

ALTU · QUANTIFIED COACHING

Weekly report

Theo · Sep 28 – Oct 4, 2026



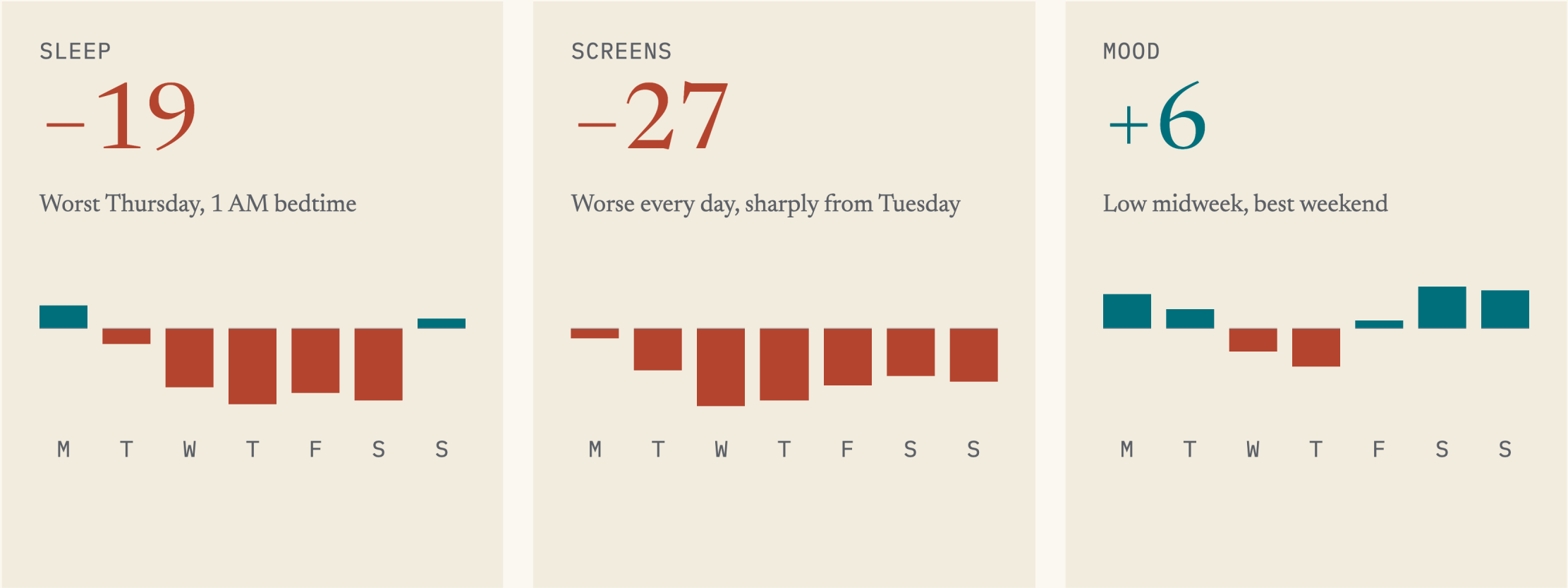
WEEK AT A GLANCE

1 on track, 1 monitoring, 4 off track

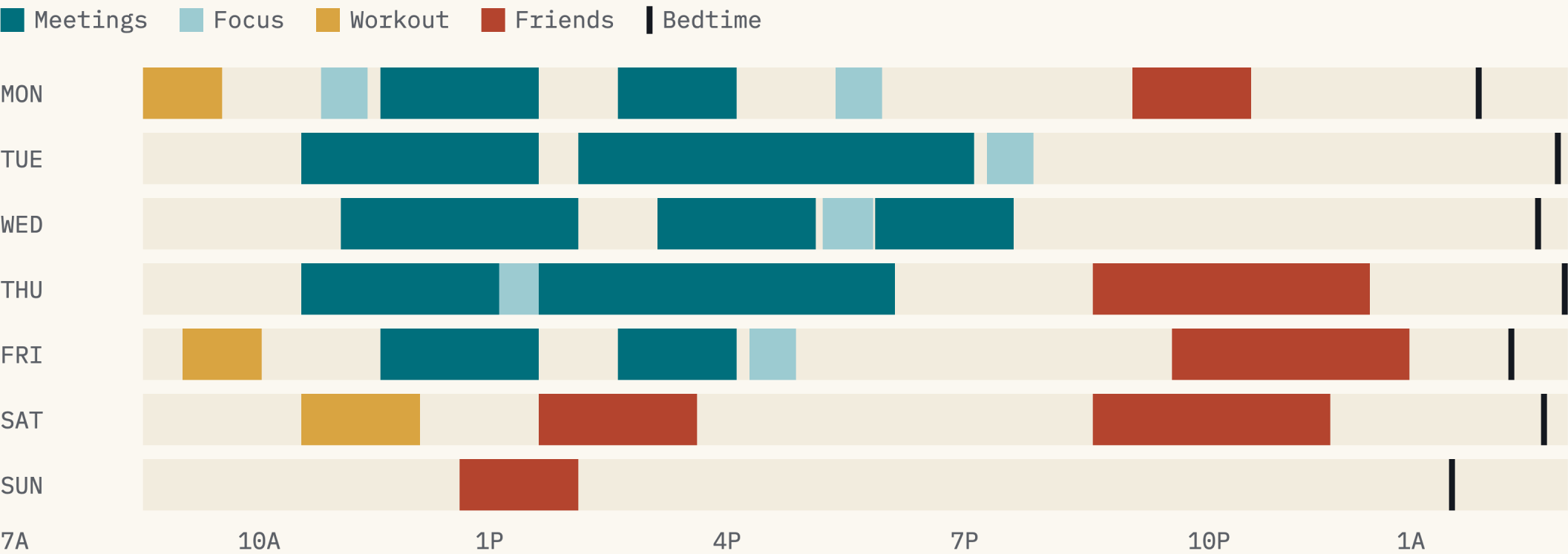
ON TRACK	EXERCISE	3 workouts	On goal of 3. Walking kept calories flat.
MONITORING	FAMILY	8 days	Since you called your parents. Usual is 4.
OFF TRACK	SCREENS	4 h 12 min	Up 41 min. X back on your phone since Tuesday.
	SLEEP	6 h 38 min	34 min short. Bedtime 51 min later, 12:23 AM.
	DRINKS	3 days	Goal is 2 or fewer. Thu, Fri and Sat.
	WORK	58% meetings	Longest focus block 38 min. Goal is 90.

SCORES • -100 TO +100 VS. YOUR NORMAL

Sleep and Screens slipped. Mood held.



Tuesday to Thursday were all meetings

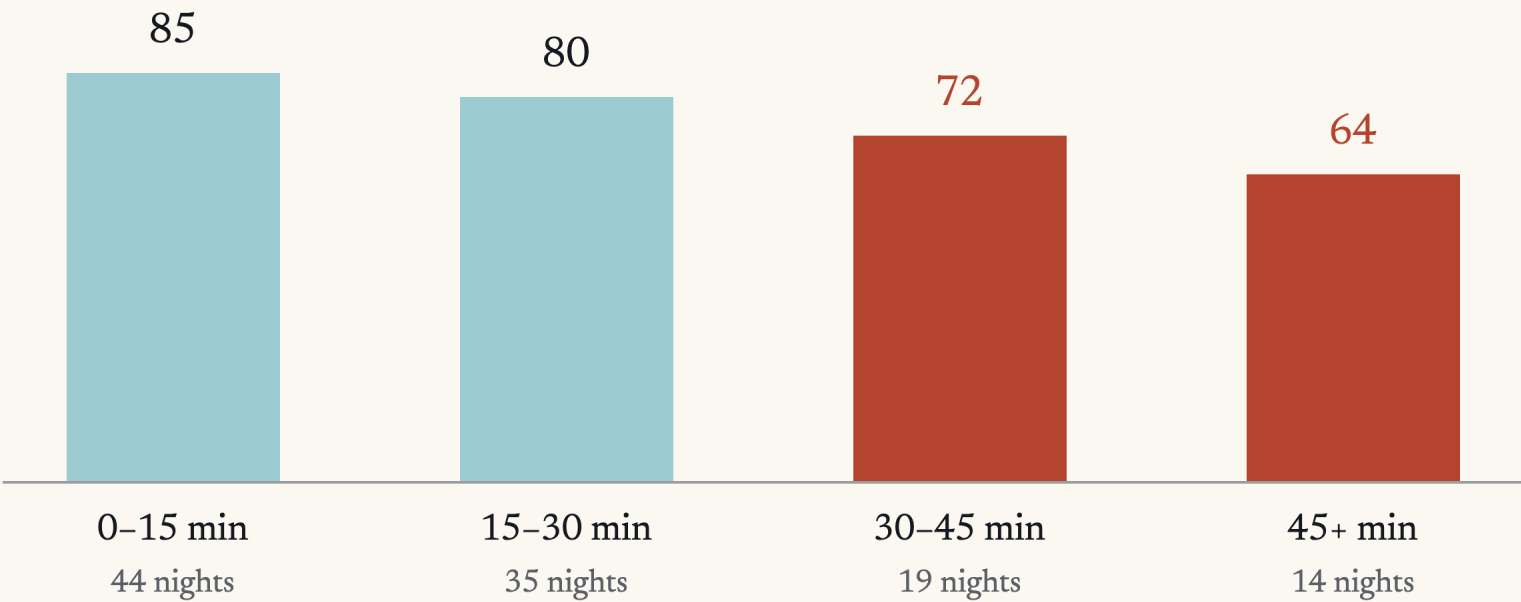


More phone, less sleep, fewer calls

METRIC	THIS WEEK	NORMAL	CHANGE
Sleep	6 h 38 min	7 h 12 min	-34 min
WHOOOP recovery	54%	63%	-9 pts
Steps	9,850	7,750	+2,100
Weight	182.4 lb	181.1 lb	+1.3 lb
Protein	118 g	142 g	-24 g
Drinks	7	3.5	+3.5
Phone	4 h 12 min	3 h 31 min	+41 min
Social media	1 h 48 min	52 min	+56 min
Happiness (1-10)	6.9	6.8	+0.1
Calls	3	6	-3

Nights with 30+ minutes on your phone in bed score 14 points lower

Average WHOOP sleep score by minutes on your phone after getting into bed, 112 nights.



THE GAP

-14

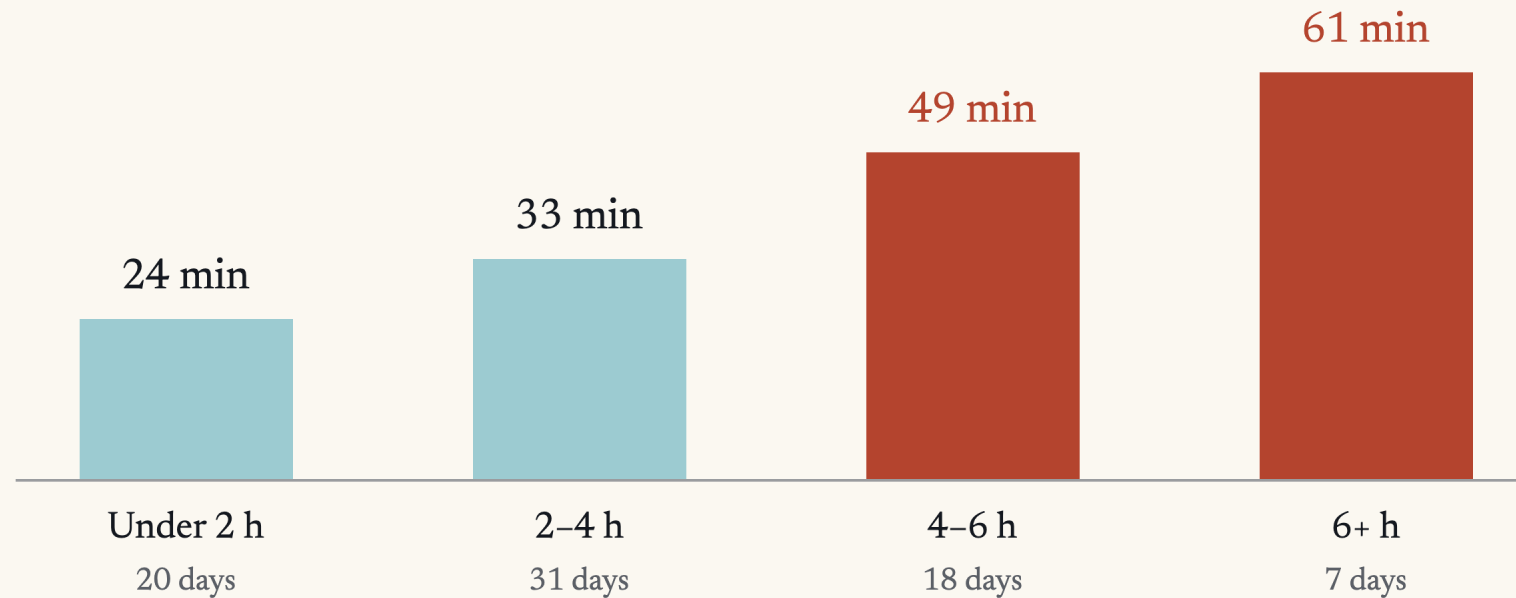
points of WHOOP sleep score
on nights with 30+ minutes of
phone in bed

THIS WEEK

4 of 7 nights were 30+ minutes

After 4+ hours of meetings, you spend 23 more minutes on social media that evening

Average social media after 6 PM by hours of meetings that day, 76 workdays.



THE GAP

+23

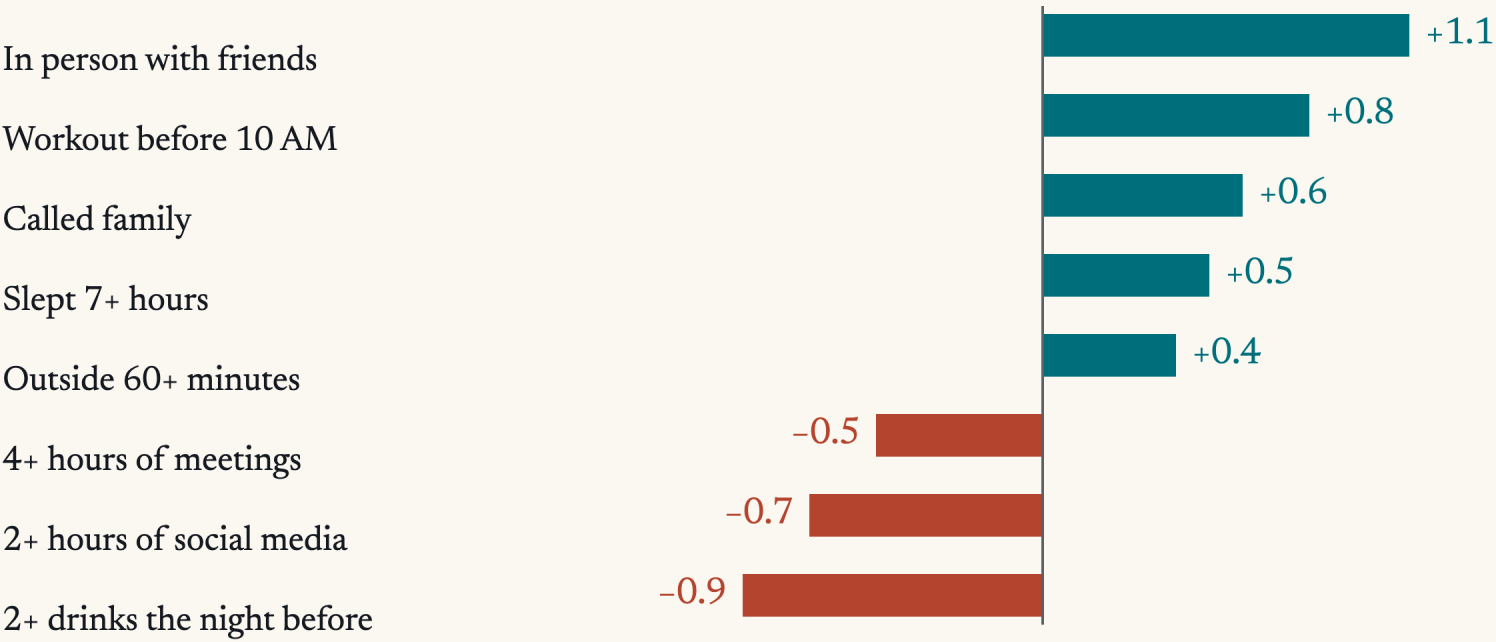
minutes of evening social media
after a heavy meeting day

THIS WEEK

3 heavy days. Evenings: 71, 58
and 66 min

Seeing friends in person lifts your mood more than anything else we track

Happiness (1–10) on days with each, vs. your average day. At least 12 days each.



THE BIGGEST LIFT

+1.1

points of happiness on days
you see friends in person

THIS WEEK

5 days with friends, 0 calls
with family

WHAT TO TRY THIS WEEK

Three small changes

01 · SLEEP

Charge your phone in the kitchen

Go to bed without it at least 5 nights.

WE'LL WATCH

Sleep score and bedtime

02 · SCREENS

Take X off your phone again

Keep it on the Mac if you need it for work.

WE'LL WATCH

Social media after 6 PM

03 · PEOPLE

Call your parents on Sunday

Put 20 minutes on the calendar today.

WE'LL WATCH

Calls with family and Sunday happiness