





**Mayday, Mayday, Mayday.**



I am a **coastal rower**. I am in the **water** and I have **lost contact** with my vessel. I entered the water in **Penarth** and I **require** immediate assistance.

**Mayday, Mayday, Mayday.**



05:25

9%



TODAY

37%

OVERVIEW

SLEEP

RECOVERY

STRAIN

1%  
RECOVERY

20  
HRV



0.2  
STRAIN

37%  
SLEEP

### 1% Club

Today might not feel great, but hang in there! You're in good company along with .5% of other WHOOP members.



3



Chat with your WHOOP Coach



HEALTH  
MONITOR

2/5 METRICS  
VERY ELEVATED

TODAY'S ACTIVITIES

START ACTIVITY



3:02

SLEEP

4:57



Home



Plan



Community



More















