

Strava Fitness Activity Dashboard

7M

Total Steps

7.64K

Average Daily Steps

2M

Total Calories Burned

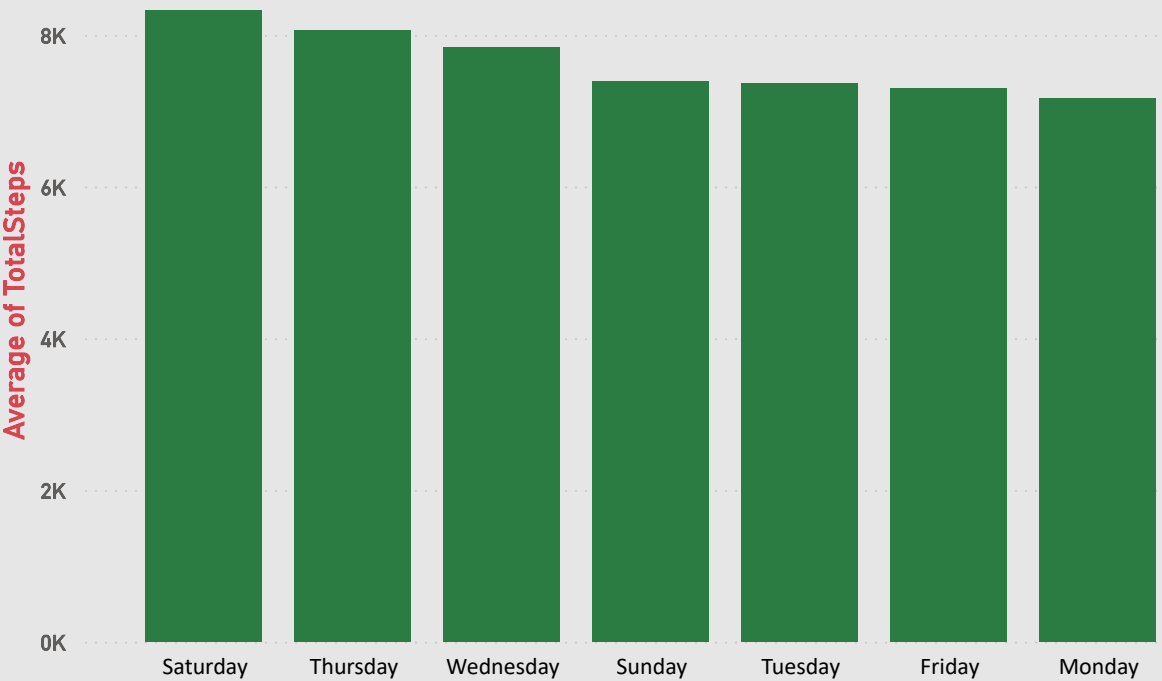
2.30K

Average Daily Calories
Burned

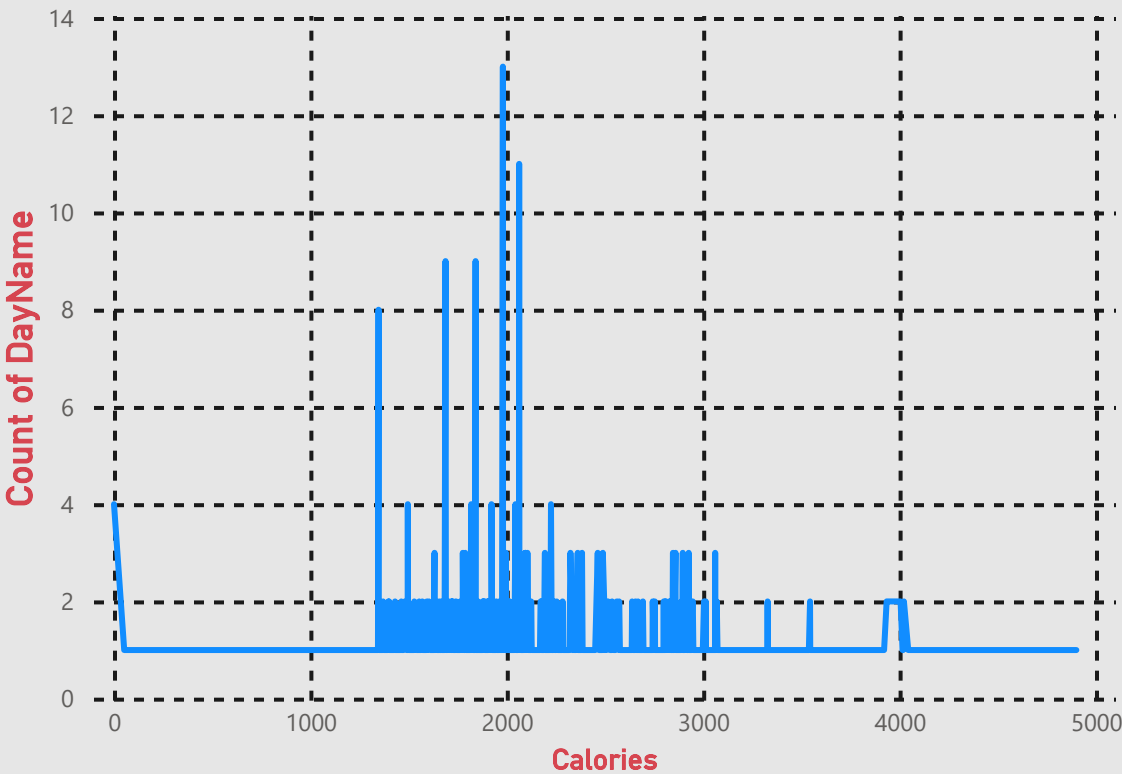
20K

Sum of VeryActive...

Steps by Day Name



Calories Burned by Day



Select Day

Friday

Monday

Saturday

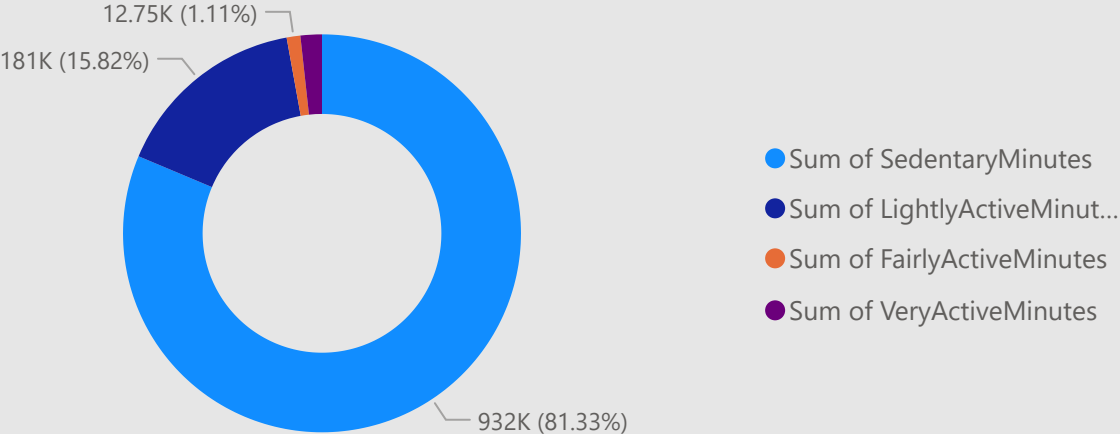
Sunday

Thursday

Tuesday

Wednesday

Activity Intensity Distribution



Active Minutes Trend Over Time

