

Weekly Health Report

Generated on: May 29, 2025

Date	Water Intake (L)	Calories (kcal)	Sleep Hours	Mood Morning (1-10)	Mood Evening (1-10)	Stress Level (1-10)
2025-05-23	1.2	2200	7.0	6	5	6
2025-05-24	1.5	2500	6.5	7	6	5
2025-05-25	0.8	2800	5.0	5	4	7
2025-05-26	1.0	3000	8.0	8	7	4
2025-05-27	1.3	2600	6.0	6	5	6
2025-05-28	0.7	2400	5.5	4	3	8
2025-05-29	1.1	2700	7.5	7	6	5

Hydration: Avg 1.09L (Goal: ≥ 1.5 L/day)
Nutrition: Avg 2600.00kcal (Goal: 2000–2500 kcal/day)
Sleep: Avg 6.50hrs (Goal: 7–8 hrs/night)
Morning Mood: Avg 6.14/10 (Goal: ≥ 6)
Stress: Avg 5.86/10 (Goal: ≤ 5)

Trend Analysis & Predictions:

Water Intake (L): trending down at 0.35 L/week; next day ~0.9
Calories (kcal): trending up at 275.00 kcal/week; next day ~2757.1
Sleep Hours: trending up at 0.12 hrs/week; next day ~6.6
Mood Morning (1-10): trending down at 0.50/10/week; next day ~5.9
Mood Evening (1-10): trending down at 0.50/10/week; next day ~4.9
Stress Level (1-10): trending up at 0.50/10/week; next day ~6.1

Health Forecast & Risks:

- Continued low hydration increases dehydration risk, affecting energy and concentration.
- High calorie trend may lead to weight gain over time.
- Persistent insufficient sleep can impair cognition and immunity.
- Rising stress levels elevate burnout and mood disturbance risk.

Recommendations:

- Increase water intake to at least 1.5 L/day.
- Monitor calories; aim for 2000–2500 kcal/day.
- Improve sleep hygiene for 7–8 hrs/night.
- Practice stress management: mindfulness, breaks, or exercise.