

# Strava Fitness Activity Dashboard

7M

Total Steps

7.64K

Average Daily Steps

2M

Total Calories Burned

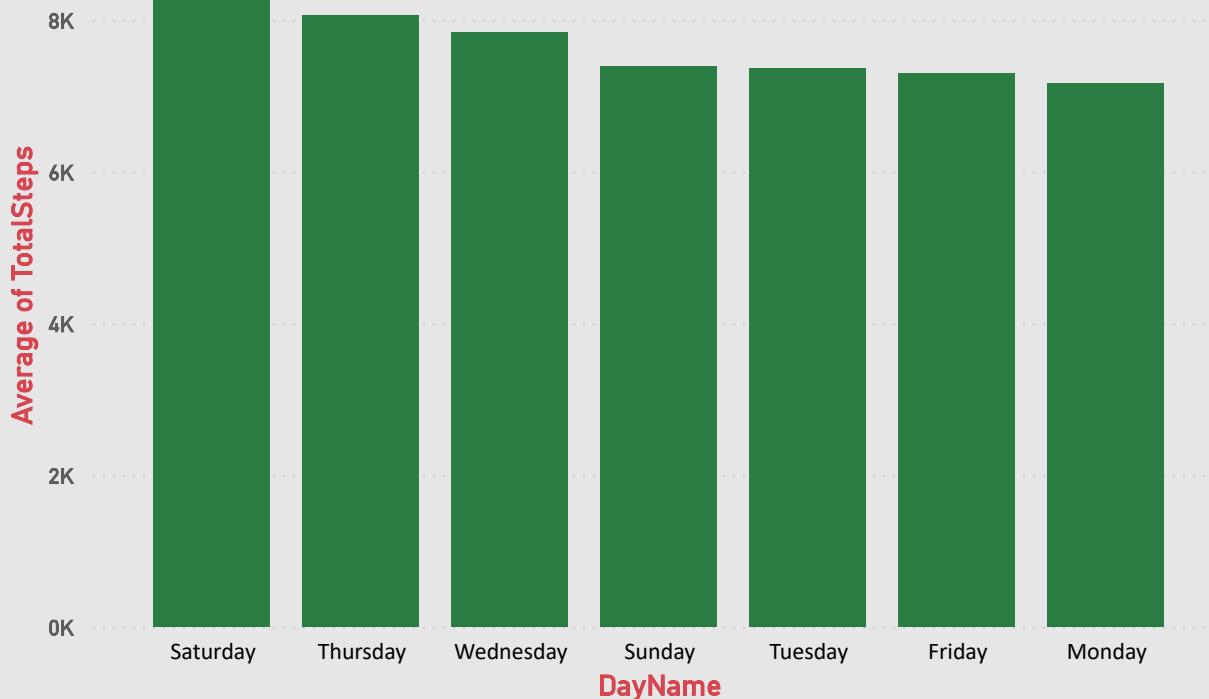
2.30K

Average Daily Calories  
Burned

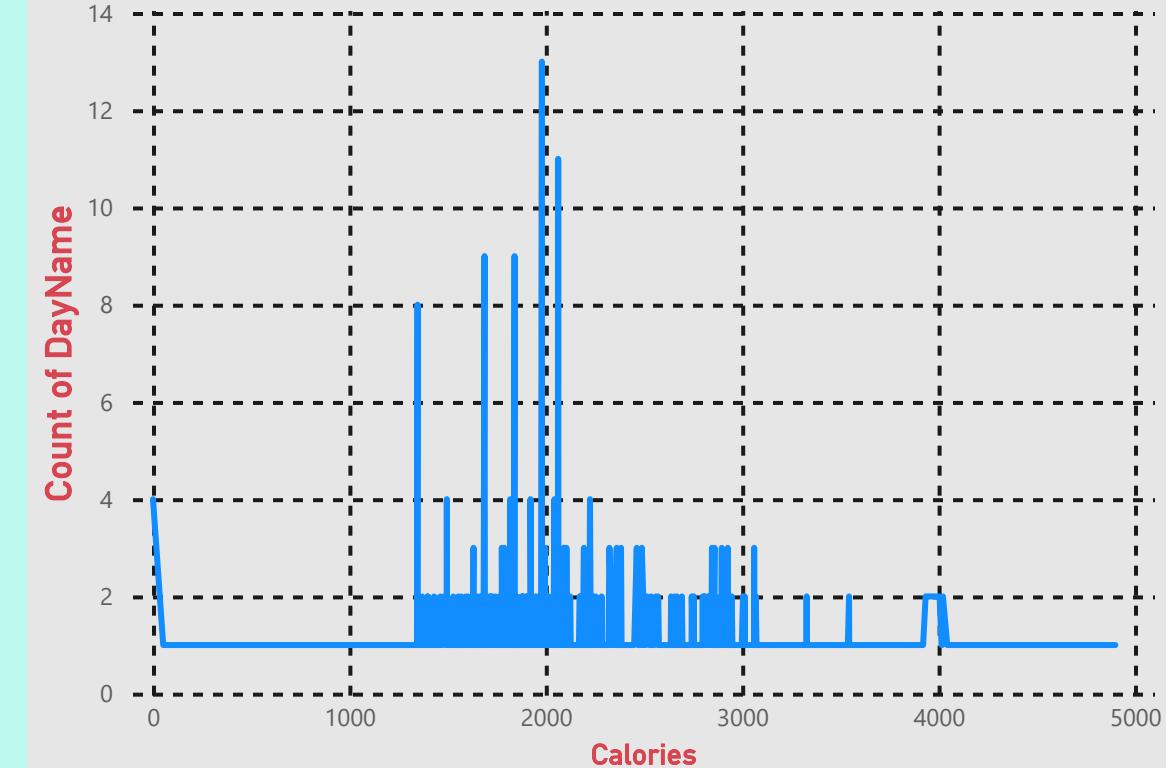
20K

Sum of VeryActive...

Steps by Day Name



Calories Burned by Day



## Select Day

Friday

Monday

Saturday

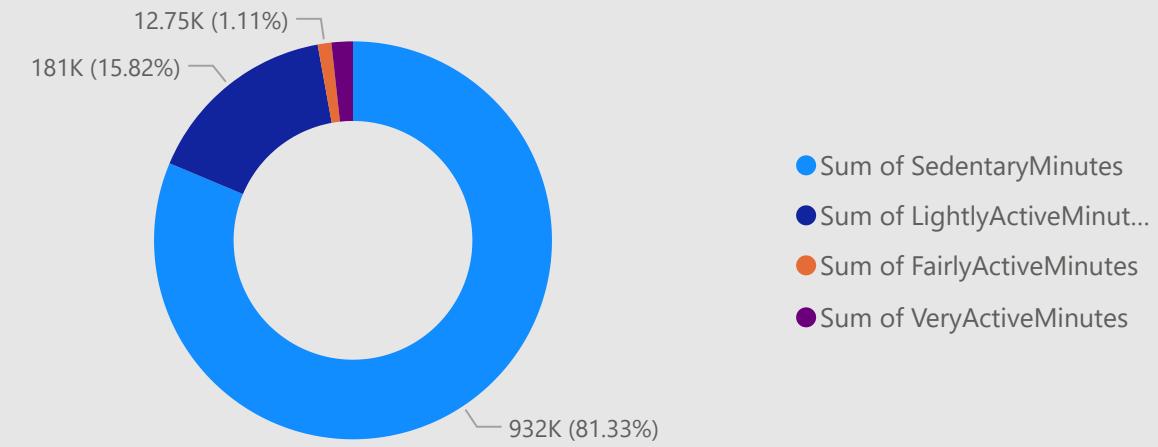
Sunday

Thursday

Tuesday

Wednesday

## Activity Intensity Distribution



## Active Minutes Trend Over Time

● Sum of VeryActiveMinutes ● Sum of FairlyActiveMinutes ● Sum of LightlyActiveMinutes

