

## ■ Health Report

■ Date: 2025-06-16

■ Walked: 2 km

■ Water: 3 litres

■ Sleep: 4 hours

### ■ Feedback:

- ■ You are short by 4.0 km. Try to walk more.
- ■ Drink 1.0 litre(s) more water to meet your goal.
- ■ You need 1.0 more hour(s) of sleep.