

Wellness Tracking Summary

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Example period: September 1-14, 2026

An illustrative summary of self-recorded measurements for discussion with a care team. All values are fictional; presentation is adapted from the supplied Sense Suite report.

At a glance

Module	Example headline	Baseline status
MotorSense	Tap speed: 4.4 taps/s	Established
MoveSense	Walking pace: 110 steps/min	Established
VoiceSense	Sustained voice: 8.5 s	Established
MindSense	Attention: 60/100	In progress - 1 of 3

Compare with your own recorded baseline

The detail pages show a baseline average beside the latest measurement. Scores are shown as recorded; this example does not label changes as clinical improvement or decline.

Bring context to the conversation

Members can add observations and questions. The number of sessions and completeness of the baseline help explain how much information is available.

MindSense has insufficient baseline data for a change comparison in this example.

MotorSense

3 baseline sessions + 2 check-ins

Measure	Baseline average	Latest
Tap speed	4.3 taps/s	4.4 taps/s
Tap rhythm	87	86
Alternating	2.7 switches/s	2.8 switches/s
Target accuracy	90%	91%
Tracing steadiness	76	77
Movement smoothness	82	81

Personal measurements are recorded at home. Results can vary with recording conditions and task completion. Review the observations in context with the care team.

MoveSense

3 baseline sessions + 2 check-ins

Measure	Baseline average	Latest
Sit-to-stand	1.4 s	1.5 s
Walking pace	113 steps/min	110 steps/min
Step consistency	82	80
Turning	2.1 s	2.2 s
Movement smoothness	79	78
Mobility confidence	7.7/10	7/10

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VoiceSense

3 baseline sessions + 2 check-ins

Measure	Baseline average	Latest
Voice strength	45.5	44.8
Sustained voice	8.7 s	8.5 s
Pitch variation	29.5	30.2
Speaking rate	150 wpm	152 wpm
Pause pattern	9.8	9.6
Voice stability	79.3	78.9

Personal measurements are recorded at home. Results can vary with recording conditions and task completion. Review the observations in context with the care team.

MindSense

1 of 3 baseline sessions; no check-ins

Measure	Baseline average	Latest
Attention	In progress	60/100
Response speed	In progress	1.1 s
Working memory	In progress	80/100
Mental flexibility	Not recorded	Not recorded
Sequence recall	In progress	67/100
Cognitive confidence	In progress	5/10

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Notes for my care team

Personal wellness tracking summary. Not a diagnosis, treatment recommendation, or substitute for clinical evaluation.