

## ♥ Heart rate

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### 1. Profile

Name : No data

Date of birth : Wed, Jul 11, 2001

Activity level : No data

### 2. Data

Date	Time	Heart rate (bpm)	Tag	Notes
Apr 15	11:20 PM	77		
Apr 15	10:51 PM	85		
Apr 15	9:50 PM	72		
Apr 15	8:10 PM	65		
Apr 15	7:50 PM	71		
Apr 15	6:10 PM	72		
Apr 15	5:40 PM	76		
Apr 15	4:10 PM	75		
Apr 15	3:40 PM	85		
Apr 15	3:10 PM - 3:26 PM	99-127	Exercising	
Apr 15	2:34 PM - 2:47 PM	53-115	Exercising	
Apr 15	2:10 PM	77		
Apr 15	1:50 AM	71		
Apr 15	12:50 AM	73		
Apr 14	11:51 PM	73		
Apr 14	10:10 PM	72		
Apr 14	9:50 PM	74		
Apr 14	8:40 PM	72		
Apr 14	7:50 PM	76		
Apr 14	6:30 PM	83		
Apr 14	5:50 PM	85		
Apr 14	4:20 PM	87		
Apr 14	3:31 PM	97		
Apr 14	2:30 PM	95		
Apr 14	1:50 PM	78		
Apr 14	1:41 AM	77		
Apr 14	12:50 AM	79		
Apr 13	11:50 PM	73		
Apr 13	7:40 PM	86		
Apr 13	1:00 AM	92		
Apr 12	11:40 PM	77		

## ♥ Heart rate

Date	Time	Heart rate (bpm)	Tag	Notes
Apr 12	10:50 PM	66		
Apr 12	9:50 PM	72		
Apr 12	8:50 PM	81		
Apr 12	7:50 PM	81		
Apr 12	6:17 PM - 6:46 PM	81-147	Exercising	
Apr 11	7:00 PM	74		
Apr 11	6:50 PM	89		
Apr 11	5:20 PM	73		
Apr 11	4:40 PM	71		
Apr 11	3:40 PM	83		
Apr 11	3:07 PM - 3:19 PM	71-110	Exercising	
Apr 11	2:50 PM	73		
Apr 11	2:06 PM - 2:17 PM	78-110	Exercising	
Apr 11	1:41 PM	79		
Apr 11	12:24 PM - 1:36 PM	72-151	Exercising	
Apr 11	12:50 PM	100		
Apr 11	2:00 AM	72		
Apr 11	1:00 AM	73		
Apr 11	12:50 AM	75		
Apr 10	11:50 PM	83		
Apr 10	10:50 PM	84		
Apr 10	9:30 PM	80		
Apr 10	8:50 PM	79		
Apr 10	7:31 PM - 7:45 PM	96-144	Exercising	
Apr 10	7:20 PM	77		
Apr 10	6:51 PM	78		
Apr 10	6:38 PM - 6:50 PM	56-101	Exercising	
Apr 10	5:30 PM	84		
Apr 10	4:40 PM	75		
Apr 10	3:50 PM	77		
Apr 10	2:53 PM	102		
Apr 10	2:01 PM - 2:26 PM	72-149	Exercising	
Apr 10	1:08 PM - 1:52 PM	88-138	Exercising	
Apr 10	1:50 PM	111		
Apr 10	12:40 PM	71		
Apr 10	11:31 AM	79		
Apr 9	3:20 PM	80		

## ♥ Heart rate

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Date	Time	Heart rate (bpm)	Tag	Notes
Apr 9	2:11 PM	85		
Apr 9	1:50 PM	77		
Apr 9	12:30 PM	75		
Apr 9	10:50 AM	83		
Apr 9	12:20 AM	81		
Apr 8	11:40 PM	86		
Apr 8	10:40 PM	80		
Apr 8	9:50 PM	76		
Apr 8	8:50 PM	84		
Apr 8	7:30 PM	68		
Apr 8	6:50 PM	66		
Apr 8	5:30 PM	66		
Apr 8	4:50 PM	79		
Apr 8	3:50 PM	79		
Apr 8	2:50 PM	78		
Apr 8	1:50 PM	76		
Apr 8	12:50 PM	83		
Apr 8	11:43 AM	74		
Apr 8	1:10 AM	77		
Apr 8	12:00 AM	75		
Apr 7	11:32 PM	102		
Apr 7	10:40 PM	63		
Apr 7	9:40 PM	75		
Apr 7	8:40 PM	76		
Apr 7	7:50 PM	74		
Apr 7	6:50 PM	77		
Apr 7	4:10 PM	78		
Apr 7	3:10 PM	81		
Apr 7	2:10 PM	76		
Apr 7	1:50 PM	85		
Apr 6	2:50 PM	82		
Apr 6	12:20 PM	80		
Apr 6	11:20 AM	80		
Apr 6	10:20 AM	69		
Apr 6	9:50 AM	77		
Apr 6	8:50 AM	75		
Apr 5	3:10 PM	89		

## ♥ Heart rate

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Date	Time	Heart rate (bpm)	Tag	Notes
Apr 4	2:10 AM	80		
Apr 4	1:50 AM	76		
Apr 4	12:50 AM	76		
Apr 3	11:40 PM	81		
Apr 3	10:50 PM	81		
Apr 3	9:40 PM	83		
Apr 3	8:41 PM	95		
Apr 3	7:41 PM	86		
Apr 3	7:25 PM - 7:39 PM	106-154	Exercising	
Apr 3	6:50 PM	81		
Apr 3	5:44 PM - 5:56 PM	85-109	Exercising	
Apr 3	4:50 PM	76		
Apr 3	3:20 PM	84		
Apr 3	2:50 PM	136		
Apr 2	4:30 PM	85		
Apr 2	3:20 PM	87		
Apr 2	2:30 PM	86		
Apr 2	1:50 PM	93		
Apr 2	12:18 PM - 12:29 PM	63-101	Exercising	
Apr 2	12:10 PM	91		
Apr 2	10:50 AM	107		
Apr 2	9:49 AM - 10:01 AM	90-132	Exercising	
Apr 2	9:30 AM	91		
Apr 2	8:40 AM	91		
Mar 31	11:00 PM	58		
Mar 31	10:50 PM	81		
Mar 31	9:50 PM	73		
Mar 31	8:50 PM	87		
Mar 31	7:50 PM	99		
Mar 31	6:50 PM	94		
Mar 31	5:12 PM - 5:26 PM	59-141	Exercising	
Mar 31	4:50 PM	87		
Mar 31	3:10 AM	84		
Mar 31	2:50 AM	79		
Mar 31	1:50 AM	83		
Mar 31	12:50 AM	83		
Mar 30	11:40 PM	85		

## ♥ Heart rate

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Date	Time	Heart rate (bpm)	Tag	Notes
Mar 30	10:50 PM	79		
Mar 30	9:50 PM	80		
Mar 30	8:30 PM	83		
Mar 30	7:40 PM	91		
Mar 30	6:27 PM - 6:46 PM	117-166	Exercising	
Mar 30	6:00 PM	89		
Mar 30	5:41 PM	93		
Mar 30	4:50 PM	91		
Mar 30	3:30 PM	90		
Mar 30	1:40 PM	102		
Mar 30	12:30 PM	94		
Mar 30	2:10 AM	88		
Mar 28	9:10 PM	82		
Mar 28	8:40 PM	81		
Mar 28	7:40 PM	87		
Mar 28	6:50 PM	78		
Mar 28	5:10 PM	73		
Mar 28	4:40 PM	77		
Mar 28	2:20 PM	102		
Mar 28	12:10 AM	79		
Mar 27	11:50 PM	73		
Mar 27	10:50 PM	80		
Mar 27	9:50 PM	72		
Mar 27	8:30 PM	89		
Mar 27	7:10 PM	88		
Mar 27	6:40 PM	94		
Mar 27	5:10 PM	76		
Mar 27	12:20 AM	86		
Mar 26	11:50 PM	88		
Mar 26	10:50 PM	77		
Mar 26	9:10 PM	89		
Mar 26	8:30 PM	75		
Mar 26	6:30 PM	58		
Mar 24	11:30 PM	87		
Mar 24	10:50 PM	79		
Mar 24	9:40 PM	71		
Mar 24	8:50 PM	81		

## ♥ Heart rate

Date	Time	Heart rate (bpm)	Tag	Notes
Mar 24	7:50 PM	86		
Mar 24	6:50 PM	89		
Mar 24	5:38 PM - 5:56 PM	54-132	Exercising	
Mar 24	5:30 PM	96		
Mar 24	2:00 AM	71		
Mar 24	1:51 AM	70		
Mar 24	12:30 AM	73		
Mar 23	11:51 PM	81		
Mar 23	10:50 PM	87		
Mar 23	9:50 PM	84		
Mar 23	8:50 PM	81		
Mar 23	7:31 PM	93		
Mar 23	6:31 PM	77		
Mar 22	11:41 PM	75		
Mar 22	10:40 PM	77		
Mar 22	9:50 PM	80		
Mar 22	8:50 PM	83		
Mar 22	7:50 PM	88		
Mar 22	6:20 PM	78		
Mar 22	5:30 PM	99		
Mar 22	4:50 PM	87		
Mar 22	3:50 PM	93		
Mar 22	2:57 PM - 3:08 PM	64-111	Exercising	
Mar 22	2:10 PM	76		
Mar 19	11:10 PM	78		
Mar 19	10:20 PM	77		
Mar 19	9:20 PM	72		
Mar 19	8:35 PM - 8:45 PM	87-109	Exercising	
Mar 19	7:21 PM	104		
Mar 17	11:20 PM	71		
Mar 17	10:50 PM	82		
Mar 17	9:50 PM	79		
Mar 17	8:20 PM	87		
Mar 17	5:50 PM	92		
Mar 17	4:24 PM - 4:43 PM	71-112	Exercising	
Mar 17	4:00 PM	67		
Mar 17	3:51 PM	87		

## ♥ Heart rate

Date	Time	Heart rate (bpm)	Tag	Notes
Mar 17	1:10 PM	80		
Mar 17	12:20 PM	105		
Mar 16	11:10 PM	87		
Mar 16	10:40 PM	86		
Mar 16	8:40 PM	78		
Mar 16	7:50 PM	94		
Mar 16	6:10 PM	101		
Mar 16	5:45 PM - 5:56 PM	55-94	Exercising	
Mar 16	5:31 PM	99		
Mar 16	2:50 PM	73		
Mar 16	1:41 PM	101		
Mar 16	12:20 PM	94		
Mar 16	11:00 AM	89		
Mar 16	10:50 AM	87		
Mar 15	11:30 PM	82		
Mar 15	10:51 PM	91		
Mar 15	9:20 PM	81		
Mar 15	8:40 PM	77		
Mar 15	7:40 PM	81		
Mar 15	6:50 PM	69		
Mar 15	5:50 PM	71		
Mar 15	4:37 PM - 5:06 PM	58-107	Exercising	
Mar 15	3:40 PM	75		
Mar 15	2:50 PM	67		
Mar 15	1:10 PM	87		
Mar 14	8:40 PM	81		
Mar 14	7:52 PM	77		
Mar 14	6:30 PM - 6:43 PM	83-104	Exercising	
Mar 14	6:10 PM	73		
Mar 14	5:50 PM	75		
Mar 14	4:50 PM	75		
Mar 14	3:50 PM	83		
Mar 14	2:50 PM	88		
Mar 14	1:40 PM	82		
Mar 14	12:52 PM	93		
Mar 13	7:30 PM	77		
Mar 13	6:00 PM	72		

## ♥ Heart rate

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Date	Time	Heart rate (bpm)	Tag	Notes
Mar 13	5:30 PM	81		
Mar 13	4:50 PM	83		
Mar 13	3:31 PM	94		
Mar 13	2:50 PM	100		
Mar 13	1:10 AM	90		
Mar 8	10:50 PM	76		
Mar 8	9:50 PM	71		
Mar 8	8:50 PM	73		
Mar 8	7:50 PM	78		
Mar 8	6:50 PM	83		
Mar 8	5:50 PM	83		
Mar 8	3:50 PM	77		
Mar 8	2:20 PM	81		
Mar 8	1:34 PM - 1:57 PM	103-131	Exercising	
Mar 8	1:20 PM	75		
Mar 8	12:28 PM - 12:57 PM	66-127	Exercising	
Mar 8	12:41 PM	81		
Mar 8	12:13 PM - 12:25 PM	94-129	Exercising	
Mar 8	11:40 AM	102		
Mar 7	6:00 PM	80		
Mar 7	5:00 PM	85		
Mar 7	4:00 PM	70		
Mar 7	3:50 PM	71		
Mar 7	2:31 PM	99		
Mar 7	1:50 PM	84		
Mar 7	12:00 PM	83		
Mar 7	12:30 AM	111		
Mar 6	11:00 PM	81		
Mar 6	10:50 PM	82		
Mar 6	9:10 PM	82		
Mar 6	8:50 PM	96		
Mar 6	7:50 PM	78		
Mar 5	10:30 AM	118		
Mar 5	2:40 AM	107		
Mar 5	1:10 AM	107		
Mar 5	12:40 AM	107		
Mar 4	10:41 PM	85		



## ♥ Heart rate

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Date	Time	Heart rate (bpm)	Tag	Notes
Mar 4	7:21 PM	75		
Mar 4	6:41 PM	80		
Mar 4	5:50 PM	83		
Mar 4	4:50 PM	68		
Mar 4	3:40 PM	84		
Mar 4	3:11 PM - 3:34 PM	53-125	Exercising	
Mar 4	2:50 PM	68		
Mar 3	10:40 PM	70		
Mar 3	9:40 PM	84		
Mar 3	8:30 PM	60		
Mar 3	7:50 PM	61		
Mar 3	6:50 PM	61		
Mar 3	5:40 PM	59		
Mar 3	4:50 PM	56		
Mar 3	3:50 PM	63		
Mar 3	2:50 PM	71		
Mar 3	1:40 PM	65		
Mar 3	12:50 PM	72		
Mar 3	11:30 AM	75		
Mar 3	10:40 AM	76		
Mar 3	9:30 AM	94		
Mar 3	8:51 AM	87		
Mar 2	10:10 PM	71		
Mar 2	9:40 PM	74		
Mar 2	8:40 PM	71		
Mar 2	7:40 PM	73		
Mar 2	6:50 PM	72		
Mar 2	5:50 PM	61		
Mar 2	4:50 PM	75		
Mar 2	3:41 PM	70		
Mar 2	2:50 PM	78		
Mar 2	1:51 PM	74		
Mar 2	12:20 PM	80		
Mar 2	11:40 AM	80		
Mar 1	9:50 PM	89		
Mar 1	7:49 PM - 8:00 PM	88-125	Exercising	
Mar 1	6:00 PM	82		

## ♥ Heart rate

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Date	Time	Heart rate (bpm)	Tag	Notes
Mar 1	5:20 PM	83		
Mar 1	4:40 PM	89		
Mar 1	3:21 PM	75		
Mar 1	2:50 PM	79		
Mar 1	1:50 PM	90		
Feb 24	8:20 AM	83		
Feb 23	11:00 PM	91		
Feb 23	10:50 PM	73		
Feb 23	9:51 PM	74		
Feb 23	8:40 PM	70		
Feb 23	7:50 PM	70		
Feb 23	6:50 PM	63		
Feb 23	5:50 PM	62		
Feb 23	4:40 PM	68		
Feb 23	3:40 PM	76		
Feb 23	2:31 PM	81		
Feb 23	1:50 PM	74		
Feb 23	12:00 PM	87		
Feb 23	11:30 AM	79		
Feb 22	7:10 PM	78		
Feb 22	6:50 PM	75		
Feb 22	5:50 PM	80		
Feb 22	4:50 PM	77		
Feb 22	3:40 PM	77		
Feb 22	2:50 PM	84		
Feb 22	1:50 PM	89		
Feb 22	12:00 PM	117		
Feb 21	9:40 PM	76		
Feb 21	8:50 PM	77		
Feb 21	7:50 PM	77		
Feb 21	6:50 PM	75		
Feb 21	5:20 PM	76		
Feb 21	4:30 PM	77		
Feb 21	3:50 PM	86		
Feb 21	2:50 PM	88		
Feb 21	1:00 AM	70		
Feb 21	12:50 AM	75		

## ♥ Heart rate

Date	Time	Heart rate (bpm)	Tag	Notes
Feb 20	11:31 PM	80		
Feb 20	10:21 PM	87		
Feb 20	9:40 PM	63		
Feb 20	8:30 PM	73		
Feb 20	7:20 PM	69		
Feb 20	6:50 PM	75		
Feb 20	5:30 PM	69		
Feb 20	4:50 PM	75		
Feb 20	3:50 PM	79		
Feb 18	2:30 AM	73		
Feb 18	1:50 AM	69		
Feb 18	12:50 AM	84		
Feb 17	11:30 PM	71		
Feb 17	10:30 PM	84		
Feb 17	9:41 PM	81		
Feb 17	8:50 PM	80		
Feb 17	7:50 PM	71		
Feb 17	12:30 AM	90		
Feb 16	11:20 PM	78		
Feb 16	10:40 PM	80		
Feb 16	9:40 PM	84		
Feb 16	8:15 PM - 8:26 PM	120-125	Exercising	
Feb 16	7:00 PM	110		
Feb 16	6:41 PM	76		
Feb 16	4:50 PM	74		
Feb 15	10:40 PM	85		
Feb 15	7:41 PM	80		
Feb 15	6:50 PM	89		
Feb 15	5:10 PM	84		
Feb 15	4:40 PM	85		
Feb 14	8:40 PM	86		
Feb 14	7:50 PM	74		
Feb 14	6:40 PM	67		
Feb 14	5:40 PM	76		
Feb 14	4:51 PM	86		
Feb 14	3:00 PM	75		
Feb 14	2:30 PM	85		

♥ Heart rate

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Date	Time	Heart rate (bpm)	Tag	Notes
Feb 13	8:30 PM	66		
Feb 13	7:20 PM	67		
Feb 13	6:20 PM	68		
Feb 13	5:40 PM	86		
Feb 13	4:50 PM	68		
Feb 13	3:50 PM	62		
Feb 13	2:50 PM	62		
Feb 13	1:50 PM	63		
Feb 13	12:50 PM	61		
Feb 13	11:50 AM	63		
Feb 13	10:50 AM	73		
Feb 13	9:37 AM - 9:47 AM	93-125	Exercising	
Feb 13	9:30 AM	85		
Feb 13	8:41 AM	80		