



NICK'S MONTHLY PERFORMANCE ASSESSMENT SEPTEMBER 2021

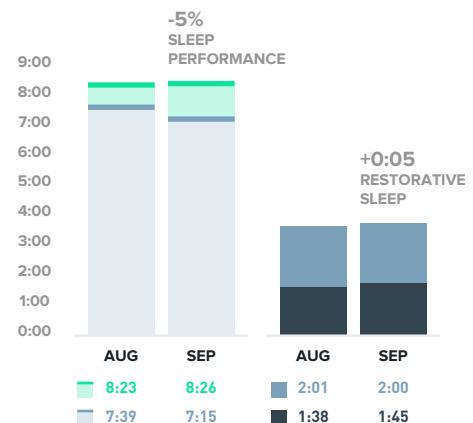
RESTORATIVE SLEEP

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.

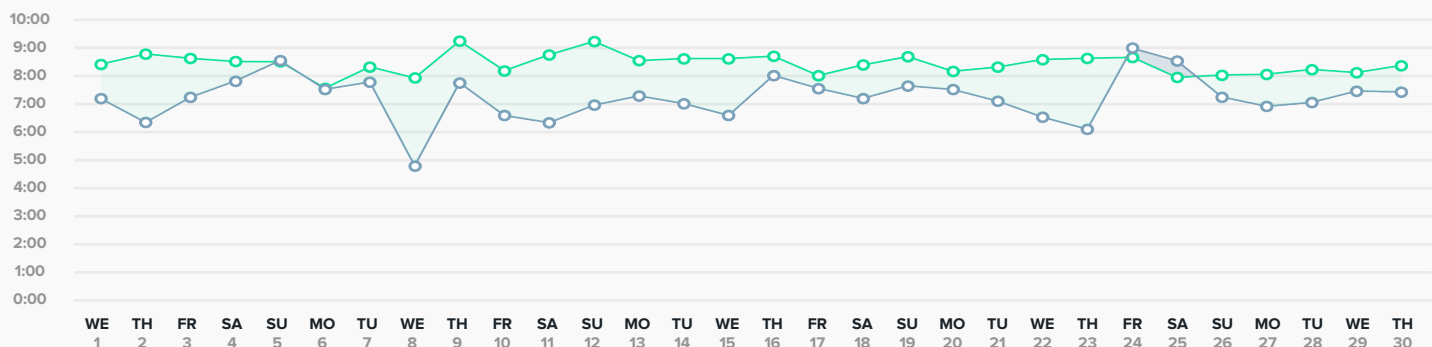
Slow Wave Sleep (SWS) is the "physically restorative" stage of sleep.

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

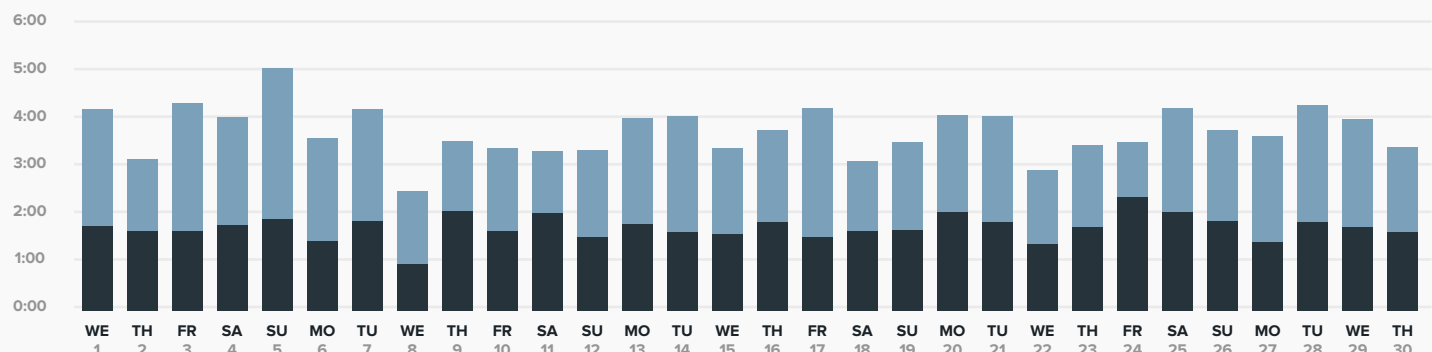


SLEEP NEED HOURS OF SLEEP SWS (DEEP) REM

HOURS OF SLEEP VS. SLEEP NEED



RESTORATIVE SLEEP (REM + SWS)



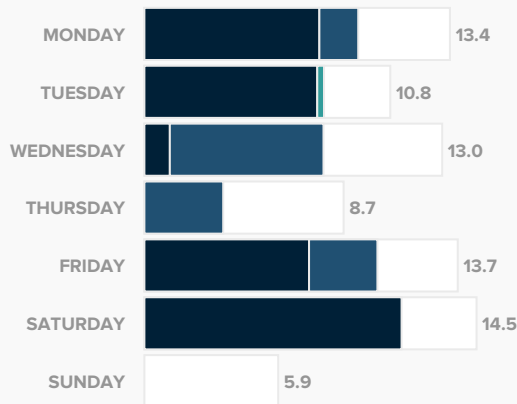


TRAINING BREAKDOWN [LEARN MORE](#)

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.

FUNCTIONAL FITNESS CROSSFIT® TRAINING WEIGHTLIFTING

STRAIN BY DAY OF WEEK



NUMBER OF ACTIVITIES

20 ▲ vs 13 in August
→ Functional Fitness: 12x
→ CrossFit® Training: 7x
→ Weightlifting: 1x

AVERAGE ACTIVITY STRAIN

12.2 ▲ vs 11.3 in August
→ Functional Fitness: 12.9 average
→ CrossFit® Training: 11.4 average
→ Weightlifting: 4.8 average

TOTAL ACTIVITY DURATION

20:25 ▲ vs 11:46 in August
→ Functional Fitness: 12:49 total
→ CrossFit® Training: 6:50 total
→ Weightlifting: 0:45 total

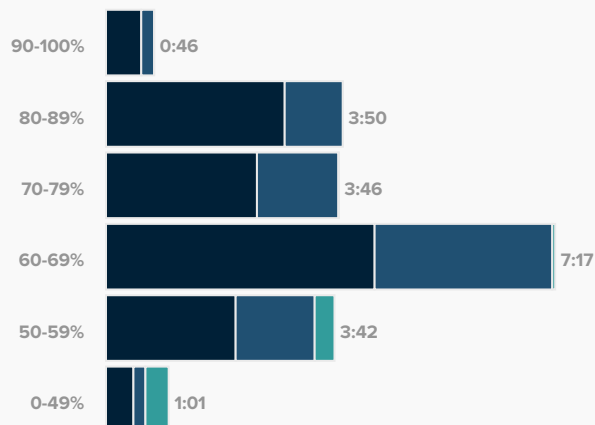
AVERAGE ACTIVITY DURATION

1:01 ▲ vs 0:54 in August
→ Functional Fitness: 1:04 average
→ CrossFit® Training: 0:58 average
→ Weightlifting: 0:45 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.

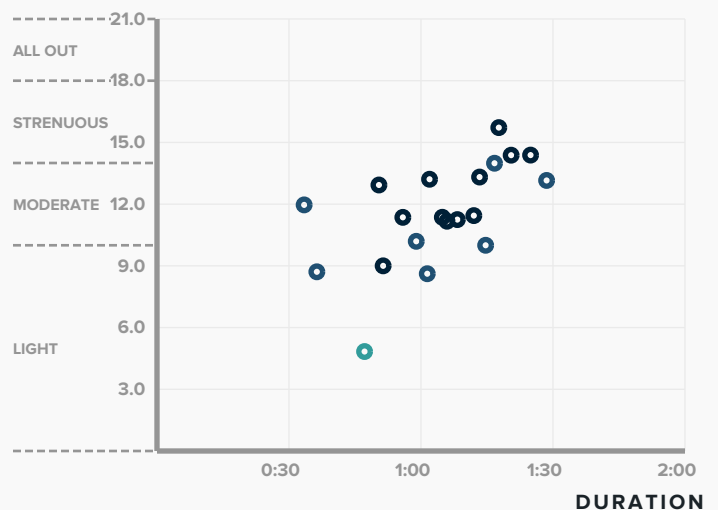
HEART RATE ZONES



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





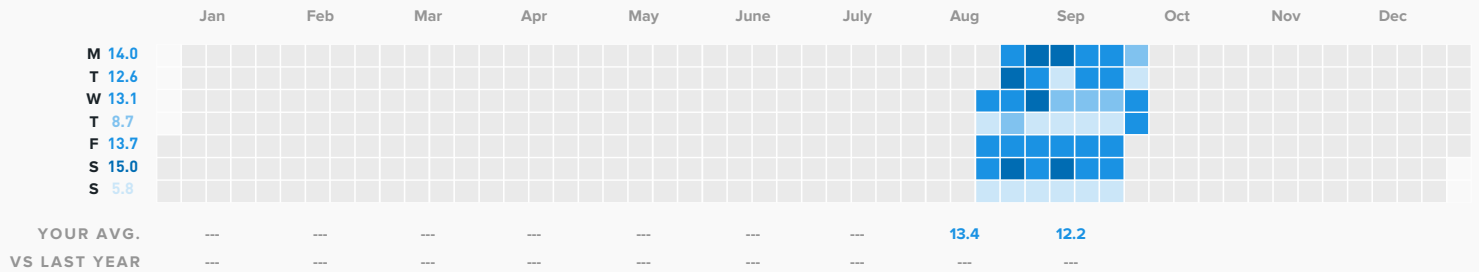
WHOO®

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.

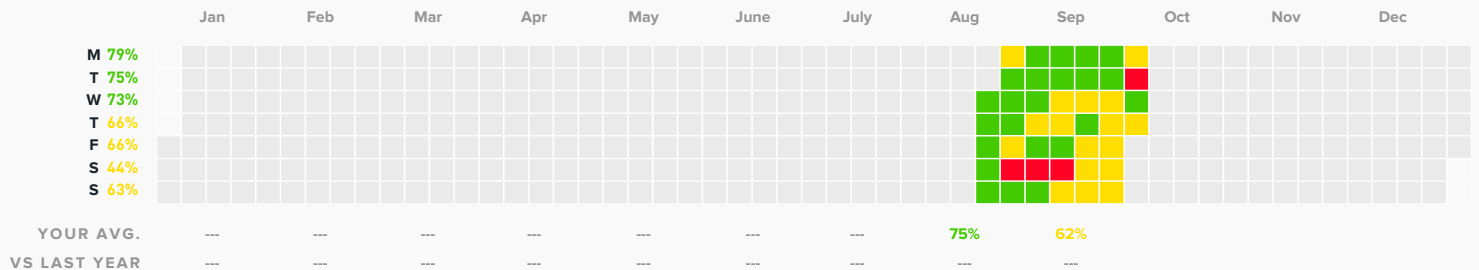


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Recovery represents how ready your body is to take on Strain. Check out your year's Recovery trends.

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

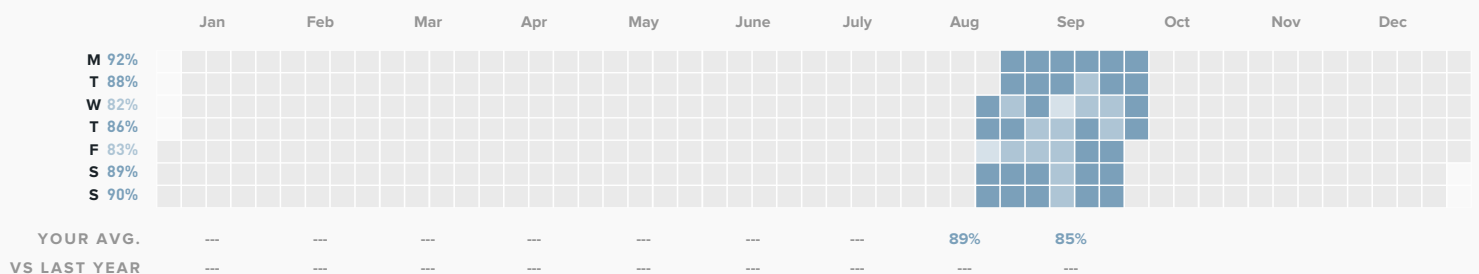
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Sleep Performance measures the percentage of sleep you needed that you got. Identify your sleep patterns throughout the year.

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



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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.

OVERREACHING

OPTIMAL

RESTORATIVE

Apr '21

May '21

June '21

July '21

Aug '21

Sep '21

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).



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HRV ADAPTATION

105

80

55

30

Apr '21

May '21

June '21

July '21

Aug '21

Sep '21

91 ms

83 ms
-9%

Month avg.
% change vs. prev. month

RHR ADAPTATION

75

65

55

45

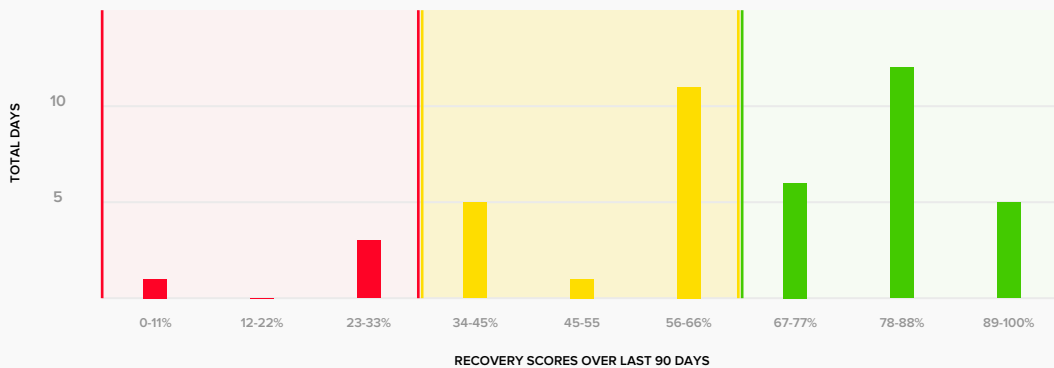
51 bpm

53 bpm
+4%



RECOVERY & BEHAVIOR SUMMARY

The data below shows your Recovery metrics and your most commonly reported behaviors in the past 90 days.



FREQUENTLY LOGGED BEHAVIORS

CAFFEINE	1 NO	35 YES
ALCOHOL	15 NO	21 YES
MELATONIN	10 NO	21 YES
COVID-19 SYMPTOMS	36 NO	0 YES

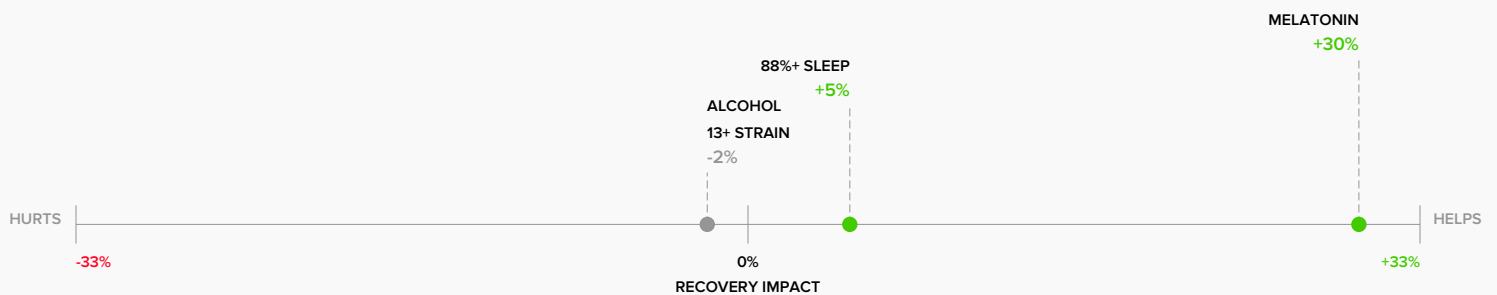
BEHAVIOR IMPACT ON RECOVERY

The data below shows how your tracked behaviors impacted your Recovery over the past 90 days. The top positive & negative behaviors are shown on the graph.

Below the graph, each tracked behavior and its impact on your Recovery are explained.

[LEARN MORE](#)

TOP POSITIVE & NEGATIVE BEHAVIORS



MELATONIN: SIGNIFICANT POSITIVE IMPACT

+30%

10 NO	21 YES
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Past 90 days of reported behavior data.



After accounting for other influences on your Recovery, the impact of **melatonin** is estimated to be **significantly positive**.



BEHAVIOR IMPACT ON RECOVERY

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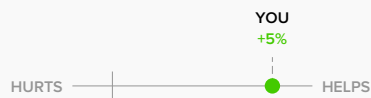
88%+ SLEEP PERFORMANCE: POSITIVE IMPACT

+5%

21
NO

22
YES

Past 90 days of reported behavior data.



Your median sleep score is **88%**. After accounting for other influences on your Recovery, the impact of **88%+ sleep performance** is estimated to be **positive**.

13+ STRAIN: NEGLIGIBLE IMPACT

-2%

19
NO

23
YES

Past 90 days of reported behavior data.



Your median Strain is **13.0**. On the days you had Strain of 13.0 or above, you were significantly more or less likely to also report the following behaviors. After accounting for these influences, the impact on your Recovery is estimated to be **negligible**.

LESS LIKELY

Melatonin

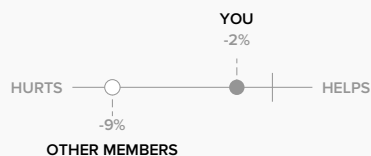
ALCOHOL: NEGLIGIBLE IMPACT

-2%

15
NO

21
YES

Past 90 days of reported behavior data.



On the days you reported **alcohol**, you were significantly more or less likely to also report the following behaviors. After accounting for these influences, the impact on your Recovery is estimated to be **negligible**.

LESS LIKELY

Melatonin

CAFFEINE: NOT ENOUGH DATA

1*
NO

35
YES

Past 90 days of reported behavior data.



* At least 5 Yes's and 5 No's are required to calculate the impact of any behavior.



BEHAVIOR IMPACT ON RECOVERY

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[LEARN MORE](#)

COVID-19 SYMPTOMS: NOT ENOUGH DATA

36
NO

0*
YES

Past 90 days of reported behavior data.



* At least 5 Yes's and 5 No's are required to calculate the impact of any behavior.

RECOMMENDED BEHAVIORS TO CONSIDER

Members who track similar behaviors to you benefit from the following behaviors. Consider starting to log these behaviors to see how they impact your Recovery.

HYDRATION

+4%
AVG IMPACT FOR
SIMILAR MEMBERS

EAR PLUGS

+2%
AVG IMPACT FOR
SIMILAR MEMBERS

READ IN BED

+2%
AVG IMPACT FOR
SIMILAR MEMBERS

Learn How to Interpret Your Monthly Performance Assessment

CLICK HERE

WHOOOP