



# MONTHLY PERFORMANCE ASSESSMENT

## APRIL 2025

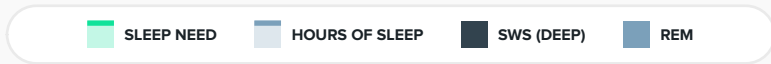
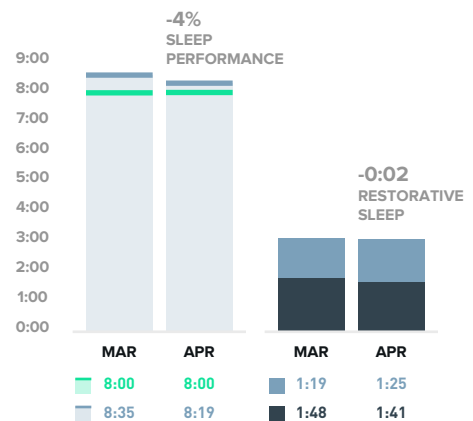
### RESTORATIVE SLEEP

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

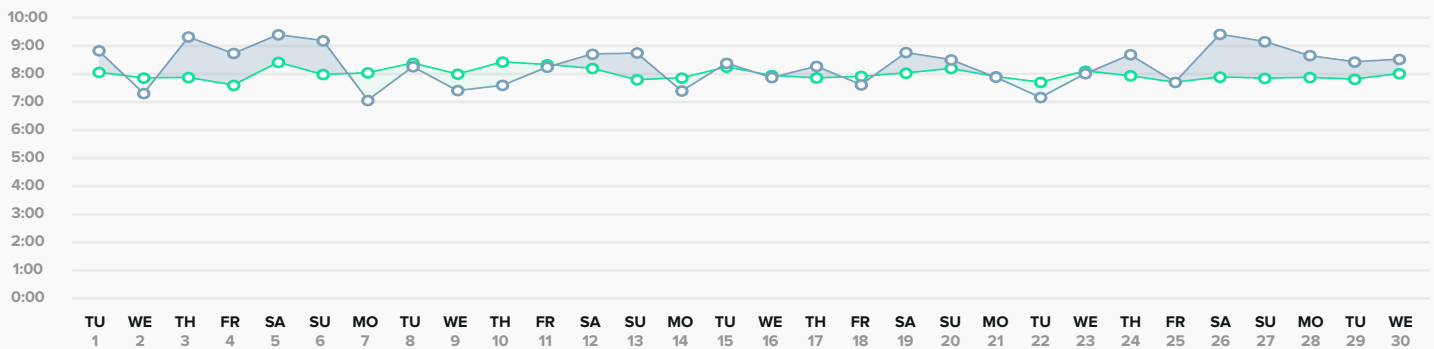
**Rapid Eye Movement (REM)** is the "mentally restorative" stage of sleep when the brain converts short-term memories into long-term ones.

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

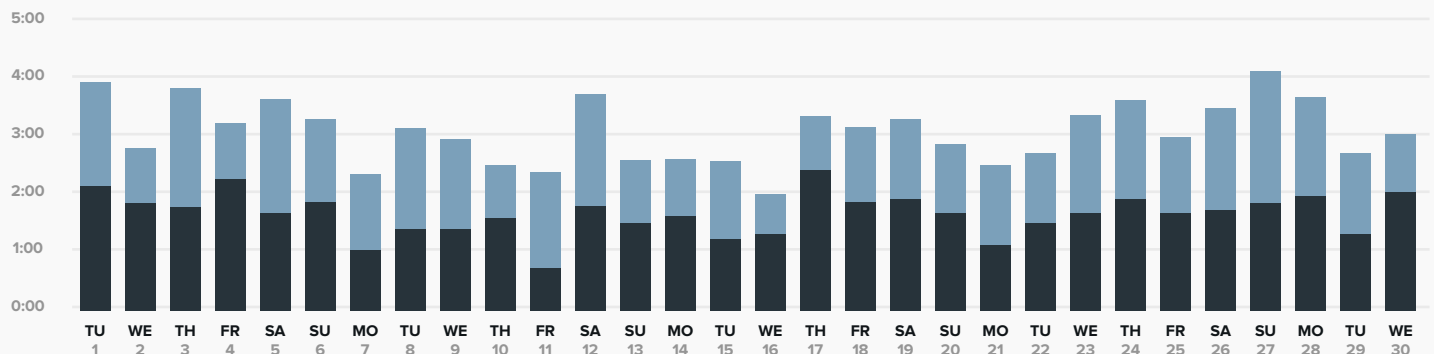
Maximize restorative sleep by matching your **Hours of Sleep** with your **Sleep Need**.



### HOURS OF SLEEP VS. SLEEP NEED



### RESTORATIVE SLEEP (REM + SWS)



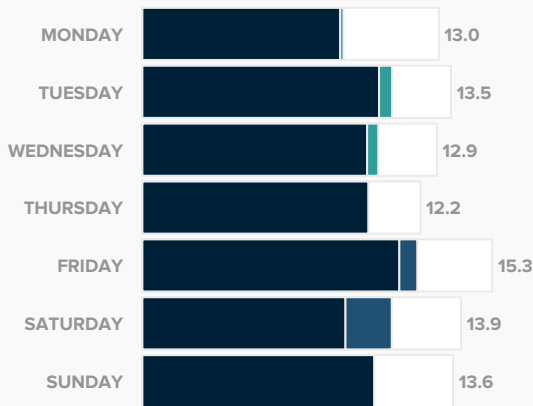


### TRAINING BREAKDOWN [LEARN MORE](#)

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.



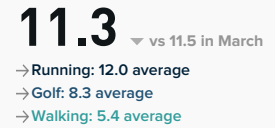
#### STRAIN BY DAY OF WEEK



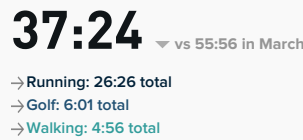
#### NUMBER OF ACTIVITIES



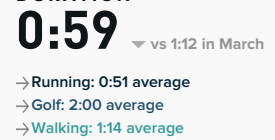
#### AVERAGE ACTIVITY STRAIN



#### TOTAL ACTIVITY DURATION



#### AVERAGE ACTIVITY DURATION



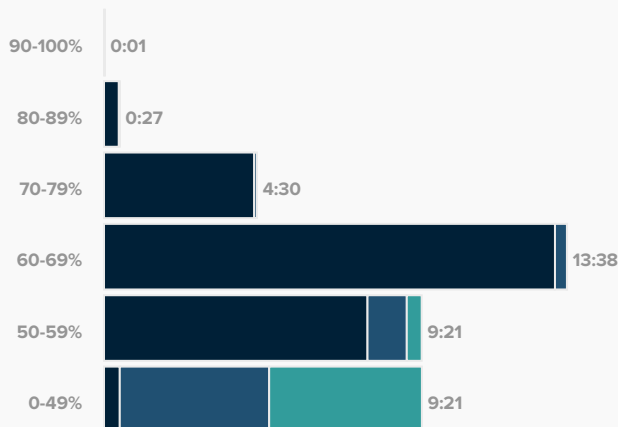
### HEART RATE TRAINING [LEARN MORE](#)

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.

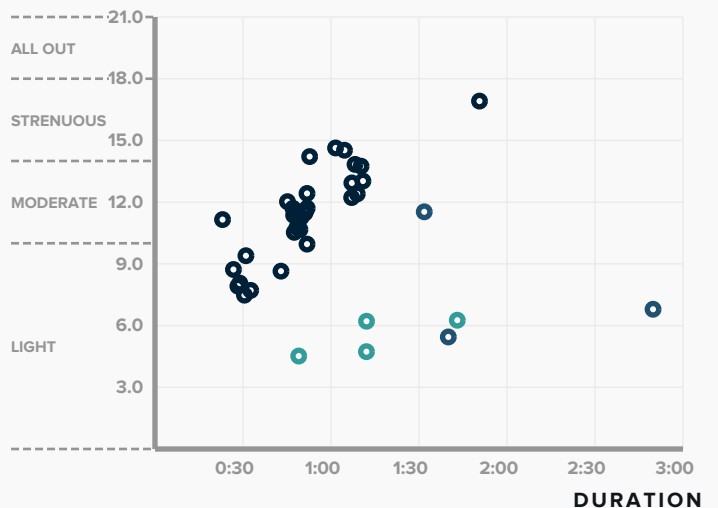
### TRAINING INTENSITY [LEARN MORE](#)

See how long it took you to earn various strain scores. Each morning Strain Target 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.

#### HEART RATE ZONES



#### STRAIN



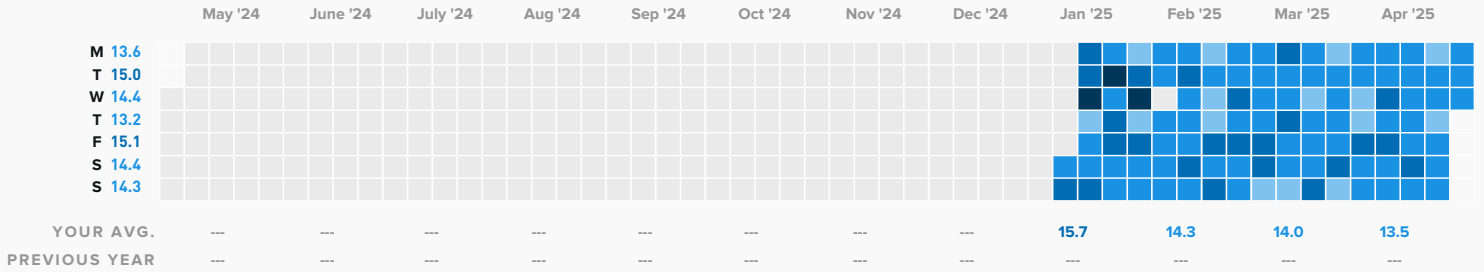


### STRAIN

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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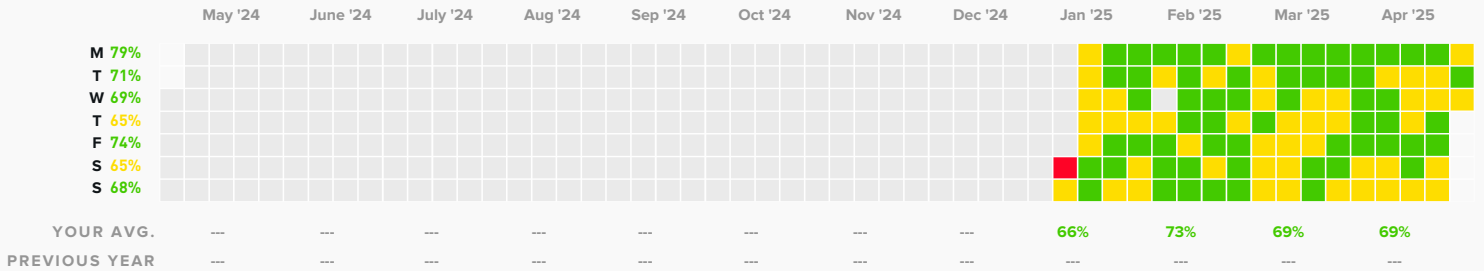


### RECOVERY

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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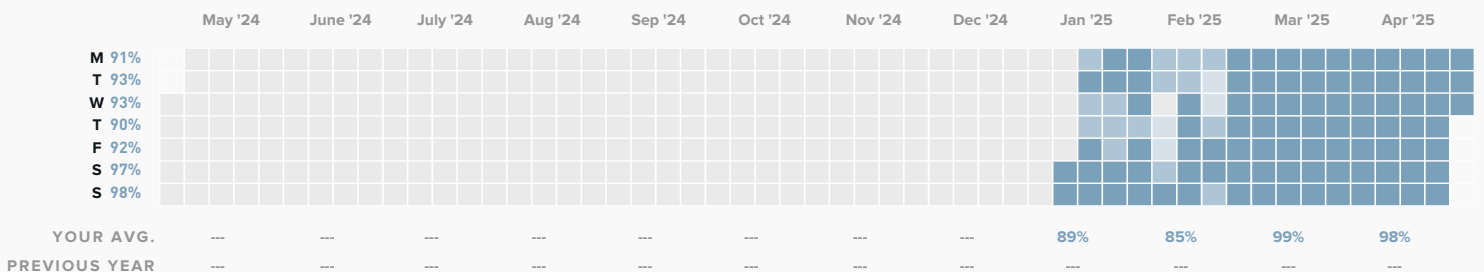


### SLEEP PERFORMANCE

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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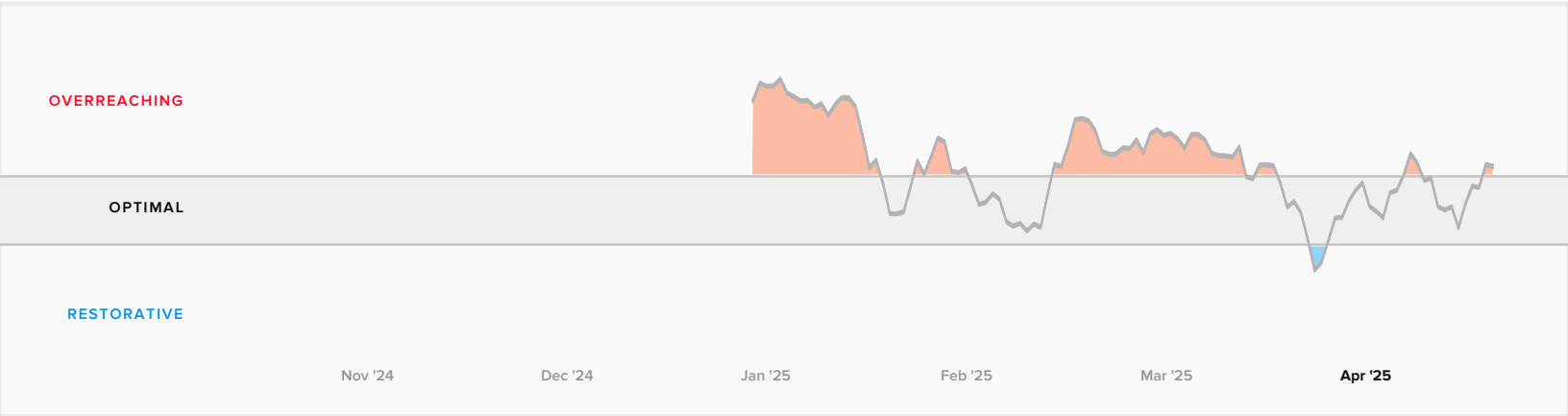




### TRAINING BEHAVIOR

The graph below shows a 7-day rolling average of your Training Behavior. This reflects how you have balanced Strain and Recovery on a rolling basis over the past 6 months.

**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.



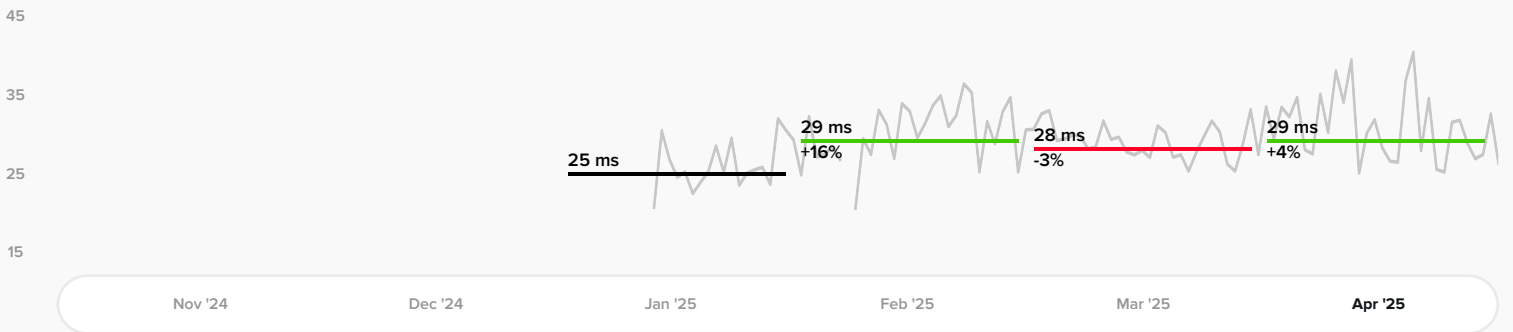
### PHYSIOLOGICAL RESPONSE

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).

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#### HRV ADAPTATION



#### RHR ADAPTATION

