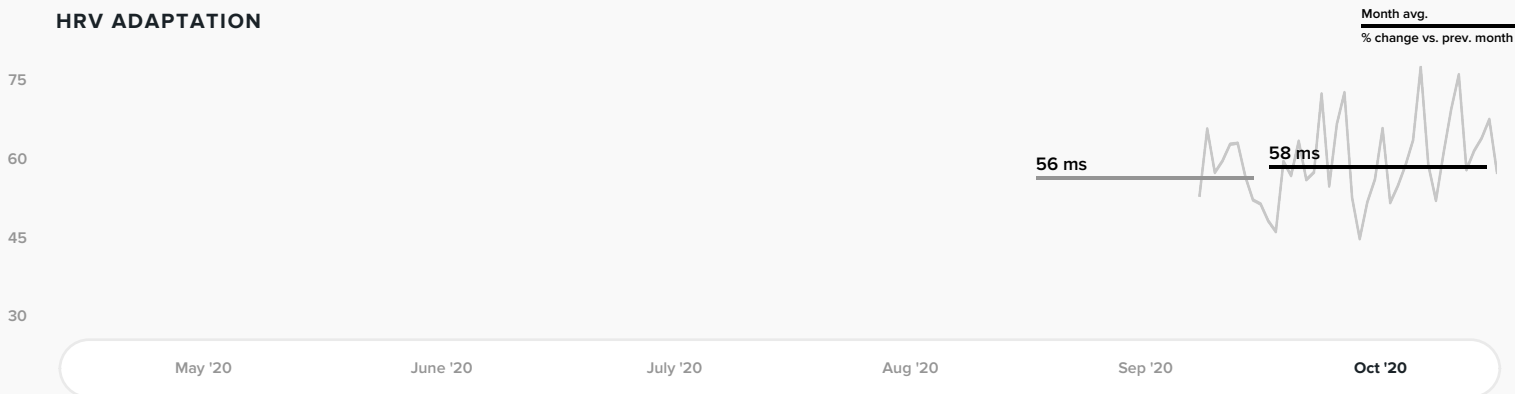
Track your monthly Heart Rate Variability (HRV) and Resting Heart Rate (RHR) trends over time. How do your HRV and RHR trends react to your training patterns? Fluctuations in HRV and RHR can be caused by your body reacting to training.

An increase in HRV and decrease in RHR is a sign of increased fitness.

Green represents a fitness increase.
Red represents a fitness decrease.
Black represents no meaningful change.
Grey represents insufficient data (<10 days).

[LEARN MORE](#)

HRV ADAPTATION



RHR ADAPTATION



Learn How to Interpret Your Monthly Performance Assessment

[CLICK HERE](#)

In case you missed it...



Knowing Your Baseline: Case Studies in Respiratory Rate in Time of COVID-19

[Read Here](#)



Effects of Alcohol on the Body: Insights for HRV, Sleep & Other Metrics

[Read Here](#)



30 Murphs in 30 Days: What I Saw in My WHOOP Data

[Listen Here](#)

WHOOP