

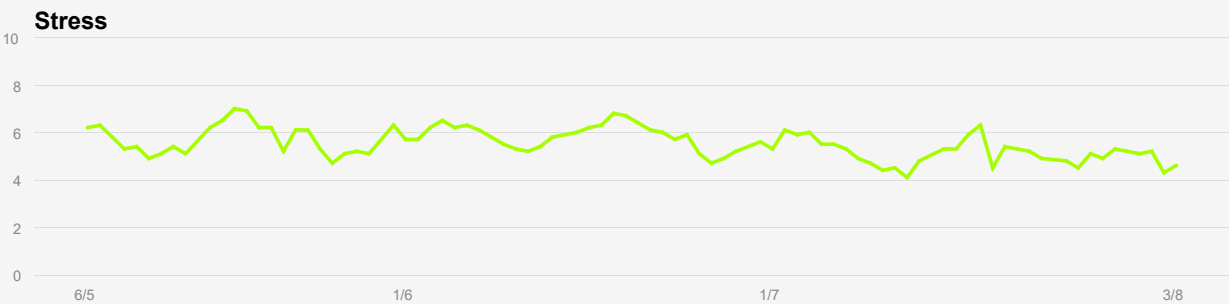
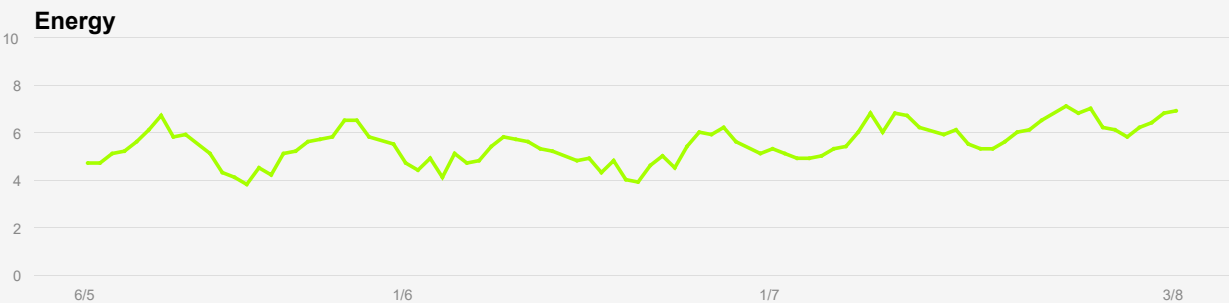
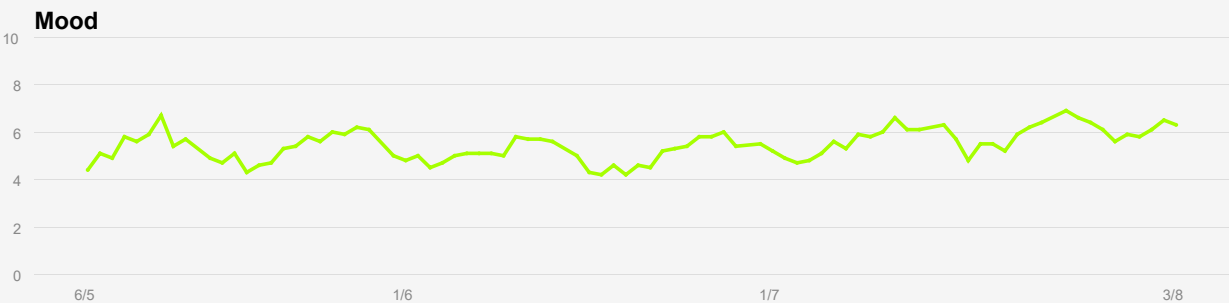
Wellbeing Summary Report

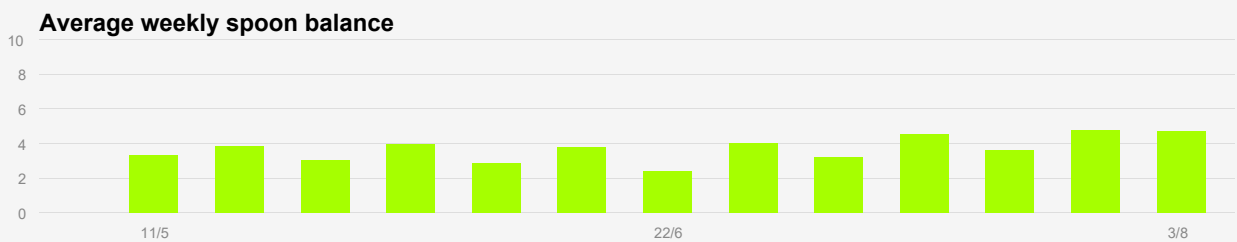
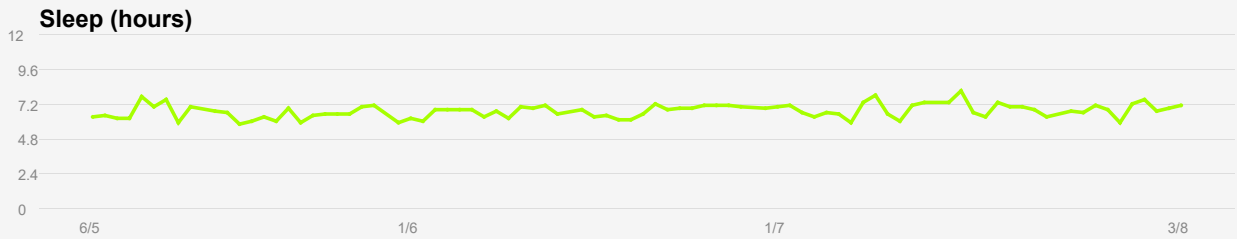
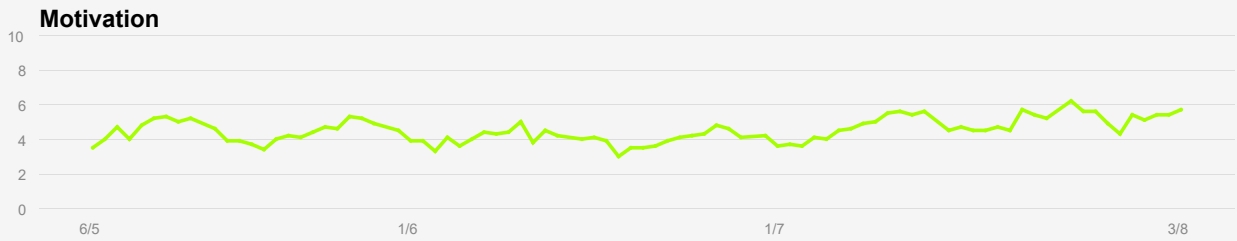
Example period: 2026-05-06 to 2026-08-03 (90 days)
Generated for website demonstration - all entries are fictional

Overview

Check-ins logged	84 of 90 days
Completion rate	93%
Average mood	5.5
Average energy	5.5
Average stress	5.5
Average motivation	4.5
Average sleep	6.7 hours
Average spoon balance	3.7

90-day trends





Daily averages (last 14 entries)

Date	Mood	Energy	Stress	Motiv.	Sleep (h)	Spoons
2026-07-20	5.2	5.6	5.4	4.5	7.0	4.3
2026-07-21	5.9	6.0	5.3	5.7	7.0	4.3
2026-07-22	6.2	6.1	5.2	5.4	6.8	4.2
2026-07-23	6.4	6.5	4.9	5.2	6.3	4.3
2026-07-25	6.9	7.1	4.8	6.2	6.7	4.8
2026-07-26	6.6	6.8	4.5	5.6	6.6	5.8
2026-07-27	6.4	7.0	5.1	5.6	7.1	5.2
2026-07-28	6.1	6.2	4.9	4.9	6.8	4.7
2026-07-29	5.6	6.1	5.3	4.3	5.9	4.2
2026-07-30	5.9	5.8	5.2	5.4	7.2	4.7
2026-07-31	5.8	6.2	5.1	5.1	7.5	4.4
2026-08-01	6.1	6.4	5.2	5.4	6.7	4.4
2026-08-02	6.5	6.8	4.3	5.4	6.9	5.0
2026-08-03	6.3	6.9	4.6	5.7	7.1	5.3

Insights summary

- Short-lived improvements alternate with setbacks throughout this fictional period, including in the final month.
- Below 6.5 hours of sleep, average energy was 5.0 and stress 6.0; on other logged days, 5.7 energy and 5.3 stress.
- Middle vs final 30 days: energy 5.1 to 6.1, stress 5.8 to 5.0, and daily spoon balance 3.2 to 4.3 on average.

How to read this example

This report shows how longer-term patterns may be presented to a user or professional. The values are fictional and demonstrate associations in personal records only. They do not provide a diagnosis, identify a cause, or replace professional advice.