

Overview



Total Distance



34.20

Sum Of AvgSpeed(km/h)



42.60

Hydration Energy Balance



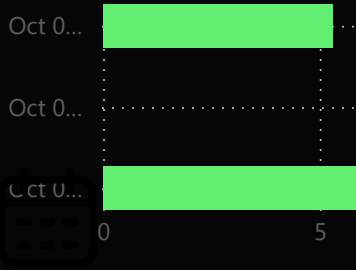
568.70

Average Energy Burned

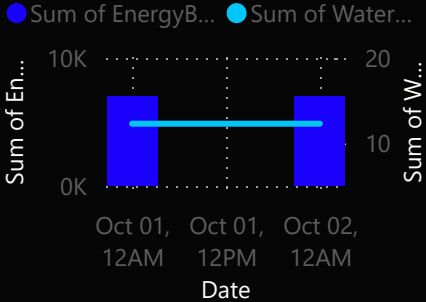


1.17K

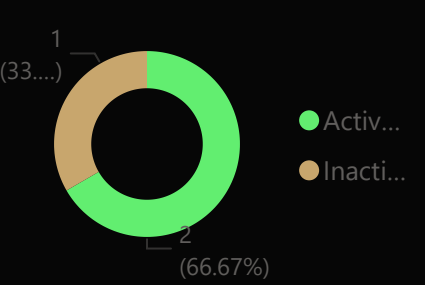
Distance per Session
by Date



Energy vs Hydration



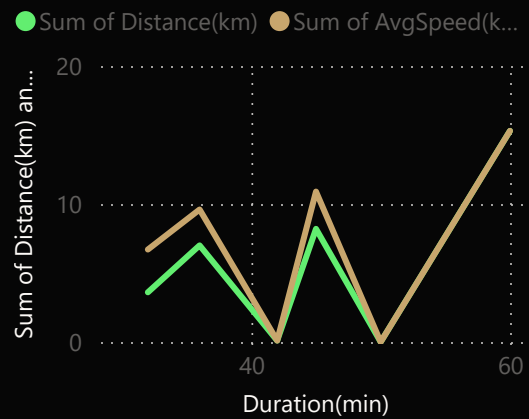
Active Vs Inactive Days



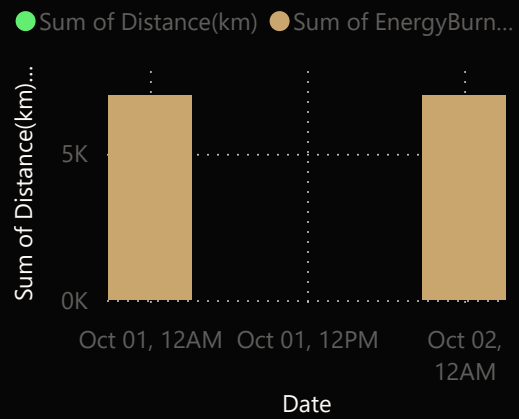
Activity Insight



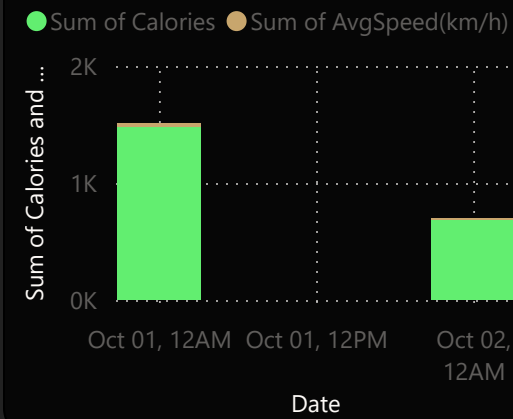
Distance Vs Time



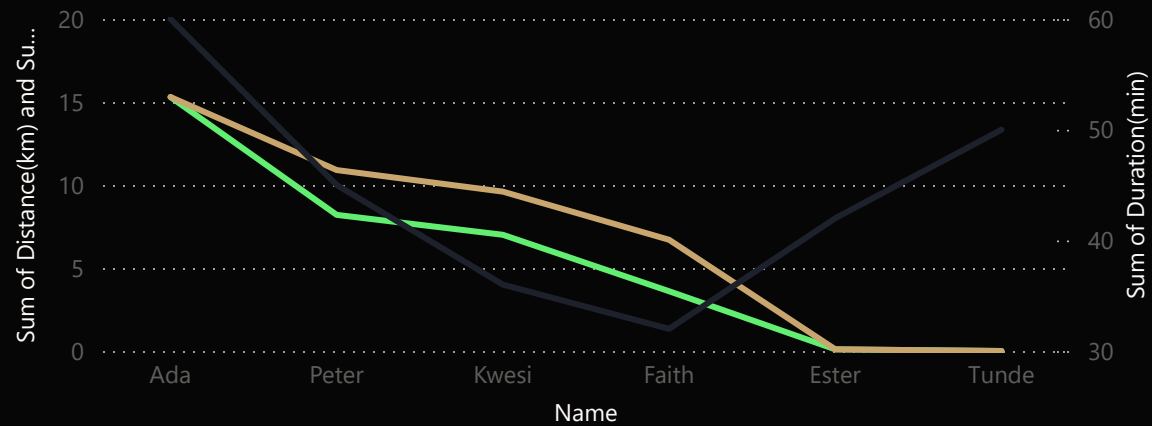
Daily Activity



Peak Performance Time



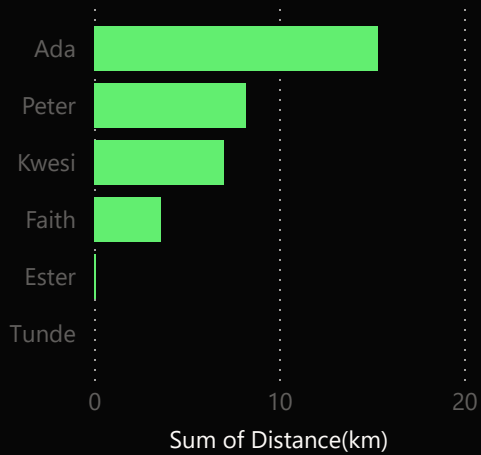
User Activity Profile



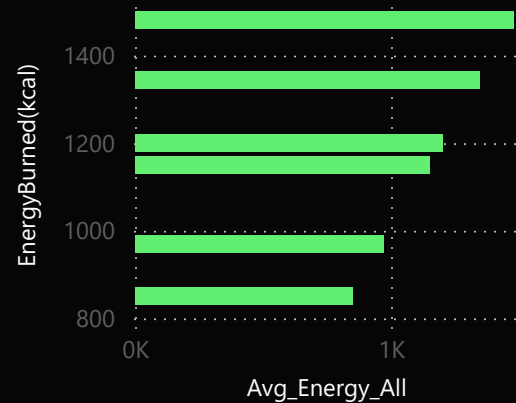
Competition And Goal Tracking



Leaderboard



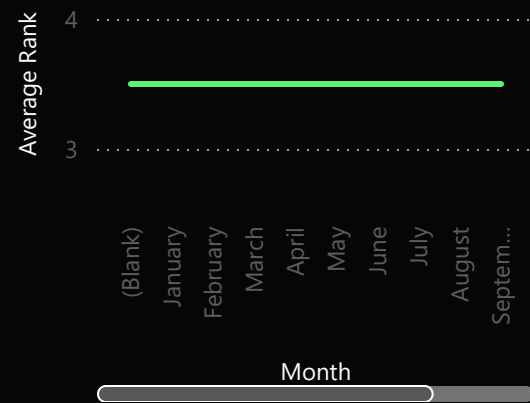
User Rankings And Performance Comparison



Goal Completion



Monthly Competition Trend



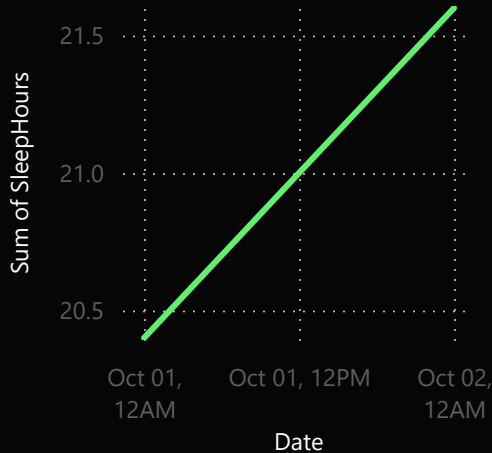
Wellness and Energy Balance



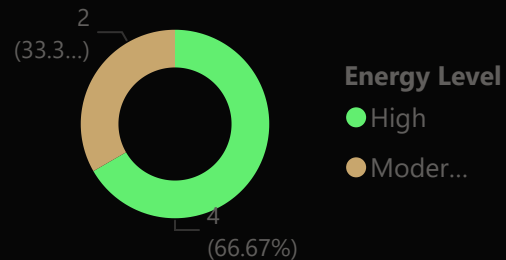
Hydration Vs Energy



Sleep and Recovery



Energy Levels



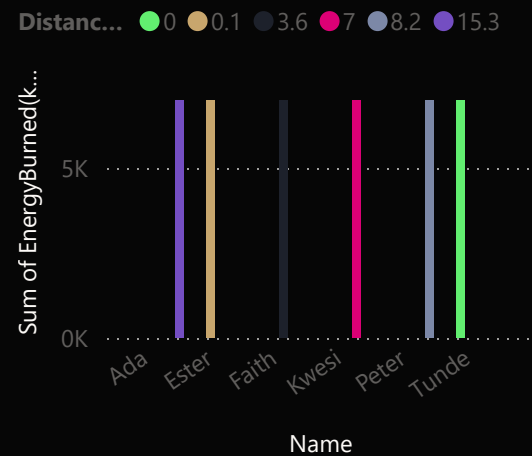
1.17K

Average of EnergyBurned(kcal)

2.05

Average of WaterIntake(L)

Energy Leaderboard



Calendar And Events



Event Participation

Count of ActivityType 1



ActivityType

Cycling
Jogging
Pilates
Running
Walking
Yoga



0% 50% 100%
Count of ActivityID

Calendar Timeline

ActivityType Cycling Jogging Pilates Running Walking Yoga

