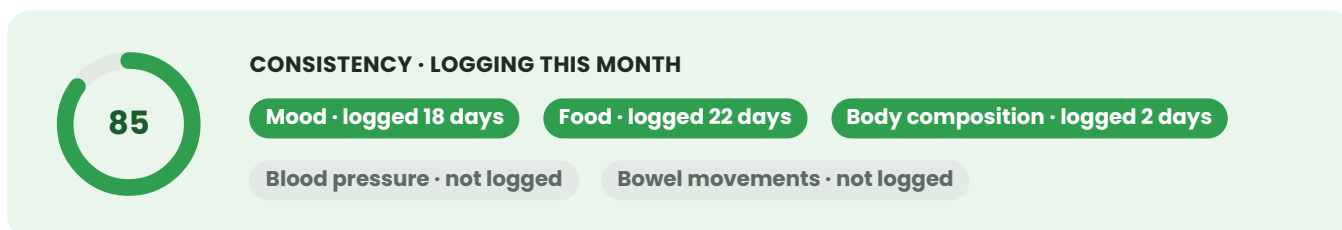
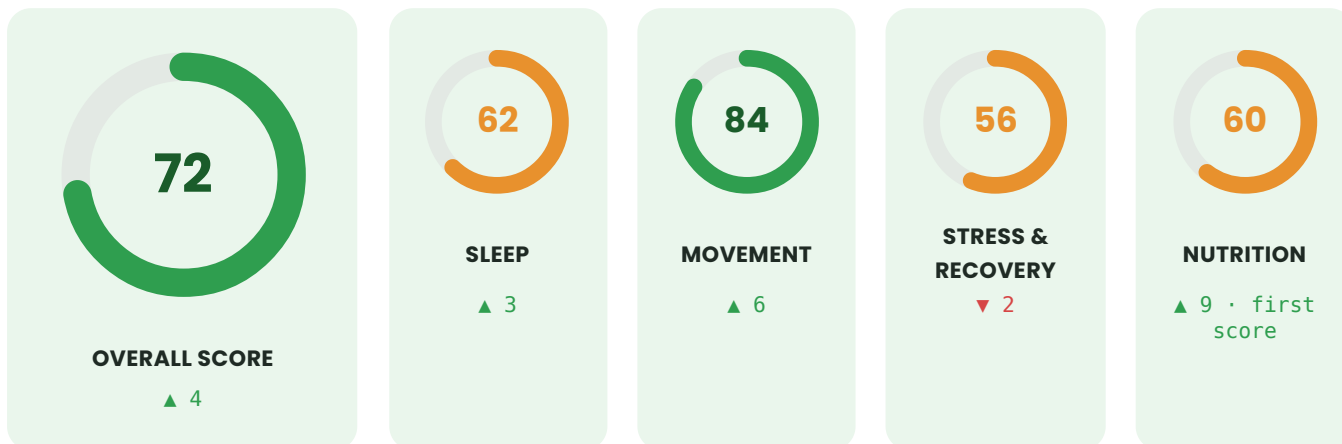


Priya Sharma

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YOUR EVERWELL SCORE



Your EverWell Score reflects your own trends over time, measured against your own goals, not a comparison to other people or a clinical measurement.

Nutrition has its first real score this month now food logging is present, so there's nothing to compare it against yet.

Hi Priya, good to be back with your numbers this month, and there's a lot to like in here.

THE HEADLINE

This has been one of your strongest all-round months since you joined, movement is at an all-time high, and with food logging back this month, we can finally bring nutrition properly into the picture too. Sleep is still the one area worth a little more attention.

Anything Outstanding

You asked last month whether it was worth switching your evening walk to a morning one instead. Given how much your bedtime has been drifting later, a morning walk is actually a great lever here, morning daylight exposure is one of the more reliable ways to nudge your body clock earlier, so it's worth trying for a few weeks and seeing how your bedtime responds.

What's Going Well

Your average daily steps this month came in at **11,240** , comfortably your strongest month since you joined, and you hit your target of three structured workouts a week in every single week this month. That kind of consistency is exactly what you told us you wanted when you signed up, to build a sustainable training habit rather than short bursts you can't keep up.

It's also great to see food logging back this month, 22 days logged is a strong return, and it means we can finally start giving you proper nutrition guidance again rather than working blind.

What I'm Noticing

Sleep

Your average total sleep this month was **6h 34m** , up slightly but still under the 7 to 9 hour range that supports proper recovery. Your bedtime has drifted later on weeknights too, which lines up with lower deep sleep minutes.

Movement

This is your standout area this month. Workouts were logged consistently three times a week, mixing strength and cardio, matching your goal of building general fitness rather than just one or the other.

Stress & Recovery

Your resting heart rate has crept up slightly, from **58 bpm** to **63 bpm** , alongside the later bedtimes, usually a sign your body's asking for more recovery time rather than anything to worry about.

Nutrition

With food logging back this month, your intake has generally been well balanced, protein most days sits close to where it needs to be for your strength training goals, though there were a handful of days with quite low fibre. A little more veg or wholegrain at lunch would help this, and would also gently support the cholesterol picture below.

Your Annual Blood Work

Your annual blood work came back this month, so this is a good moment to bring it fully into the picture alongside everything above. Overall this is a strong, healthy panel, the majority of your markers sit comfortably in the optimal range, with a small cluster around cholesterol and B12 worth a closer look.

MARKER	RESULT	STATUS
Full Blood Count	Normal, no abnormalities	GREEN
ALT	22 U/L	GREEN
Albumin	44 g/L	GREEN
Alkaline Phosphatase (ALP)	68 U/L	GREEN
C-Reactive Protein (CRP)	1.8 mg/L	AMBER
Total Cholesterol	5.4 mmol/L	AMBER

Ferritin	142 ng/mL	GREEN
Gamma-Glutamyl Transferase (GGT)	28 U/L	GREEN
Globulin	31 g/L	GREEN
HDL Cholesterol	1.5 mmol/L	GREEN
Immunoglobulin A (IgA)	2.1 g/L	GREEN
Iron	18 µmol/L	GREEN
LDL Cholesterol	3.2 mmol/L	AMBER
Magnesium	0.85 mmol/L	GREEN
Total Bilirubin	12 µmol/L	GREEN
Total Cholesterol/HDL Ratio	3.6	GREEN
Creatinine	78 µmol/L	GREEN
Total Protein	75 g/L	GREEN
Triglycerides	1.4 mmol/L	AMBER
Transferrin	2.6 g/L	GREEN
eGFR	98	GREEN
Urea	4.8 mmol/L	GREEN
Uric Acid	0.29 mmol/L	GREEN
Vitamin B12	268 pg/mL	AMBER
Non-HDL Cholesterol	3.9 mmol/L	AMBER
Free T3	Mid-reference range	GREEN
Free T4	Mid-reference range	GREEN
TSH	2.3 mIU/L	GREEN
Folic Acid	Within optimal band	GREEN

Sample captured via capillary (fingerprick) collection tubes. Results interpreted against EverWell's optimal functional ranges, not just standard lab reference ranges.

Your liver, kidney, thyroid, iron and protein markers are all comfortably in the optimal range, a genuinely strong showing across the board. The one small cluster worth attention is cholesterol, your total cholesterol, LDL, non-HDL and triglycerides are all just inside the amber band, alongside a slightly low Vitamin B12 and testosterone reading. None of this is a red flag, but it's a useful, connected picture, more fibre and a little less processed food (tying back to the fibre point above) tends to move the whole cholesterol cluster together, while a B12 supplement would be a simple, low-effort way to bring that marker back to optimal.

Your testosterone came back at **5.4 ng/mL**, just below the optimal range. This often tracks alongside poor sleep and rising stress, both of which we're already seeing this month, so this is worth keeping an eye on rather than acting on alone, if it's still on the lower side alongside continued fatigue at your next test, that's the kind of pattern worth exploring further.

Your next annual blood work is due in twelve months, though you're welcome to test again sooner via the usual booking link if you'd like an updated picture before then, particularly for the cholesterol cluster.

Your Trajectory

Since your first review six months ago, your Overall Score has climbed steadily from the high 50s into the high 70s, movement has been the engine behind most of that. Sleep has stayed fairly flat, if it keeps drifting later it will gradually chip away at some of the recovery benefit your training is building.

This Month's Focus

1

Set a 15-minute wind-down alarm

Something before 11pm on weeknights, to nudge bedtime earlier without a big lifestyle overhaul.

2

Try a morning walk instead of an evening one

Morning daylight is one of the more reliable ways to shift your body clock earlier, worth testing for a few weeks.

3

Keep the three-session training week going

It's clearly working, no changes needed here, just keep the streak alive.

4

Add more fibre at lunch, and start a B12 supplement

Both small, practical changes that tie directly back to this month's cholesterol and B12 results.

Speak again next month, Priya, and reach out any time before then if something comes up. Great to see this month's blood work land as strongly as it did, we'll keep tracking the cholesterol cluster together over the coming months.

Warmly,

Your EverWell Connect coaching team

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