



Welcome Back ~ Colten

Personal Information

Stride Length : 4.2

Daily Step Goal 9000

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Sleep Hours Data

6.9

Hours Slept

11

Record Hours Slept

7.65

Average Hours Slept

Quality Sleep Data

3.5

Quality Of Sleep

4.9

Record Quality Sleep

2.82

Average Sleep Quality

Daily Miles

7.7

Miles Today

Steps Today **9457**

Active Minutes

269

Today's Active Minutes

297

Record Active Minutes On

2019/06/16

Average Weekly Activity

10043

Average Weekly Steps

188

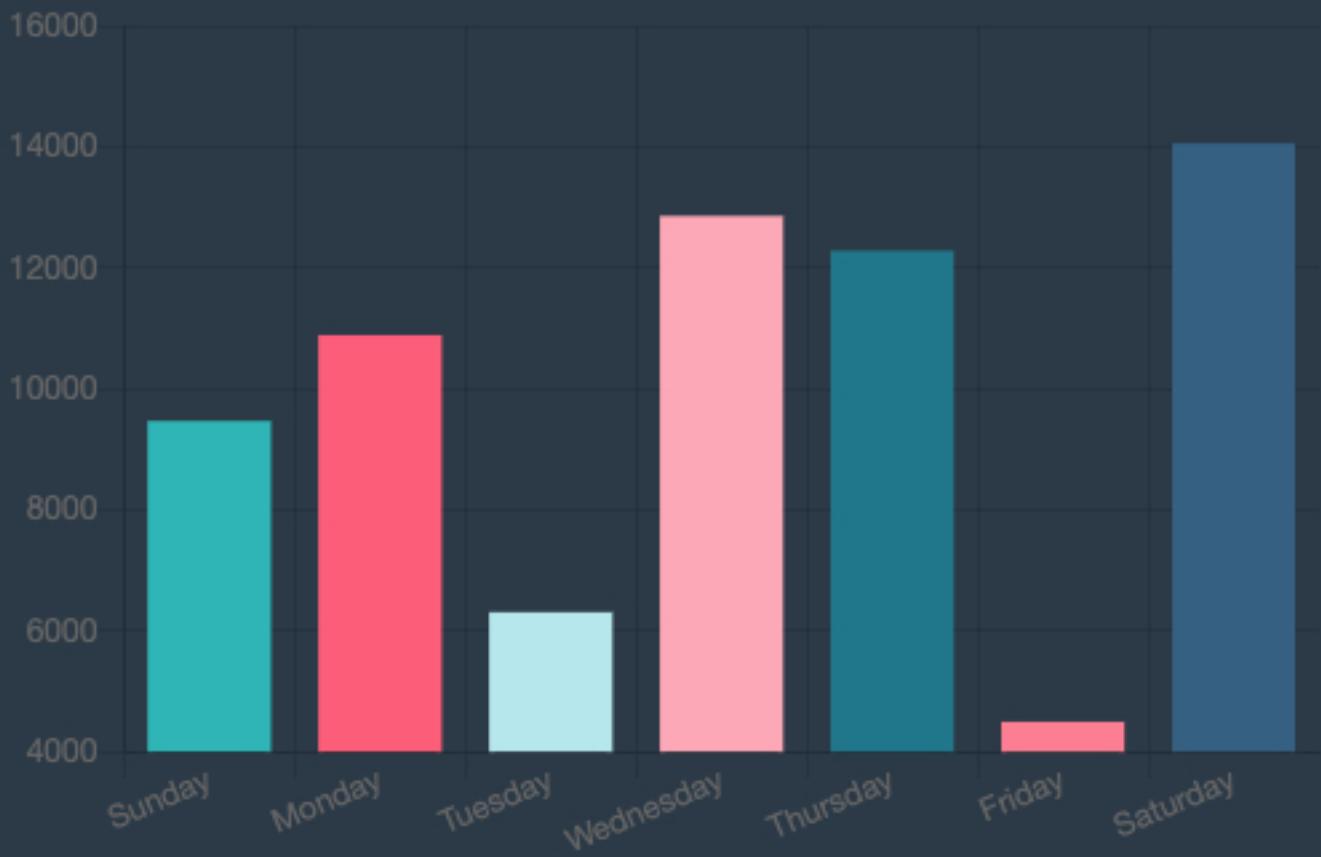
Average Weekly Minutes Active

21

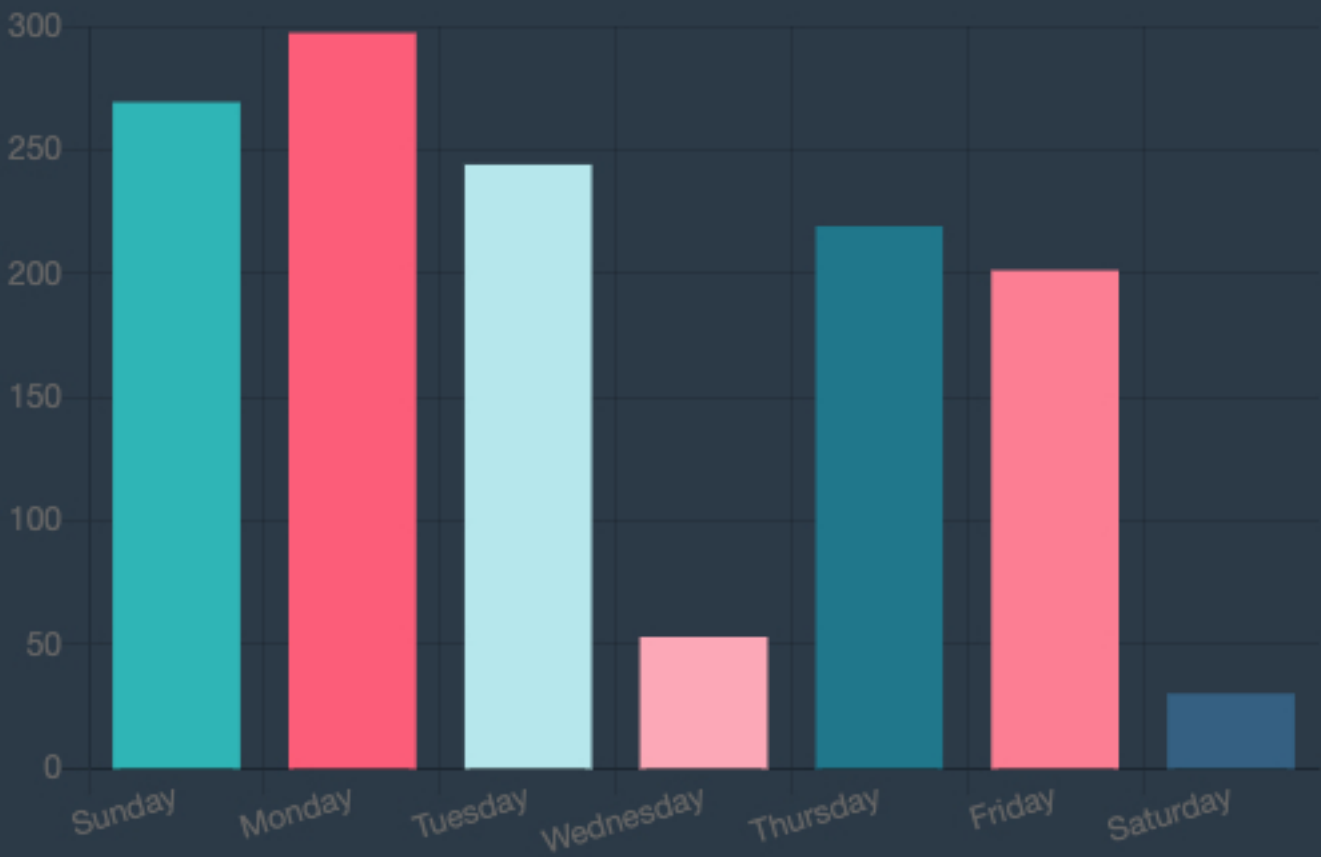
Average Weekly Flights Climbed

Weekly Activity Overview

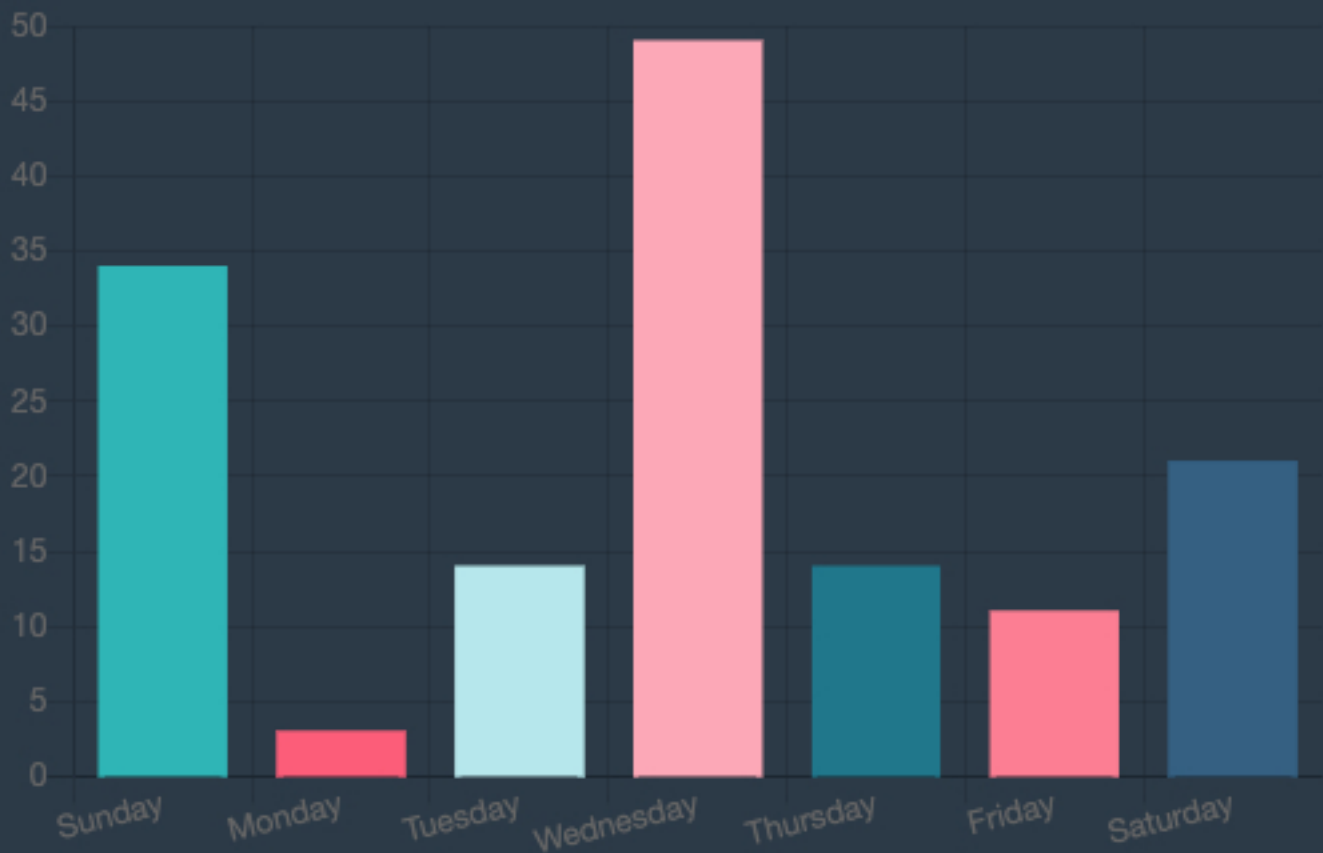
Weekly Steps



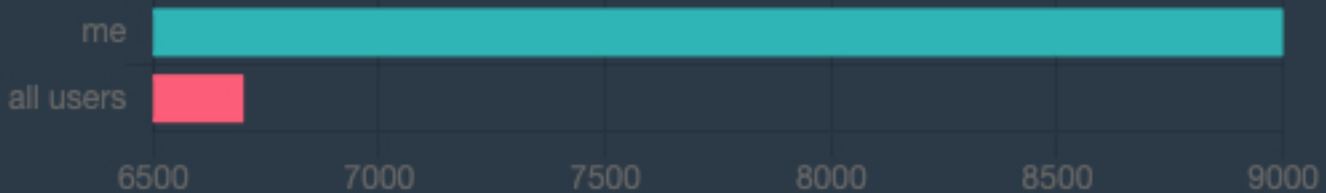
Weekly Active Minutes



Weekly Steps Climbed



Step Goal Comparison

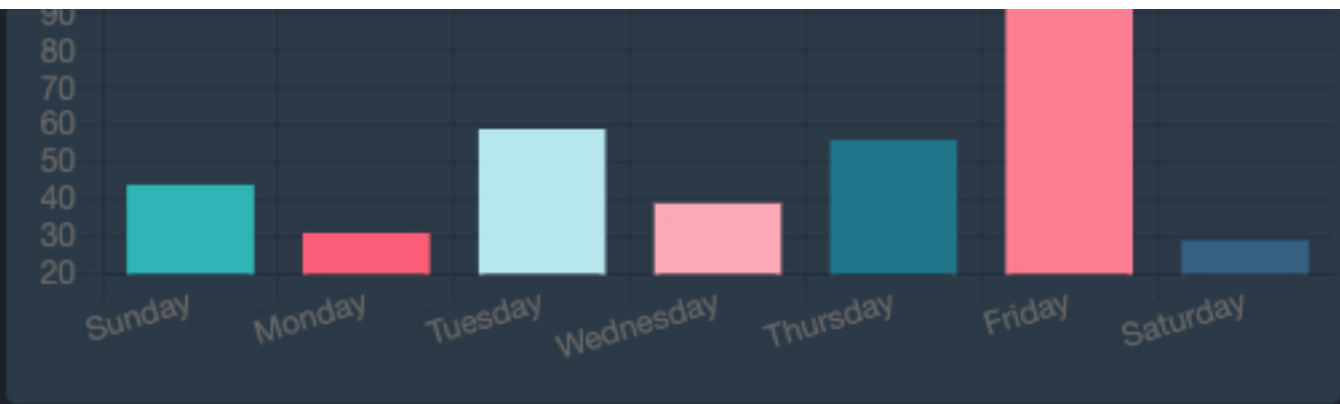


Hydration

44 oz Today

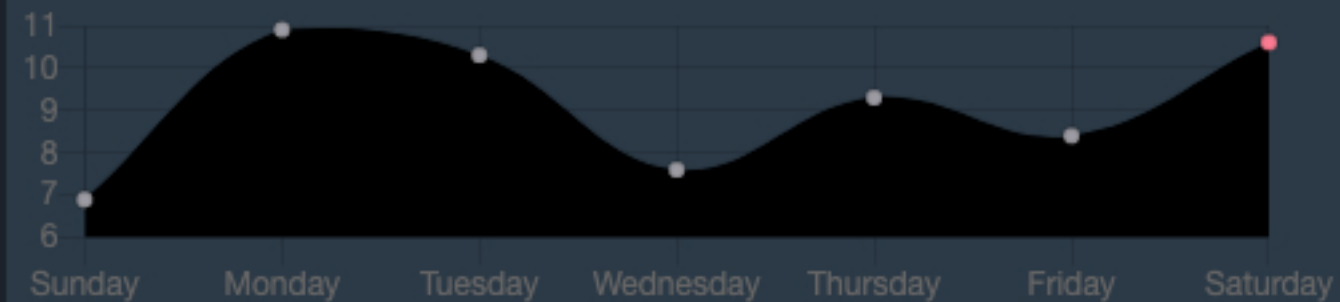
This Week's Water Consumption

100

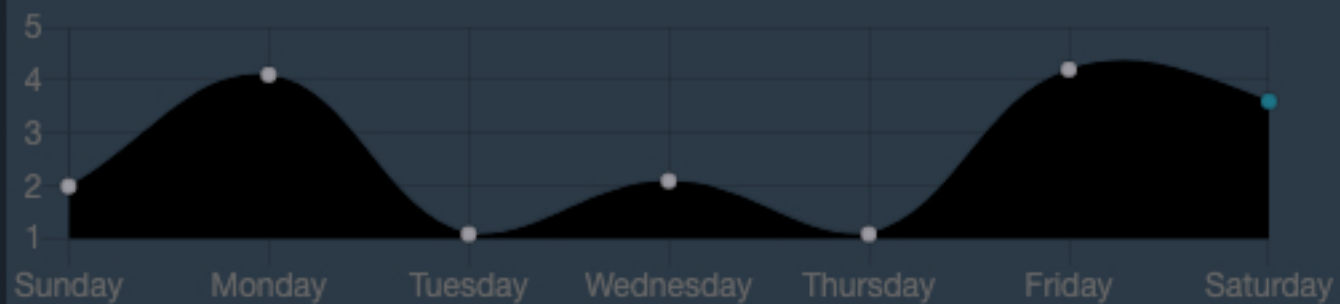


Sleep

Hours Slept This Week



Quality Of Sleep This Week



Daily Activity Comparison

*Below is your daily activity compared to the average of all users.

My Step Comparison

me all users





My Active Minutes Comparison

me all users



My Flights Climbed Comparison

me all users



