

React™ – The Structural Load Response Score

React connects wearable data to structural load. Your watch already measures the signal – heart rate variability, sleep, resting heart rate, recovery. React tells you what that signal means structurally: not just "you slept poorly," but where that shows up across your environment, your capacity, and your closest relationship.

What makes this different from ROSE

ROSE measures your environment alone. React's score is broader – it blends four things into one number:

Environment – financial strain, work stress, housing security, and health burden, self-reported.

Resources — sleep duration and recovery/readiness score from your device, plus self-reported social support and (if your device tracks it) blood oxygen saturation.

Self-Capacity — your own rating of emotional regulation, executive function, coping flexibility, and sense of purpose, adjusted up or down by what your body is actually showing: heart rate variability, resting heart rate, skin temperature deviation, device stress score, respiratory rate, and how stressed you say you feel right now.

Bond — a light-touch read on your closest relationship: behavioral consistency, honesty and openness, load distribution balance, and support given and received.

Every biometric field can be marked N/A if your device doesn't track it — the score reweights automatically rather than assuming a value you don't actually have.

Reading your score

Score	What it means
0–20	Low Load
21–40	Moderate Load
41–60	High Load
61–100	Critical Load

What this is, and what it isn't

React is a structured way to connect data you already have — from your watch, from how you feel, from your closest relationship — into one number. It is not a medical device, does not diagnose anything, and the biometric weightings are provisional, not clinically validated. If a reading feels seriously off, that's worth a conversation with a person, not just another check-in with this tool.