

Detailed Daily Activity Data Analysis Report 2023

1.98K

avg_daily_calories

174.27

avg_lightly_active_minu...

6.51K

avg_daily_steps

9.66

avg_fairly_active_minu...

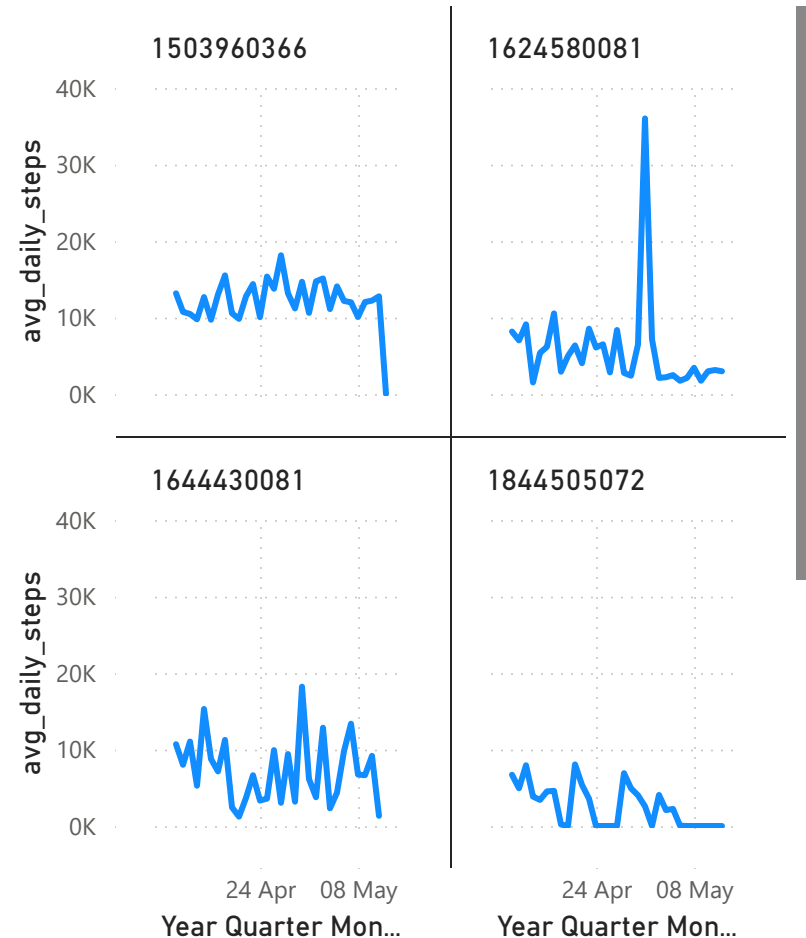
1.08K

avg_sedentary_minutes

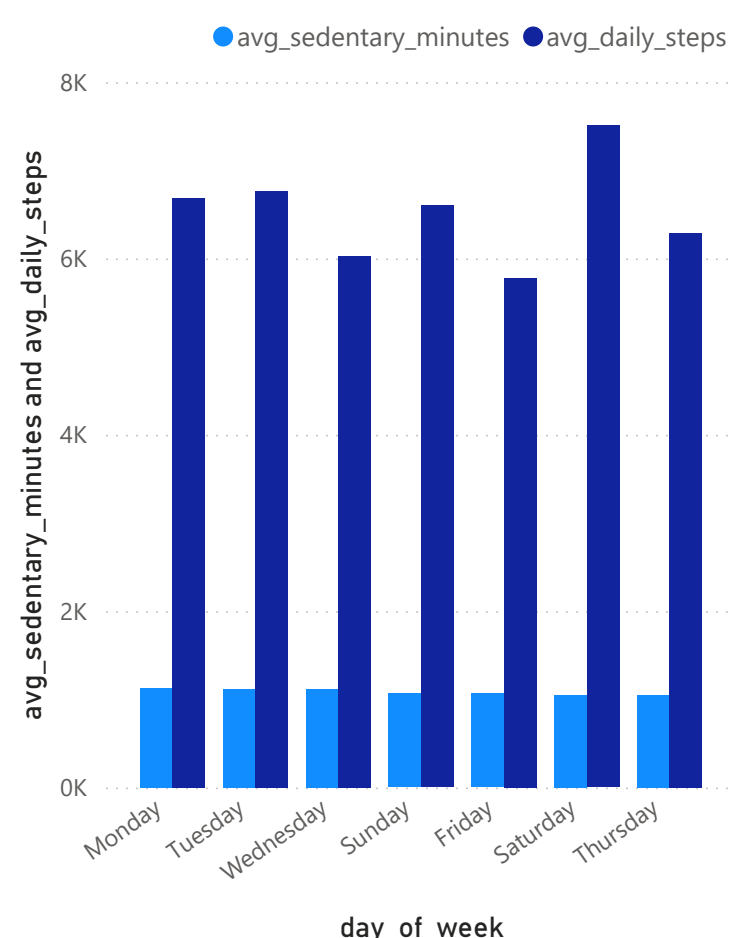
13.56

avg_very_active_minutes

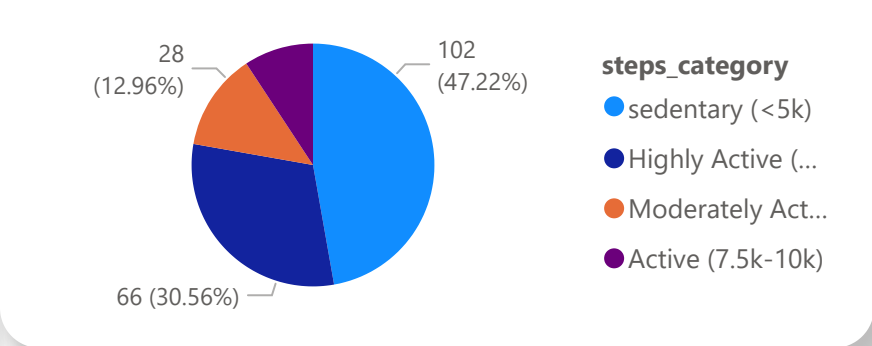
Daily Step Trends Over Time.



Average Activity by Day of the Week.



Distribution of Users by Activity Level.



Steps vs. Calories Burned.

