Daily Steps Over Time

● Sum of ...   ● Sum of F...   ● Count of...   ▶

Sum of Calories... (Y-axis: 0M, 1M, 2M)

ActivityDay: 4/14/20..., 4/26/20..., 4/27/20..., 4/29/20..., 5/5/2016, 5/22/20..., 4/13/20..., 5/7/2016, 5/24/20..., 5/1/2016

Daily Activity Intensity Breakdown

● Sum of ...   ● Sum of Li...   ● Sum of ...   ▶

Sum of Sedentary... (Y-axis: 0.0M, 0.1M, 0.2M)

ActivityDay: 4/15/20..., 4/21/20..., 4/13/20..., 4/26/20..., 4/12/20..., 4/28/20..., 4/25/20..., 4/14/20..., 4/22/20...

Calories Burned Over Time

Sum of Cal... (Y-axis: 0.2M, 0.4M)

4/15..., 4/21..., 4/23..., 4/20..., 4/25..., 4/28..., 4/30..., 4/16..., 4/12...

Sleep Duration Over Time

Sum of TotalMinutesA... (Y-axis: 30K, 40K, 50K, 60K)

ActivityDay: 4/15/2016, 5/1/2016, 4/20/2016, 4/30/2016, 4/23/2016, 4/28/2016, 4/24/2016, 5/8/2016, 4/13/2016, 4/27/2016

Propotion of Activity Levels

1M
(17.52%)

5M
(79.21...)

● Sum of ...
● Sum of ...
● Sum of ...
● Sum of ...

Card Visuals: KPIs

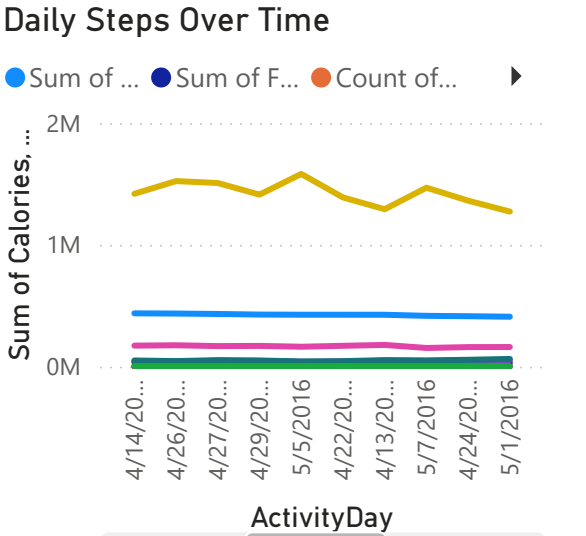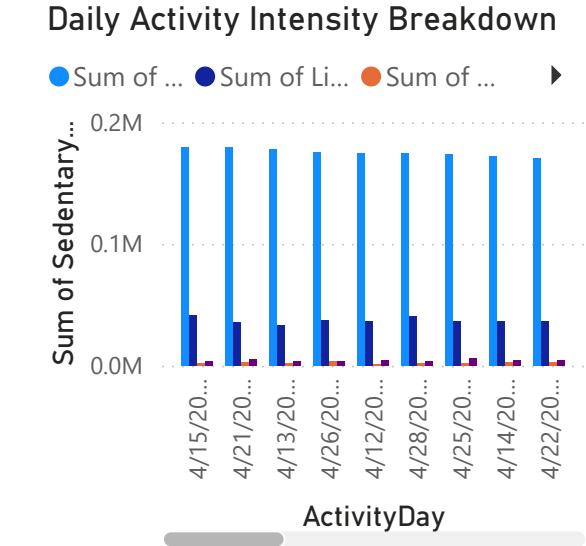# 126112 ✓

Goal: 35136, 4344

Steps (daily step count)
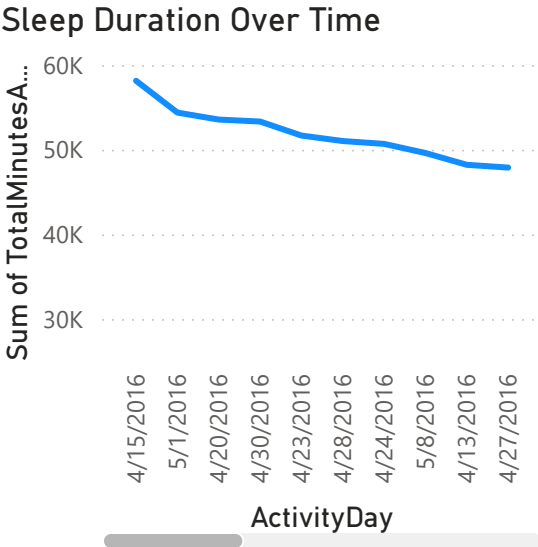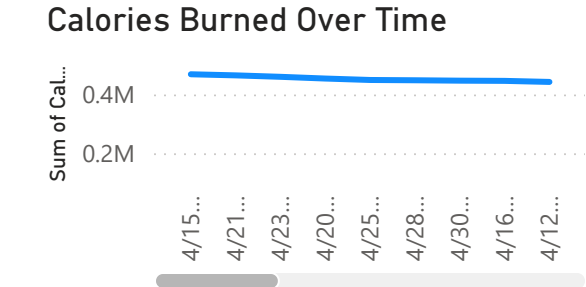• "Most users achieve an average

Activity Intensity (Sedentary, Lightly Active, Fairly Active, Very Active Minutes)
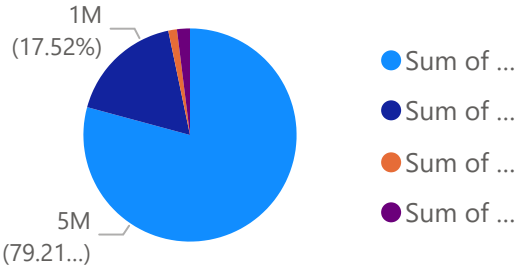
Calories Burned
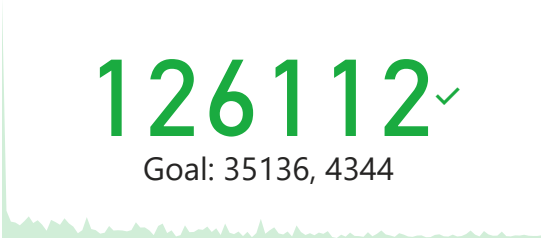• "Calories burned closely correlate with step count and

Steps(total sleep duration, Total Time in Bed)
• Average sleep duration hovers around

"**TARGET:** 10,000 Steps"
Recomended: 7-9 hours sleep