

Duration	Date	Pulse	Maxpulse	Calories
60	2020/12/01	110	130	409.1
60	2020/12/02	117	145	479
60	2020/12/03	103	135	340
45	2020/12/04	109	175	282.4
45	2020/12/05	117	148	406
60	2020/12/06	102	127	300
60	2020/12/07	110	136	374
450	2020/12/08	104	134	253.3
30	2020/12/09	109	133	195.1
60	2020/12/10	98	124	269
60	2020/12/11	103	147	329.3
60	2020/12/12	100	120	250.7
60	2020/12/12	100	120	250.7
60	2020/12/13	106	128	345.3
60	2020/12/14	104	132	379.3
60	2020/12/15	98	123	275
60	2020/12/16	98	120	215.2
60	2020/12/17	100	120	300
45	2020/12/18	90	112	
60	2020/12/19	103	123	323
45	2020/12/20	97	125	243
60	2020/12/21	108	131	364.2
45		100	119	282
60	2020/12/23	130	101	300
45	2020/12/24	105	132	246
60	2020/12/25	102	126	334.5
60	2020/12/26	100	120	250
60	2020/12/27	92	118	241
60	2020/12/28	103	132	
60	2020/12/29	100	132	280
60	2020/12/30	102	129	380.3
60	2020/12/31	92	115	243