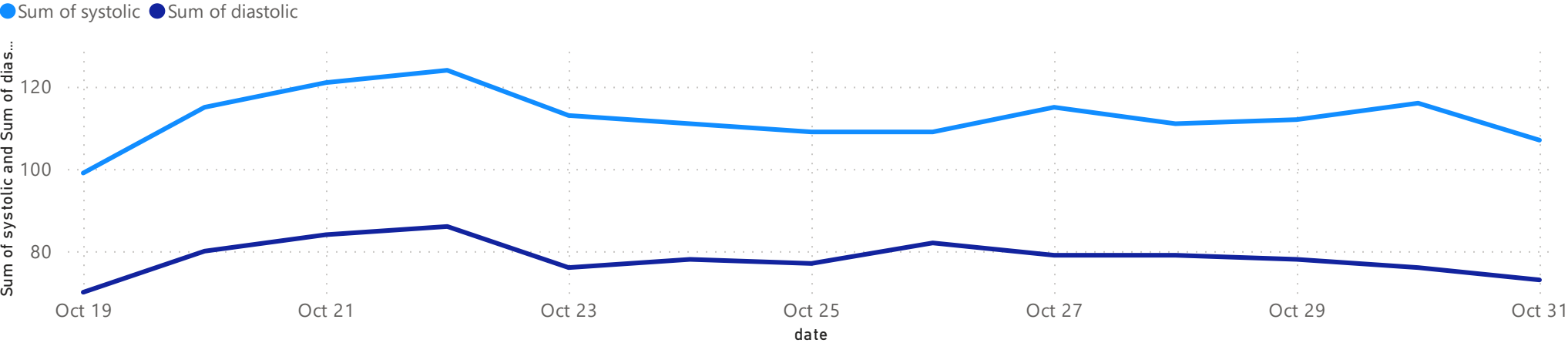


date ▲	Average of weight	Average of body_fat	Average of bmi	Average of heart_rate	Average of systolic	Average of diastolic	Average of muscle_mass	Average of bone_mass	Average of last_sleep
Wednesday, October 19, 2022	172	25	25	71	99	70	68	9	7
Thursday, October 20, 2022	173	25	26	78	115	80	68	9	6
Friday, October 21, 2022	173	24	26	78	121	84	68	9	8
Saturday, October 22, 2022	175	24	26	66	124	86	69	9	7
Sunday, October 23, 2022	173	25	26	73	113	76	68	9	7
Monday, October 24, 2022	173	25	26	75	111	78	68	9	7
Tuesday, October 25, 2022	175	25	26	66	109	77	69	9	8
Wednesday, October 26, 2022	173	25	26	73	109	82	68	9	7
Thursday, October 27, 2022	172	25	26	77	115	79	68	9	5
Friday, October 28, 2022	173	25	26	77	111	79	68	9	7
Saturday, October 29, 2022	174	25	26	73	112	78	69	9	7
Sunday, October 30, 2022	174	25	26	75	116	76	69	9	6
Monday, October 31, 2022	173	25	26	81	107	73	68	9	6
Total	173	25	26	74	112	78	68	9	7

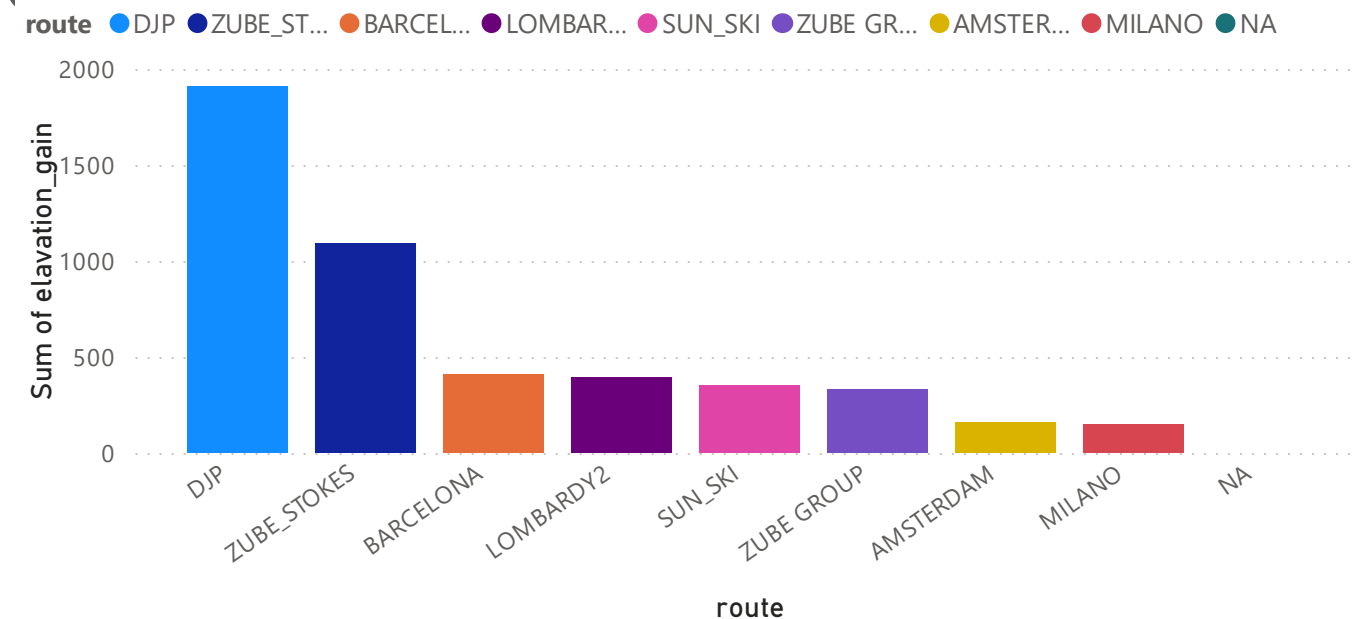
Sum of systolic and Sum of diastolic by date



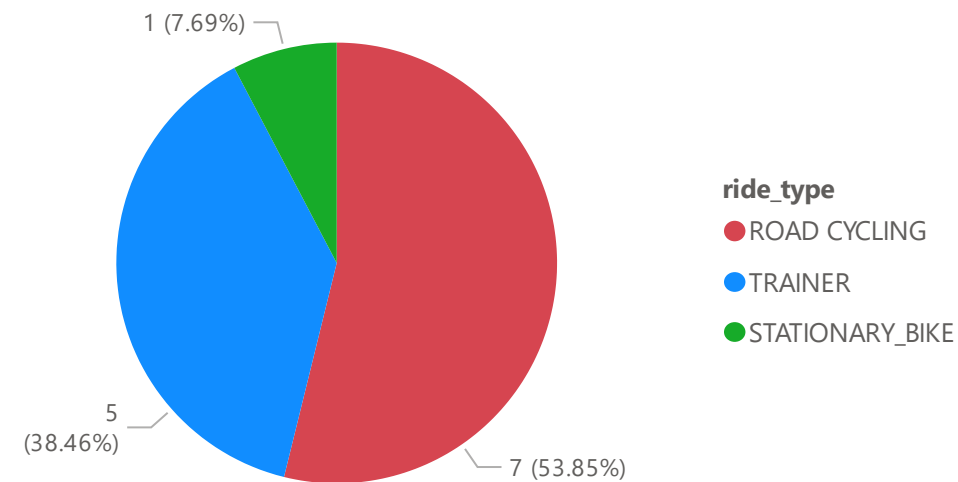
date	ride_type	route	Sum of Oct distance	Average of avg_heart_rate	Sum of calories_burned	Sum of elavation_gain	Average of Oct Speed	Average of avg_power	avg_cadence
Saturday, October 01, 2022	ROAD CYCLING	ZUBE GROUP	29	77	1424	331	15	87	0
Saturday, October 08, 2022	ROAD CYCLING	DJP	32	147	1330	620	14	84	0
Sunday, October 09, 2022	ROAD CYCLING	SUN_SKI	31	158	1483	354	16	108	0
Thursday, October 13, 2022	STATIONARY_BIKE	NA	14	140	459	0	0	0	0
Saturday, October 15, 2022	ROAD CYCLING	ZUBE_STOKES	43	156	2096	512	15	88	78
Tuesday, October 18, 2022	TRAINER	BARCELONA	13	159	321	407	15	103	89
Wednesday, October 19, 2022	TRAINER	AMSTERDAM	22	164	471	157	17	102	95
Saturday, October 22, 2022	ROAD CYCLING	ZUBE_STOKES	44	155	1163	577	16	90	80
Sunday, October 23, 2022	TRAINER	MILANO	10	163	242	75	19	133	100
Wednesday, October 26, 2022	TRAINER	LOMBARDY2	23	170	536	394	18	114	93
Thursday, October 27, 2022	ROAD CYCLING	DJP	31	162	958	617	16	106	87
Saturday, October 29, 2022	TRAINER	MILANO	10	168	257	75	20	112	101
Sunday, October 30, 2022	ROAD CYCLING	DJP	33	164	1280	674	16	143	85
Total			333	153	12020	4793	15	98	

Year	Month	Day	ride_type	route	Average of left_balance	Average of right_balance	Average of total_stress_score	Average of natural_power	Average of intensity_factor	Sum of total_strokes
2022	October	22	ROAD CYCLING	ZUBE_STOKES	60.00	40.00	84	109	0.55	11691
2022	October	23	TRAINER	MILANO	65.00	35.00	14	104	0.52	3036
2022	October	27	ROAD CYCLING	DJP	61.00	39.00	77	122	0.61	9099
2022	October	29	TRAINER	MILANO	65.00	35.00	16	116	0.58	2851
2022	October	30	ROAD CYCLING	DJP	50.00	50.00	131	157	0.78	9994
Total					60.20	39.80	64	122	0.61	36671

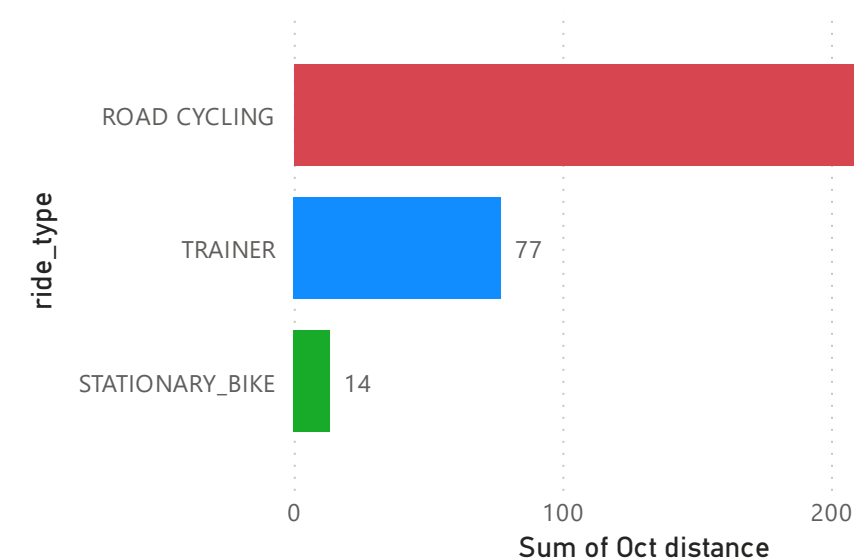
Sum of elavation_gain by route and route



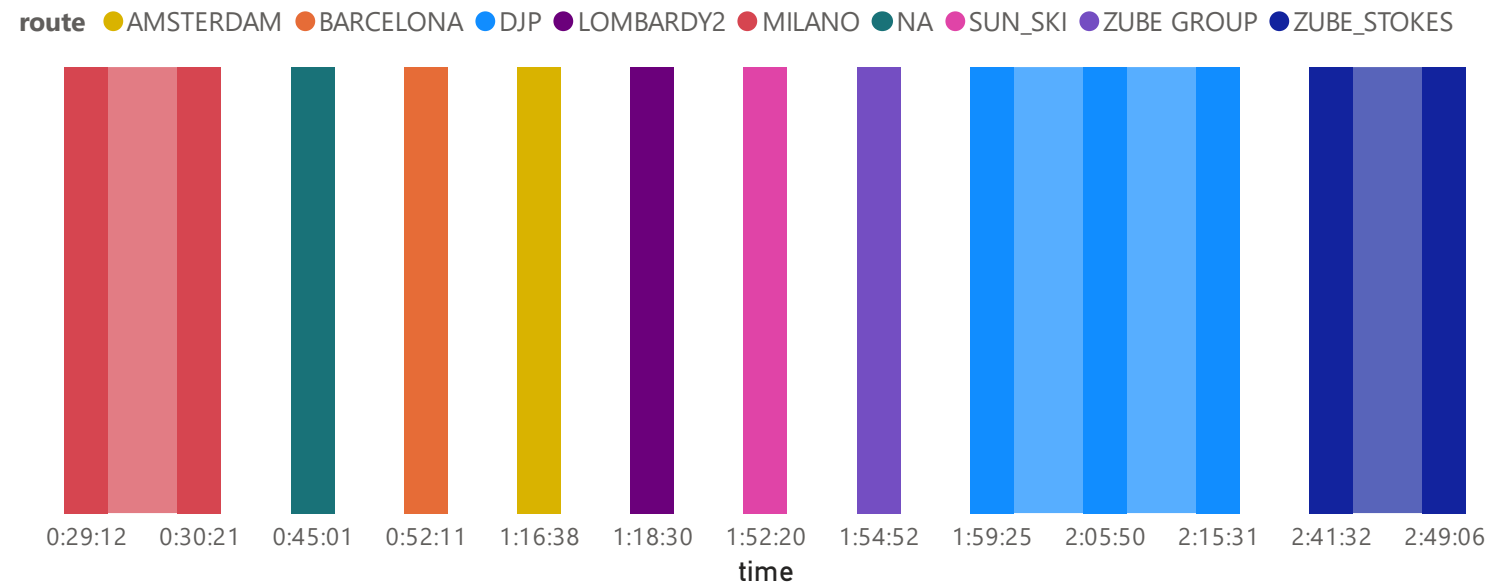
Count of ride_type by ride_type



Sum of Oct distance by ride_type



Count of route by time and route



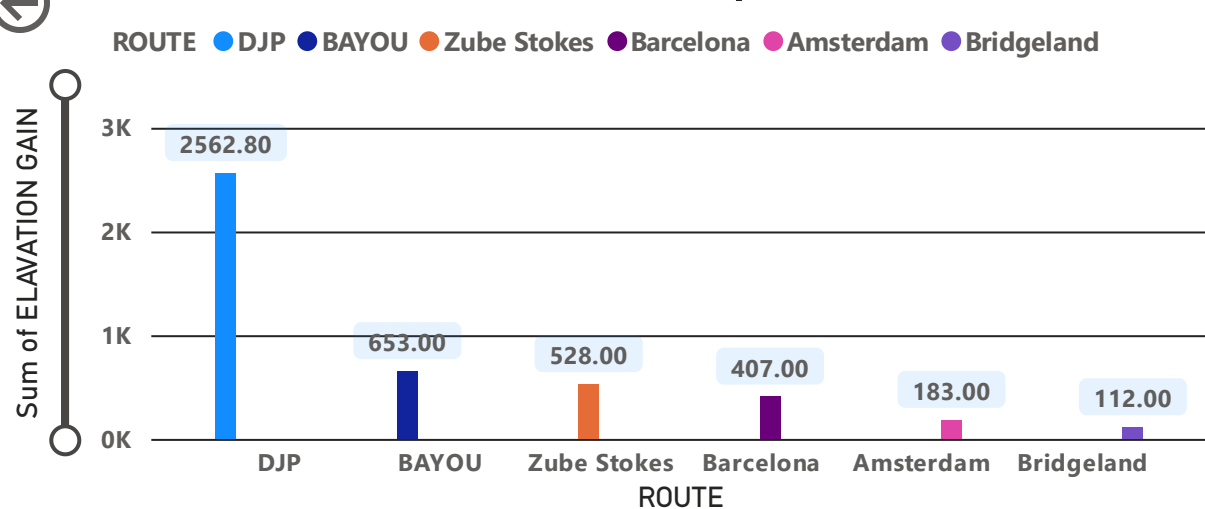
Year	Month	Day	Average of WEIGHT	Average of BODY FAT % ▼	Average of BMI %	Average of HR	Average of SYSTOLIC	Average of DIASTOLIC	Average of MUSCLE MASS LBS	Average of BONE MASS LBS	Average of LAST SLEEP
2022	November	30	178.60	26.10	26.50	63.00	120.00	80.00	69.70	9.10	7.00
2022	November	3	176.70	26.00	26.20	84.00	127.00	88.00	69.30	9.00	6.75
2022	November	28	176.70	25.90	26.20	62.00	118.00	72.00	69.20	9.00	6.50
2022	November	29	178.40	25.90	26.40	62.00	119.00	75.00	69.70	9.10	8.00
2022	November	21	175.50	25.80	26.00	62.00	131.00	76.00	69.00	8.90	8.00
2022	November	23	175.50	25.80	26.10	61.00	120.00	76.00	69.00	9.00	8.00
2022	November	24	174.30	25.80	25.80	61.00	126.00	82.00	68.60	8.90	6.50
2022	November	25	175.10	25.80	25.90	62.00	120.00	77.00	68.80	8.90	8.25
2022	November	26	176.50	25.80	26.10	61.00	114.00	77.00	69.20	9.00	8.00
2022	November	5	176.70	25.70	26.20	74.00	109.00	76.00	69.20	9.00	5.50
2022	November	11	170.20	25.70	25.20	62.00	112.00	78.00	67.70	8.60	8.00
2022	November	27	177.40	25.70	26.30	61.00	117.00	80.00	69.40	9.10	8.25
2022	November	6	173.90	25.60	25.80	85.00	112.00	75.00	68.60	8.90	6.00
2022	November	18	176.60	25.60	26.20	62.00	131.00	83.00	69.20	9.10	7.00
2022	November	8	172.60	25.50	25.60	70.00	112.00	77.00	68.20	8.80	5.00
2022	November	10	172.60	25.50	25.60	71.00	125.00	84.00	68.30	8.80	8.25
2022	November	17	176.90	25.50	26.20	63.00	127.00	81.00	69.30	9.10	7.50
2022	November	20	174.80	25.50	25.90	63.00	127.00	79.00	68.80	8.90	6.00
2022	November	4	176.30	25.40	26.10	78.00	101.00	62.00	69.20	9.10	5.25
2022	November	14	173.70	25.30	25.70	62.00	115.00	73.00	68.50	8.90	8.00
2022	November	22	175.70	25.30	26.00	62.00	121.00	81.00	69.00	9.00	8.50
2022	November	12	171.60	25.20	25.40	62.00	118.00	77.00	68.00	8.80	6.25
2022	November	13	173.20	25.20	25.60	62.00	128.00	81.00	68.40	8.90	8.00
2022	November	15	175.10	25.20	25.90	62.00	129.00	89.00	68.80	9.00	9.00
2022	November	1	174.80	25.10	25.90	79.00	122.00	85.00	68.80	9.00	6.00
2022	November	7	173.00	25.10	25.60	81.00	114.00	75.00	68.30	8.90	6.00
2022	November	9	172.10	25.10	25.50	79.00	106.00	71.00	68.10	8.80	5.75
2022	November	19	174.30	25.10	25.80	63.00	126.00	81.00	68.70	9.00	6.25
2022	November	16	176.30	25.00	26.10	62.00	131.00	71.00	69.20	9.10	5.00
2022	November	2	174.90	24.90	25.90	69.00	119.00	82.00	68.80	9.10	5.50
Total			175.00	25.50	25.92	67.00	119.90	78.13	68.83	8.96	6.93

Year	Month	Day	RIDE TYPE	ROUTE	Sum of Nov Distance	Average of AVG HR	Average of MAX HR	Sum of CALORIES BURNED	Sum of ELAVATION GAIN	Average of Nov Speed	Average of AVG POWER	Average of AVG CADENCE	Average of MAX CADENCE
2022	November	3	TRAINER	Amsterdam	21.72	171.00	179.00	575	157.00	19.60	121.00	93.00	146.00
2022	November	5	ROAD	Zube Stokes	43.50	165.00	183.00	1762	528.00	15.50	142.00	85.00	114.00
2022	November	6	ROAD	DJP	27.11	146.00	170.00	953	551.20	13.90	99.00	75.00	123.00
2022	November	10	ROAD	DJP	33.01	170.00	179.00	1186	649.60	15.57	134.00	86.00	130.00
2022	November	12	ROAD	BAYOU	23.11	146.00	167.00	764	653.00	14.20	107.00	75.00	119.00
2022	November	16	TRAINER	Barcelona	13.06	116.00	179.00	401	407.00	15.90	229.00	93.00	115.00
2022	November	18	ROAD	DJP	33.28	168.00	180.00	1777	676.00	15.60	200.00	88.00	129.00
2022	November	23	ROAD	DJP	33.36	162.00	175.00	1684	686.00	15.00	170.00	79.00	140.00
2022	November	27	ROAD	Bridgeland	10.38	156.00	181.00	552	112.00	14.10	188.00	82.00	132.00
2022	November	30	TRAINER	Amsterdam	9.30	166.00	176.00	270	26.00	18.40	233.00	94.00	118.00
Total					247.83	156.60	176.90	9924	4,445.80	15.78	162.30	85.00	126.60

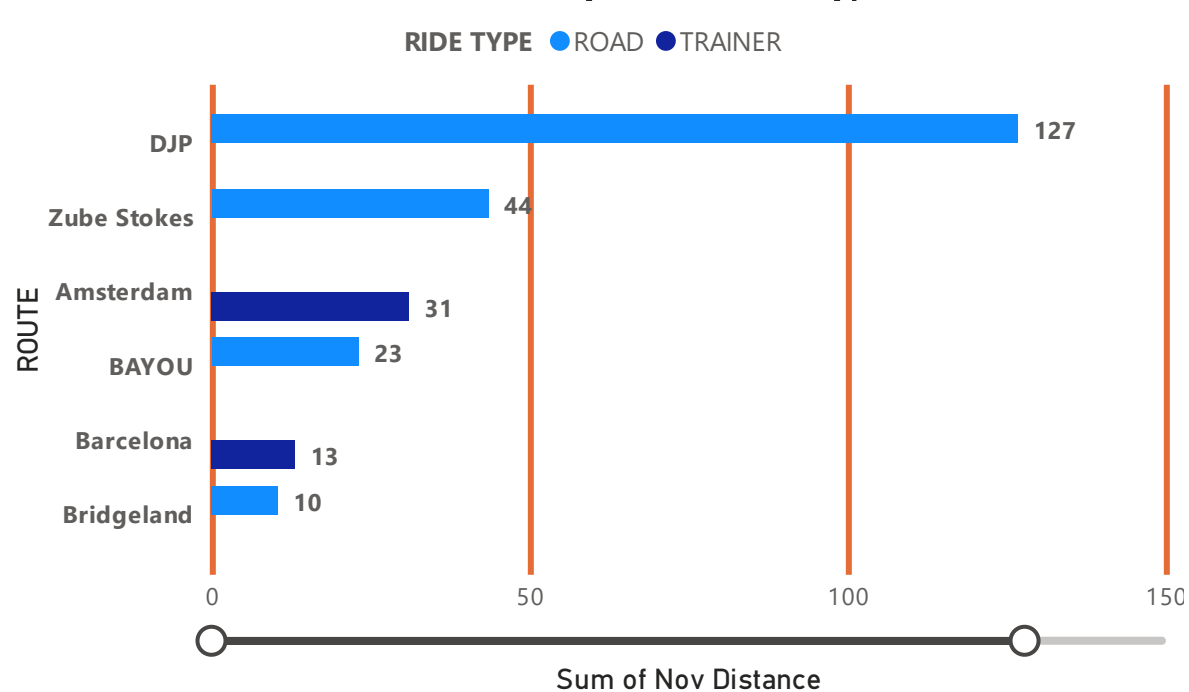
Year	Month	Day	ROUTE	Average of LEFT BALANCE	Average of RIGHT BALANCE	Average of TSS	Average of NP	Average of IF	Sum of TOTAL STROKES
2022	November	3	Amsterdam	49.00	51.00	43.30	125.00	0.63	6125
2022	November	5	Zube_Stoke	57.00	43.00	190.40	161.00	0.81	13575
2022	November	6	DJP	51.00	49.00	74.30	121.00	0.61	7799
2022	November	10	DJP	51.00	49.00	117.10	150.00	0.75	9704
2022	November	12	Bayou	52.00	48.00	73.30	134.00	0.67	6587
2022	November	16	Barcelona	73.00	27.00	109.10	233.00	1.16	4670
2022	November	18	DJP	68.00	32.00	277.70	224.00	1.12	9708
2022	November	23	DJP	68.00	32.00	243.00	202.00	1.01	9200
2022	November	27	Bridgeland	65.00	35.00	86.00	218.00	1.09	2861
2022	November	30	Amsterdam	71.00	29.00	68.90	236.00	1.18	2841
Total				60.50	39.50	128.31	180.40	0.90	73070



Sum of Elevation Gain By Route



Sum of Distance By Route & Ride Type



Avg HR, Speed, BRPM & Cadence By Ride type & Route

