

Readiness comparison worksheet

Documentation checked 28 September 2026 | Keep each product on its own scale.

Organise your own records without converting different brands' scores into a single readiness number. Keep this file on your own device. Nothing in this worksheet is submitted to Nutrinaut. Write **not verified** where information is unavailable.

01 / Exact device model and software version

PRODUCT A

PRODUCT B

02 / Metric name, original value and displayed label

PRODUCT A

PRODUCT B

03 / Reading date, local time and time zone

PRODUCT A

PRODUCT B

04 / Before or after today's workout?

PRODUCT A

PRODUCT B

05 / Last night's sleep record present?

PRODUCT A

PRODUCT B

Keep the original values and labels. A missing score or record is not a zero.

What the comparison shows

Continue with the same two products and the same pair of readings.

06 / Latest workout present, with matching date?

PRODUCT A

PRODUCT B

07 / Input details visible in the app

PRODUCT A

PRODUCT B

08 / Missing or unverified records

PRODUCT A

PRODUCT B

09 / Recent device, software or source change

PRODUCT A

PRODUCT B

I can explain the difference by:

I still cannot verify:

My next data-checking step:

Keep the original scales and compare like with like. This worksheet is an editorial aid, not a validated assessment of recovery or exercise safety.