



MICHAEL'S MONTHLY PERFORMANCE ASSESSMENT FEBRUARY 2020

SENSITIVITY ANALYSIS

Certain behaviors may impact your Recovery more than others.

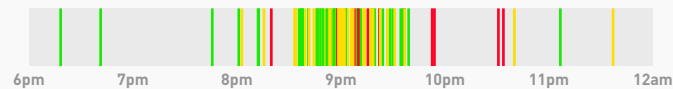
Sensitivity analysis plots a value for each day and color-codes it based on your next day Recovery.

This helps determine if doing more or less of a behavior (e.g. earlier or later bedtimes) is either positively or negatively correlated with

This analysis is based on 90 days of data.

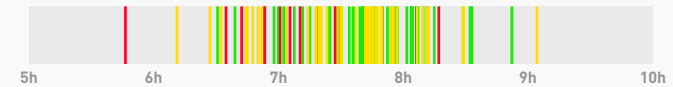
Red represents low Recoveries
Yellow represents typical Recoveries
Green represents high Recoveries

BEDTIME



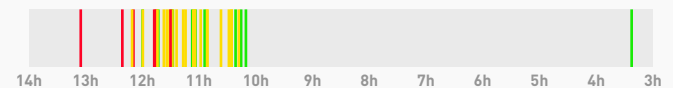
For every additional hour later you go to bed, your Recovery decreases by 12% on average.

TIME IN BED



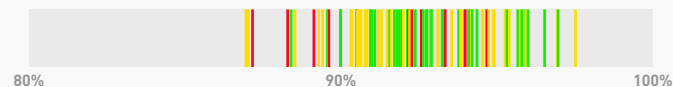
For every additional hour you get of sleep, your Recovery increases by 10% on average.

WORKOUT TIME RELATIVE TO BED



For every extra hour you workout closer to your bed time, your next day Recovery increases by 6% on average.

SLEEP EFFICIENCY



For every additional 10% of Sleep Efficiency, your Recovery increases by 23% on average.

SLEEP PERFORMANCE



For every additional 10% of Sleep Performance, your Recovery increases by 7% on average.

RESTORATIVE SLEEP



For every additional 30 min of restorative sleep, your Recovery increases by 4% on average.



Analyze Strain, Recovery, and Sleep patterns as you build data through 2020.

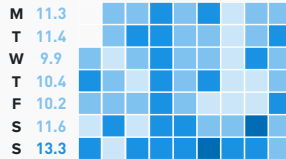
STRAIN

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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YOUR AVG.	11.4	11.2
VS LAST YEAR	12.1	12.9
WHOOP AVG.	11.5	12.6

2020 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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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YOUR AVG.	62%	59%
VS LAST YEAR	55%	66%
WHOOP AVG.	59%	57%

2020 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

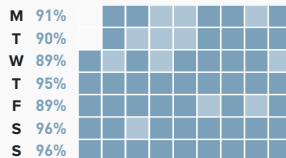
SLEEP PERFORMANCE

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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YOUR AVG.	90%	94%
VS LAST YEAR	97%	97%
WHOOP AVG.	78%	73%








2020 Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec



MICHAEL'S MONTHLY PERFORMANCE ASSESSMENT FEB 2020



The data below shows how your Sleep and Recovery metrics responded to various behaviors you reported in the past 90 days. Below your personal data, we also show the typical WHOOP response so you can assess your relative sensitivity to these behaviors.

		SLEEP PERFORMANCE	SLEEP EFFICIENCY	RHR	HRV	RECOVERY	RESPIRATORY RATE	SLEEP DURATION
	CAFFEINE USE Insufficient Survey Data*	YOU ---	YOU ---	YOU ---	YOU ---	YOU ---	YOU ---	YOU ---
		WHOOP -2%	WHOOP 0%	WHOOP +1 bpm	WHOOP -2 ms	WHOOP -3%	WHOOP 0 rpm	WHOOP -0:15 hrs
	ALCOHOL USE	YOU +1%	YOU +1%	YOU +3 bpm	YOU -7 ms	YOU -12%	YOU +1 rpm	YOU +0:05 hrs
		WHOOP -4%	WHOOP -2%	WHOOP +6 bpm	WHOOP -13 ms	WHOOP -17%	WHOOP 0 rpm	WHOOP -0:20 hrs
	TOBACCO USE Insufficient Survey Data*	YOU ---	YOU ---	YOU ---	YOU ---	YOU ---	YOU ---	YOU ---
		WHOOP -3%	WHOOP -1%	WHOOP +4 bpm	WHOOP -8 ms	WHOOP -10%	WHOOP 0 rpm	WHOOP -0:18 hrs
	SCREEN USE	YOU -3%	YOU 0%	YOU +1 bpm	YOU -5 ms	YOU -9%	YOU 0 rpm	YOU -0:23 hrs
		WHOOP 0%	WHOOP 0%	WHOOP -1 bpm	WHOOP +2 ms	WHOOP +2%	WHOOP 0 rpm	WHOOP -0:02 hrs
	NEW MEDICATION	YOU 0%	YOU 0%	YOU -1 bpm	YOU -1 ms	YOU 0%	YOU +1 rpm	YOU -0:06 hrs
		WHOOP +3%	WHOOP 0%	WHOOP -1 bpm	WHOOP +2 ms	WHOOP +3%	WHOOP 0 rpm	WHOOP +0:19 hrs
	READ (NO SCREEN)	YOU +3%	YOU +2%	YOU -2 bpm	YOU +12 ms	YOU +9%	YOU -1 rpm	YOU +0:42 hrs
		WHOOP +3%	WHOOP 0%	WHOOP -2 bpm	WHOOP +4 ms	WHOOP +6%	WHOOP 0 rpm	WHOOP +0:12 hrs
	SHARED BED	YOU 0%	YOU +2%	YOU -4 bpm	YOU +15 ms	YOU +16%	YOU -1 rpm	YOU +0:05 hrs
		WHOOP +2%	WHOOP 0%	WHOOP 0 bpm	WHOOP +1 ms	WHOOP +1%	WHOOP 0 rpm	WHOOP +0:12 hrs

*3 "Yes" and 3 "No" answers are required for analysis



TRAINING BEHAVIOR

Overreaching means taking on more Strain than is recommended based on your Recovery.

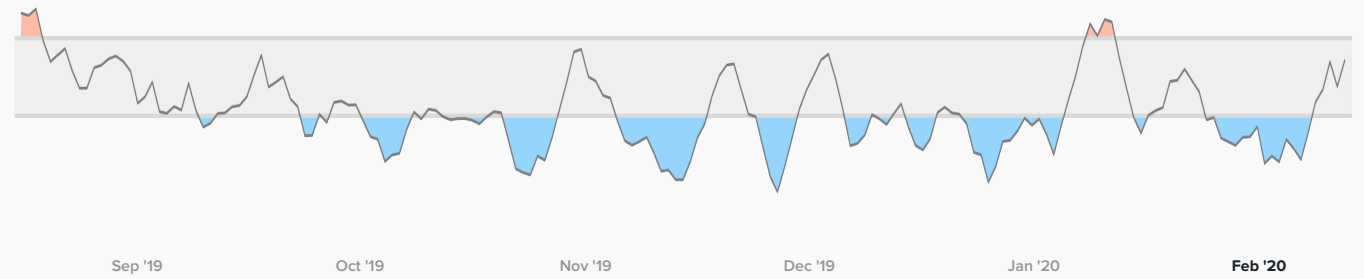
Optimal means Strain and Recovery were balanced.

Restorative means taking on less Strain than you were ready for.

OVERREACHING

OPTIMAL

RESTORATIVE



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.

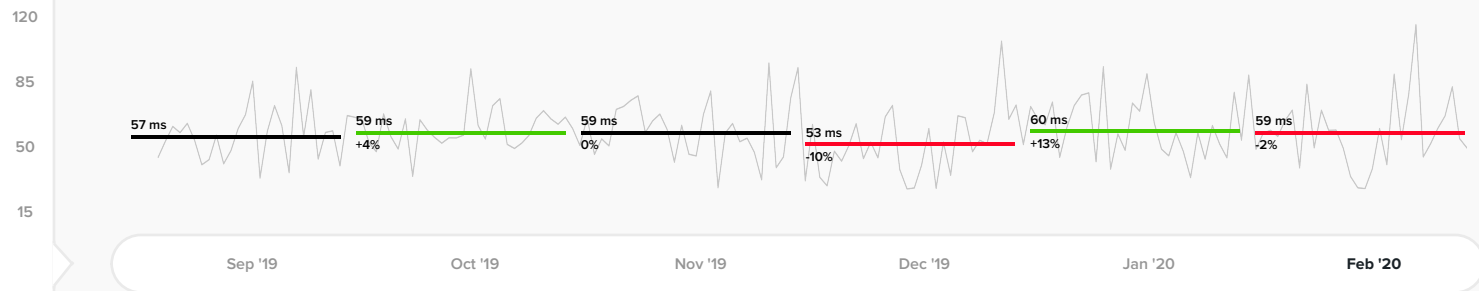
Red represents a fitness decrease.

Black represents no meaningful change.

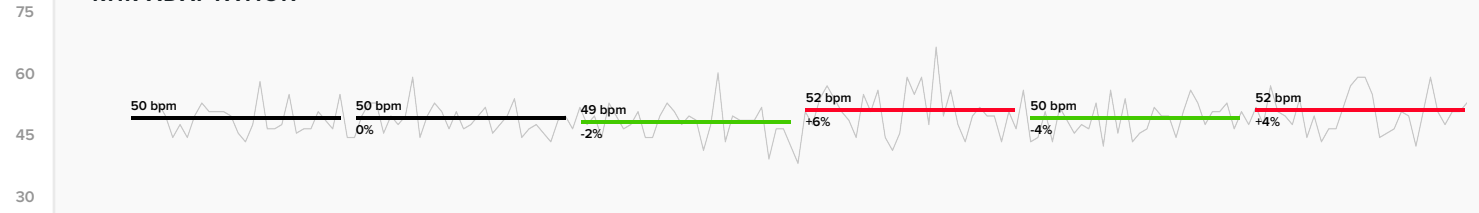
Grey represents insufficient data (<10 days).

HRV ADAPTATION

Month avg.
% change vs. prev. month



RHR ADAPTATION



LEARN MORE

Each month we hope to improve the **Monthly Performance Assessment** to bring you the analysis you are most interested in.

Please help us by taking two minutes to fill out the survey linked below.

[GIVE YOUR FEEDBACK](#)

In case you missed it...



University of Arizona Sleep validation study shows WHOOP is the most accurate wearable on the market.

[Read Here](#)



Retired Green Beret, Kevin Flike, appeared on the WHOOP Podcast, his inspirational story is definitely worth a listen.

[Listen Here](#)