

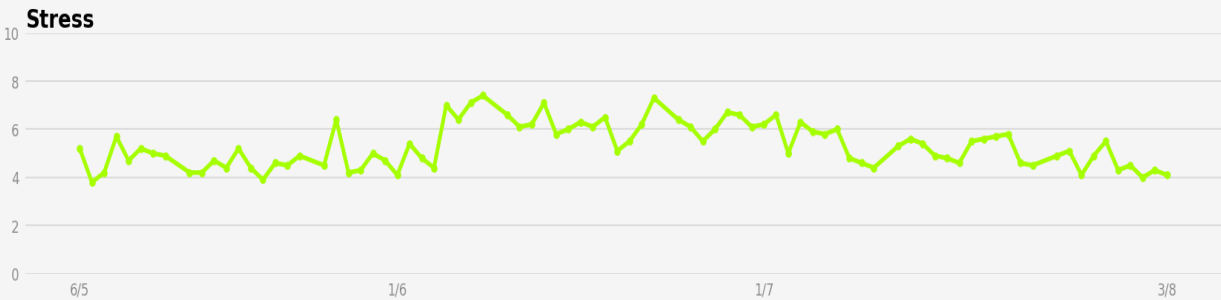
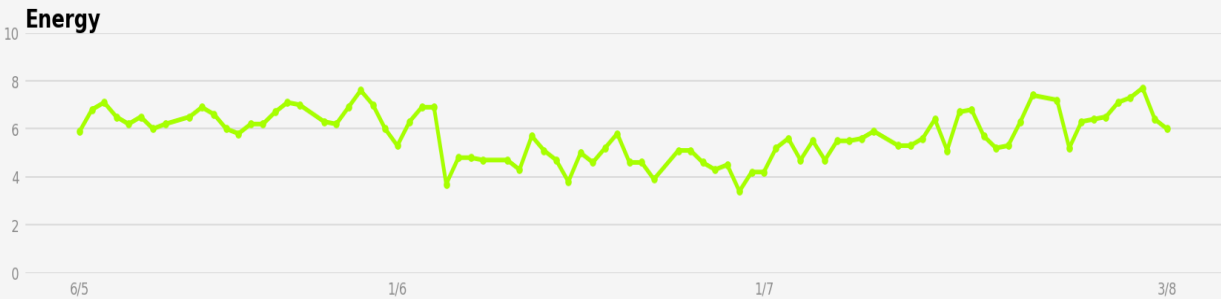
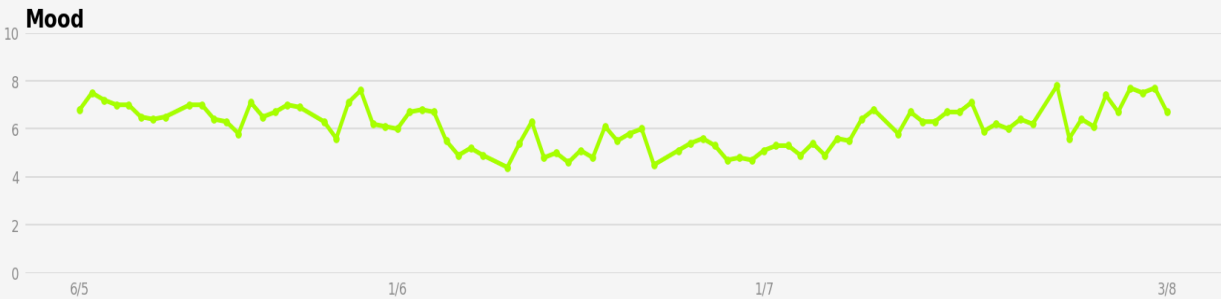
Wellbeing Summary Report

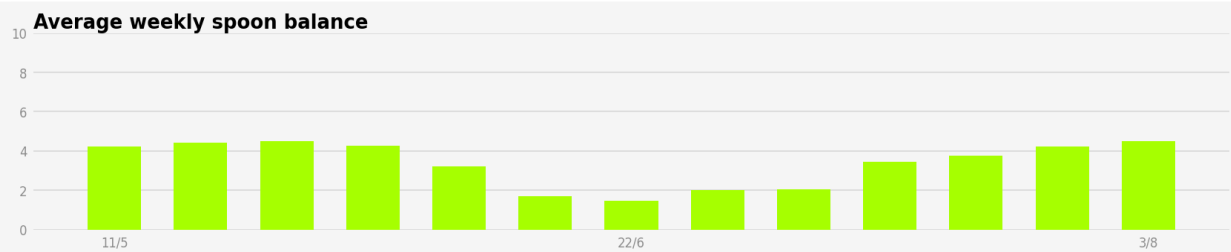
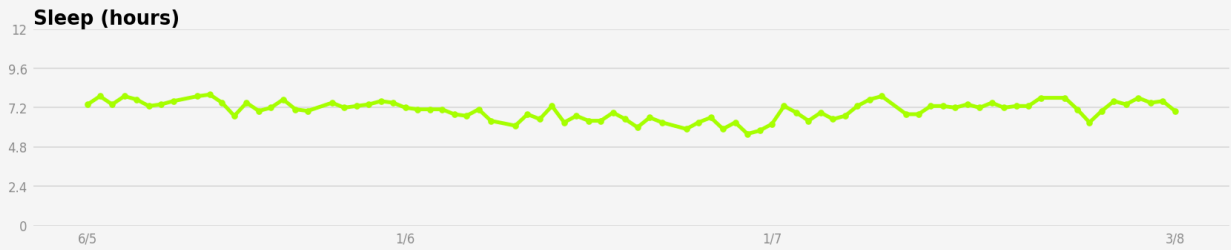
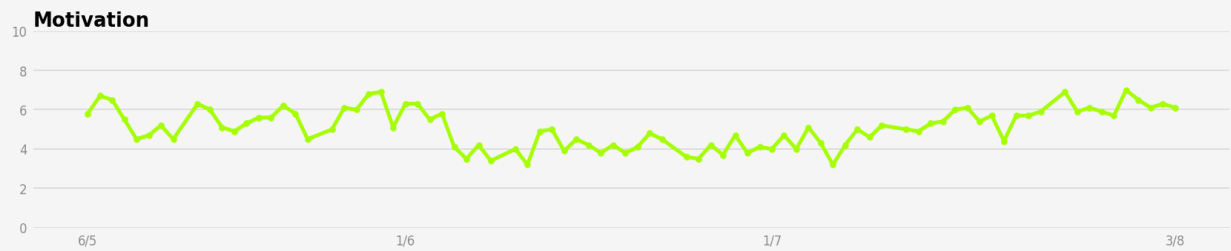
Example period: 2026-05-06 to 2026-08-03 (90 days)
Generated for website demonstration - all entries are fictional

Overview

Check-ins logged	84 of 90 days
Completion rate	93%
Average mood	6.1
Average energy	5.7
Average stress	5.3
Average motivation	5.1
Average sleep	7.0 hours
Average spoon balance	3.4

90-day trends





Daily averages (last 14 entries)

Date	Mood	Energy	Stress	Motiv.	Sleep (h)	Spoons
2026-07-20	6.2	5.2	5.7	4.4	7.2	4.5
2026-07-21	6.0	5.3	5.8	5.7	7.3	3.0
2026-07-22	6.4	6.3	4.6	5.7	7.3	4.7
2026-07-23	6.2	7.4	4.5	5.9	7.8	4.9
2026-07-25	7.8	7.2	4.9	6.9	7.8	5.3
2026-07-26	5.6	5.2	5.1	5.9	7.1	3.9
2026-07-27	6.4	6.3	4.1	6.1	6.3	3.5
2026-07-28	6.1	6.4	4.9	5.9	7.0	3.9
2026-07-29	7.4	6.5	5.5	5.7	7.6	3.8
2026-07-30	6.7	7.1	4.3	7.0	7.4	4.3
2026-07-31	7.7	7.3	4.5	6.5	7.8	3.5
2026-08-01	7.5	7.7	4.0	6.1	7.5	5.5
2026-08-02	7.7	6.4	4.3	6.3	7.6	5.8
2026-08-03	6.7	6.0	4.1	6.1	7.0	4.7

Insights summary

- On nights below 6.5 hours of sleep, average energy was 4.6 and average stress was 6.2, compared with 6.0 energy and 5.1 stress on other logged days.
- The middle 30 days showed lower average energy (4.7) and higher average stress (6.3) than the final 30 days (6.1 energy, 5.0 stress).
- Average daily spoon balance improved from 1.8 in the middle 30 days to 3.9 in the final 30 days.

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.