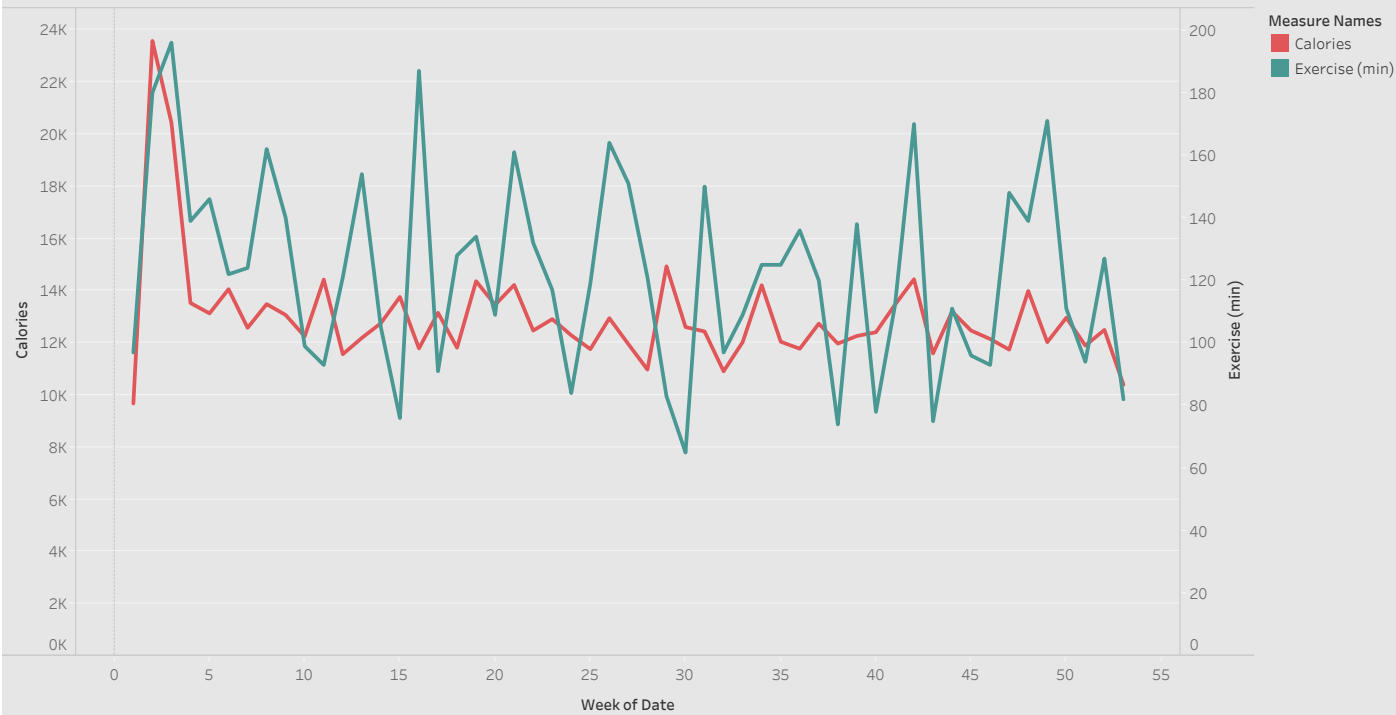


Weekly Excersise Duration & Calories Burned



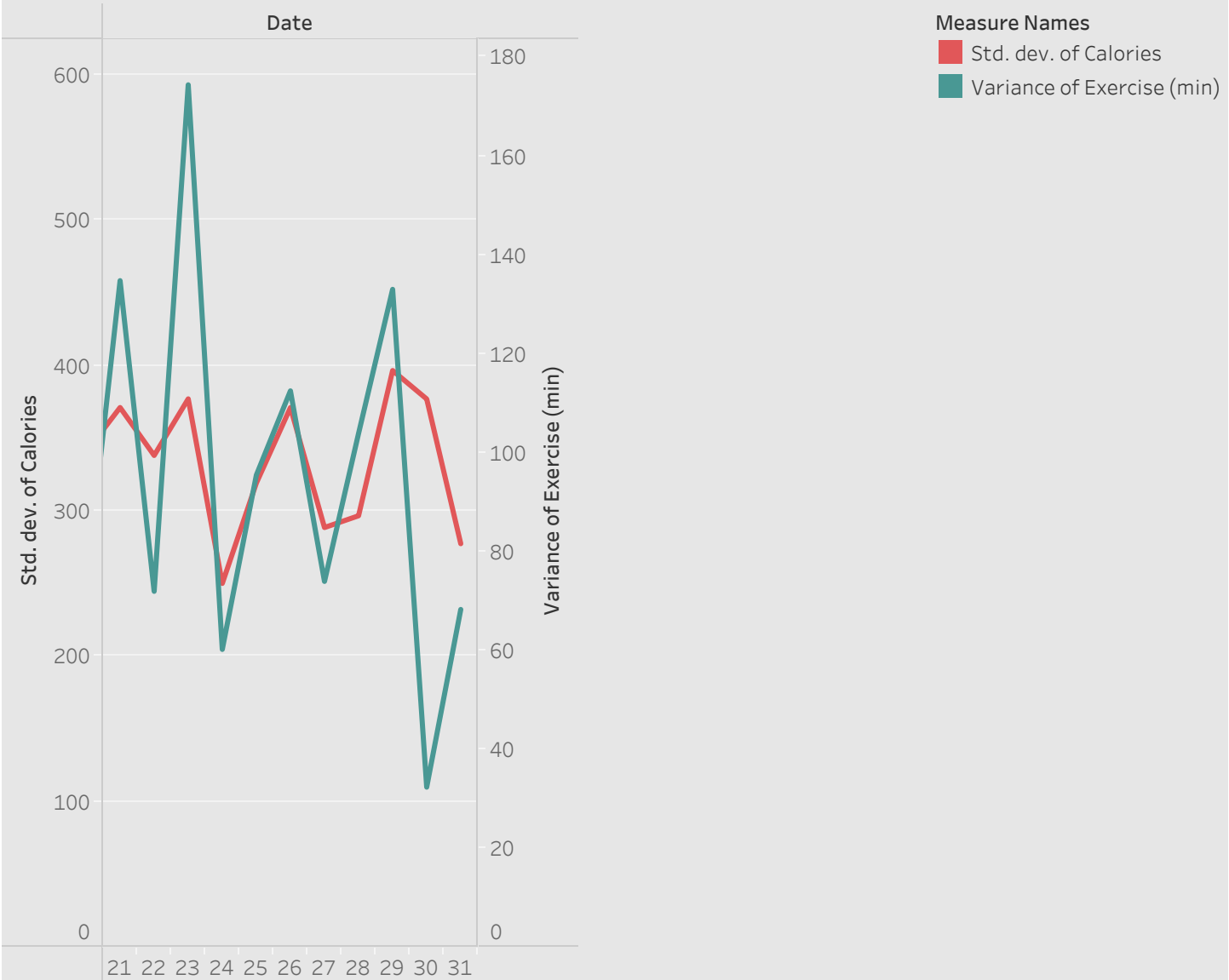
The trends of Calories and Exercise (min) for Date Week. Color shows details about Calories and Exercise (min).

# Daily Excersise Duration & Calories Burned



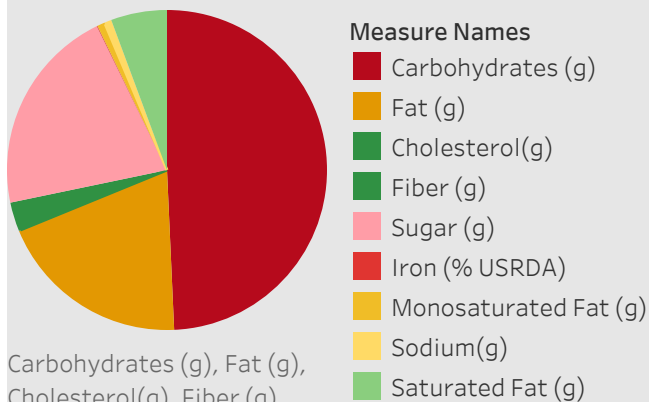
The trends of Std. dev. of Calories and variance of Exercise (min) for Date Day. Color shows details about Std. dev. of Calories and variance of Exercise (min).

# Daily Excersise Duration & Calories Burned



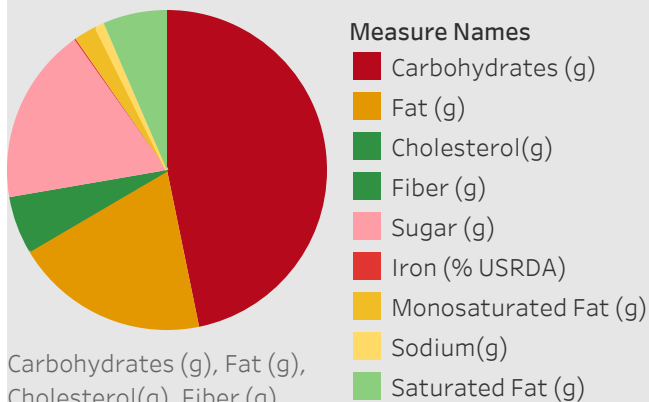
The trends of Std. dev. of Calories and variance of Exercise (min) for Date Day. Color shows details about Std. dev. of Calories and variance of Exercise (min).

# Nutrition Overview (Daily)



Carbohydrates (g), Fat (g), Cholesterol(g), Fiber (g), Sugar (g), Iron (% USRDA), Monosaturated Fat (g), Sodium(g) and Saturated Fat (g) (color). The data is filtered on Date, which keeps 1/31/2020.

# Nutrition Overview (Weekly)



Carbohydrates (g), Fat (g), Cholesterol(g), Fiber (g), Sugar (g), Iron (% USRDA), Monosaturated Fat (g), Sodium(g) and Saturated Fat (g) (color). The data is filtered on Date Weekday, which has multiple members selected.

# Nutritional Overview

	Day			
	Sunday	Monday	Tuesday	Wednesday
Calcium (% USRDA)	60	65	58	62
Calories	102,695	99,202	95,957	103,386
Carbohydrates (g)	9,433	9,765	9,634	10,066
Cholesterol (mg)	14,428	13,197	14,265	13,903
Energy - Active (cal)	34,859	35,703	37,048	34,325
Energy - Resting (cal)	146,851	145,715	146,183	147,169
Fat (g)	4,212	4,276	4,121	4,156
Fiber (g)	1,122	1,175	1,233	1,177
Iron (% USRDA)	28	33	28	29
Monosaturated Fat (g)	484	464	491	525
Polyunstaured Fat (g)	521	572	516	548
Potassium (mg)	49,809	53,306	46,060	46,147
Protein (g)	4,483	4,525	4,584	4,632
Saturated Fat (g)	1,412	1,328	1,286	1,340
Sodium (mg)	181,107	176,772	178,167	181,708

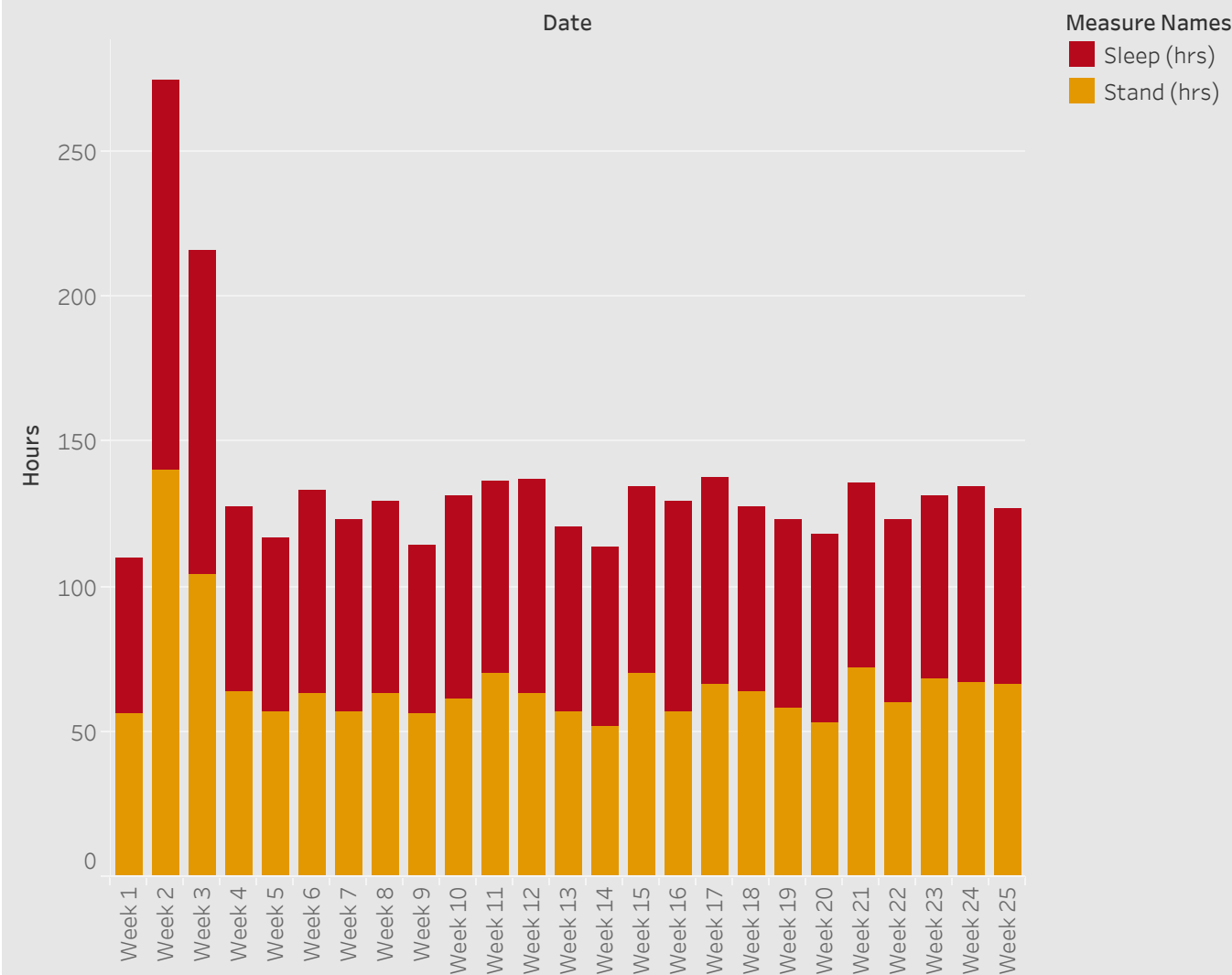
Calcium (% USRDA), Calories, Carbohydrates (g), Cholesterol (mg), Energy - Active (cal), Energy - Resting (cal), Fat (g), Fiber (g), Iron (% USRDA), Monosaturated Fat (g), Polyunstaured Fat (g), Potassium (mg), Protein (g), Saturated Fat (g) and Sodium (mg) broken down by Day Weekday.

# Nutritional Overview

	Day		
	Thursday	Friday	Saturday
Calcium (% USRDA)	58	62	55
Calories	93,226	96,206	97,126
Carbohydrates (g)	10,346	9,298	9,936
Cholesterol (mg)	13,591	13,396	14,132
Energy - Active (cal)	45,973	36,596	38,187
Energy - Resting (cal)	146,130	145,235	145,520
Fat (g)	4,225	3,724	4,119
Fiber (g)	1,279	1,223	1,190
Iron (% USRDA)	26	28	26
Monosaturated Fat (g)	562	415	502
Polyunstaured Fat (g)	580	516	547
Potassium (mg)	47,140	48,300	47,559
Protein (g)	4,525	4,521	4,566
Saturated Fat (g)	1,326	1,409	1,370
Sodium (mg)	189,086	173,862	177,762

Calcium (% USRDA), Calories, Carbohydrates (g), Cholesterol (mg), Energy - Active (cal), Energy - Resting (cal), Fat (g), Fiber (g), Iron (% USRDA), Monosaturated Fat (g), Polyunstaured Fat (g), Potassium (mg), Protein (g), Saturated Fat (g) and Sodium (mg) broken down by Day Weekday.

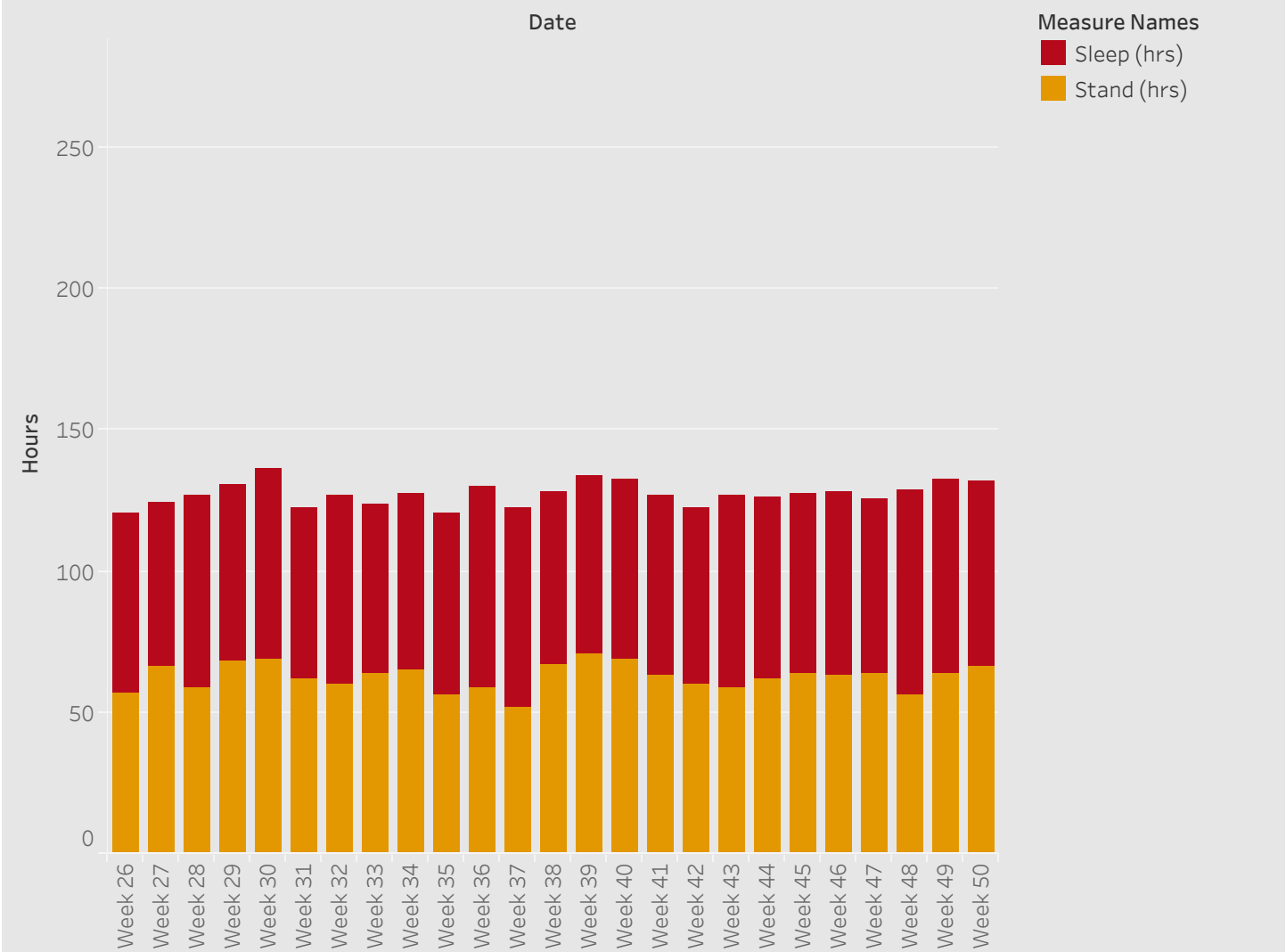
# Weekly Sleep & Stand (Hours)



Sleep (hrs) and Stand (hrs) for each Date Week. Color shows details about Sleep (hrs) and Stand (hrs).

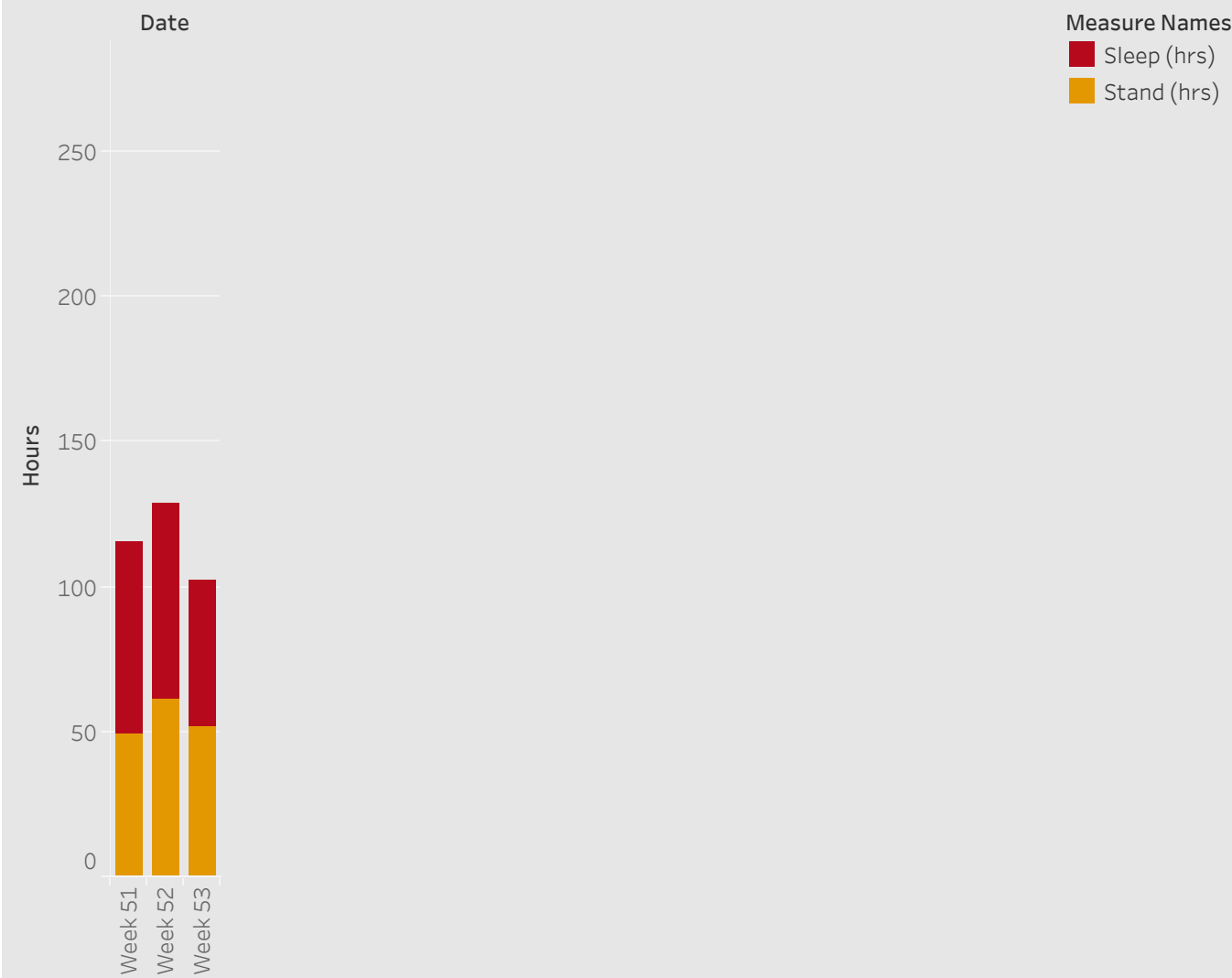


# Weekly Sleep & Stand (Hours)



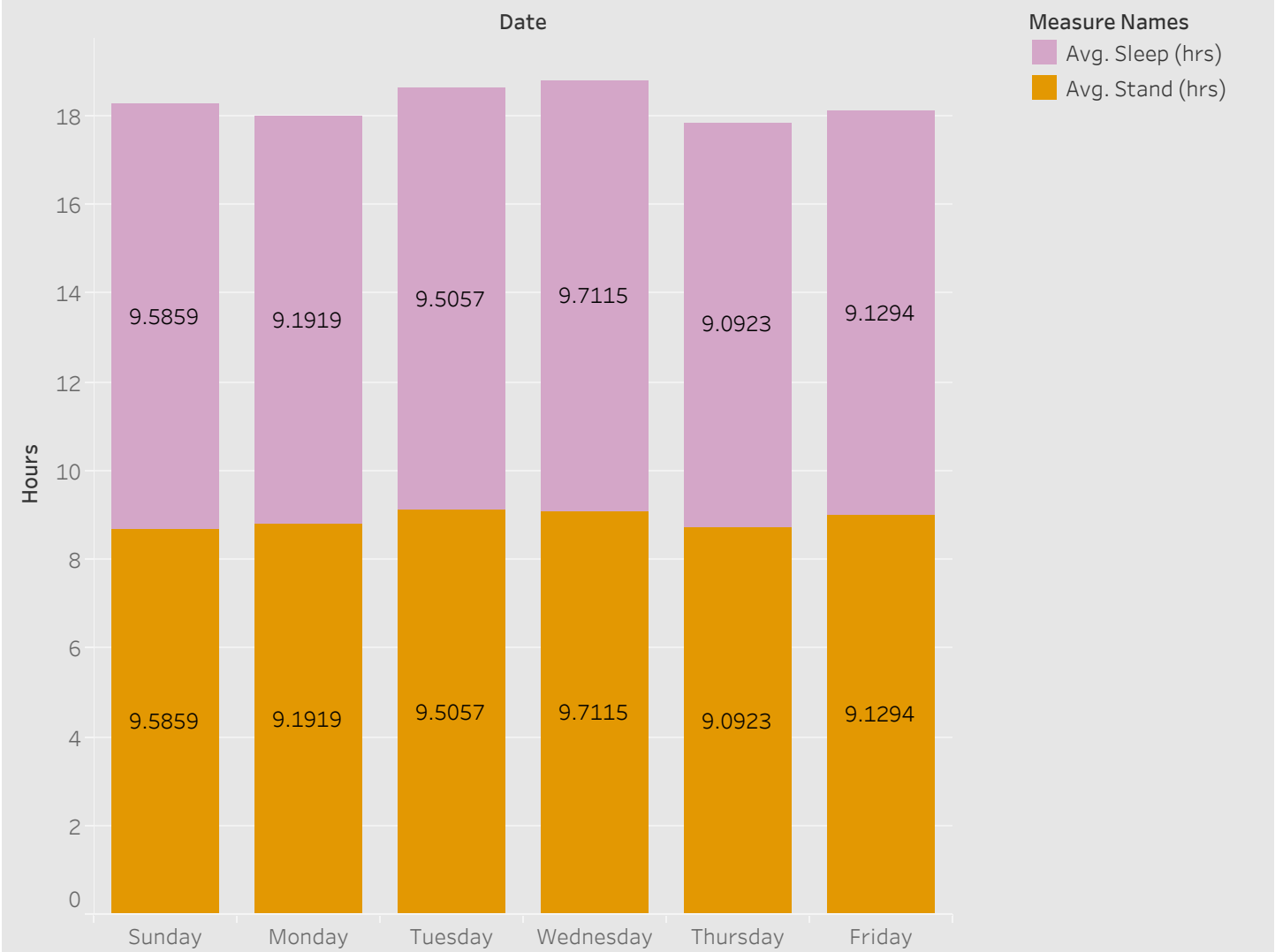
Sleep (hrs) and Stand (hrs) for each Date Week. Color shows details about Sleep (hrs) and Stand (hrs).

# Weekly Sleep & Stand (Hours)



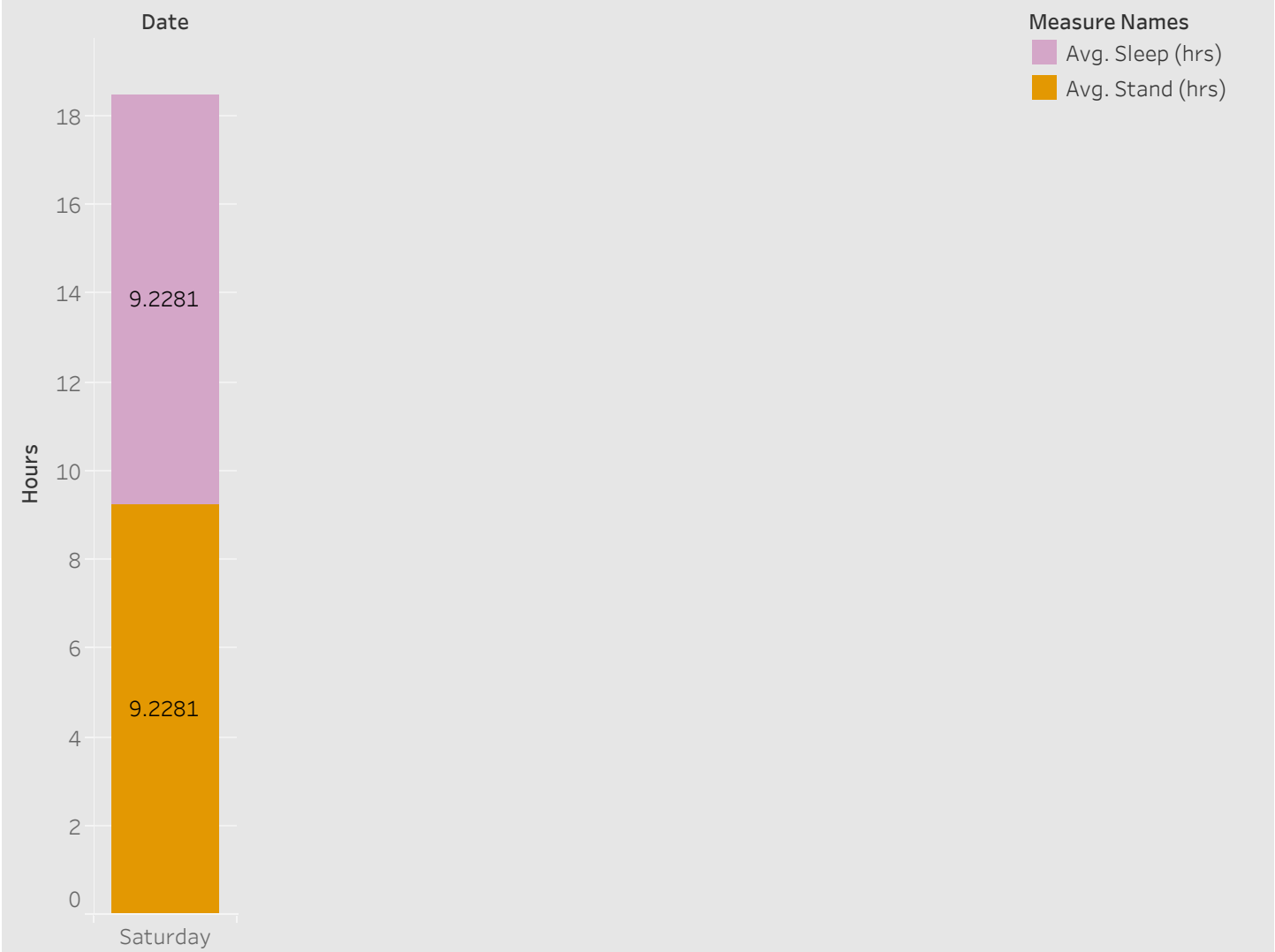
Sleep (hrs) and Stand (hrs) for each Date Week. Color shows details about Sleep (hrs) and Stand (hrs).

# Daily Sleep & Stand (Hours)



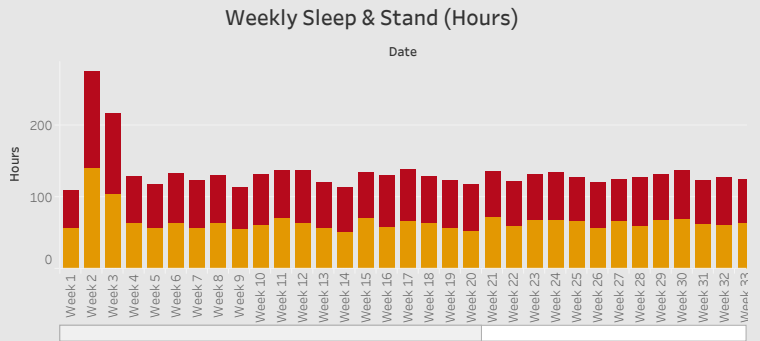
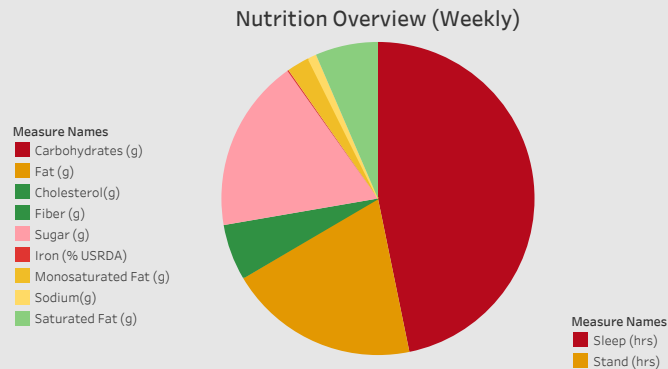
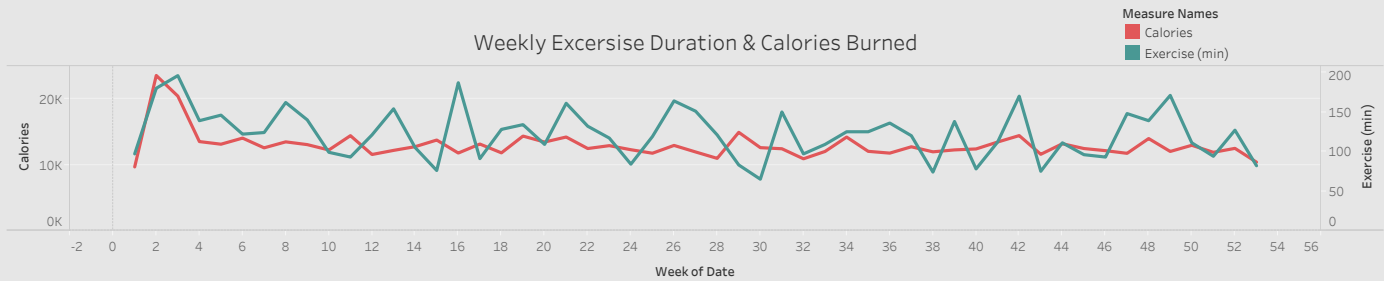
Avg. Sleep (hrs) and Avg. Stand (hrs) for each Date Weekday. Color shows details about Avg. Sleep (hrs) and Avg. Stand (hrs). The marks are labeled by Avg. Sleep (hrs).

# Daily Sleep & Stand (Hours)



Avg. Sleep (hrs) and Avg. Stand (hrs) for each Date Weekday. Color shows details about Avg. Sleep (hrs) and Avg. Stand (hrs). The marks are labeled by Avg. Sleep (hrs).

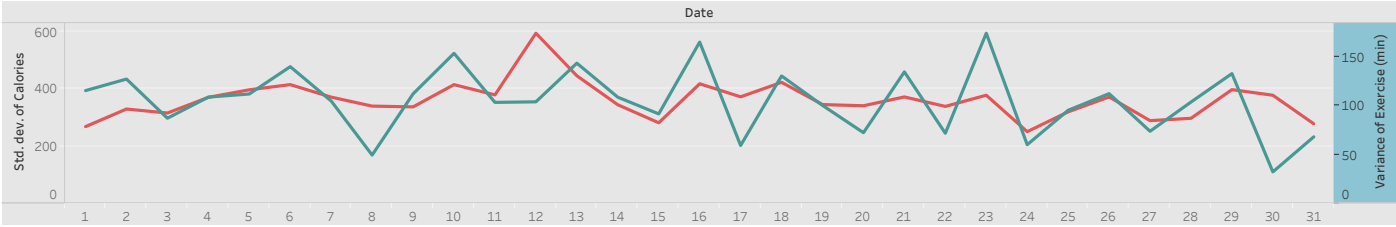
Health Dashboard (Weekly)



Daily Health Dashboard

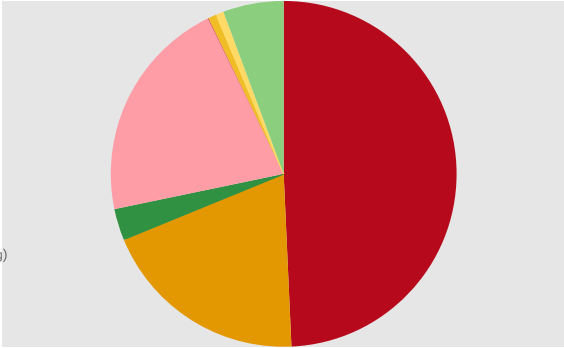
Measure Names  
Std. dev. of Calories  
Variance of Exercise (min)

Daily Excercise Duration & Calories Burned



Nutrition Overview (Daily)

Measure Names  
Carbohydrates (g)  
Fat (g)  
Cholesterol(g)  
Fiber (g)  
Sugar (g)  
Iron (% USRDA)  
Monosaturated Fat (g)  
Sodium(g)  
Saturated Fat (g)



Measure Names  
Avg. Sleep (hrs)  
Avg. Stand (hrs)

Daily Sleep & Stand (Hours)

