



FITNESS TRAINING REPORT

STRONG





Daily Activity

1503960366

8877689391



Steps

6.55K



Calories

2.19K



Distance

4.66



Tracker Distance

4.61

Steps by Day

0.3M

0.2M

0.1M

0.0M

0

10

20

30

Day



1.18

Active Distance



16.62

Active Minutes

Calories Trend

Calories

0K

2K

0

5

10

15

20

25

30

View All





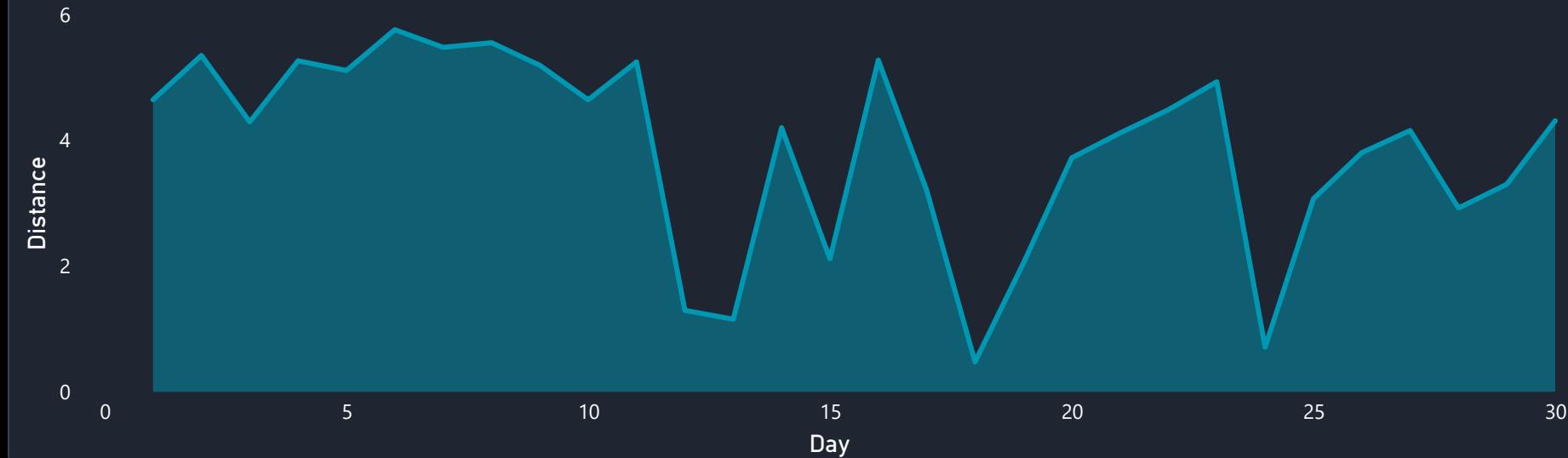
Trend Page (DA)

1503960366

8877689391

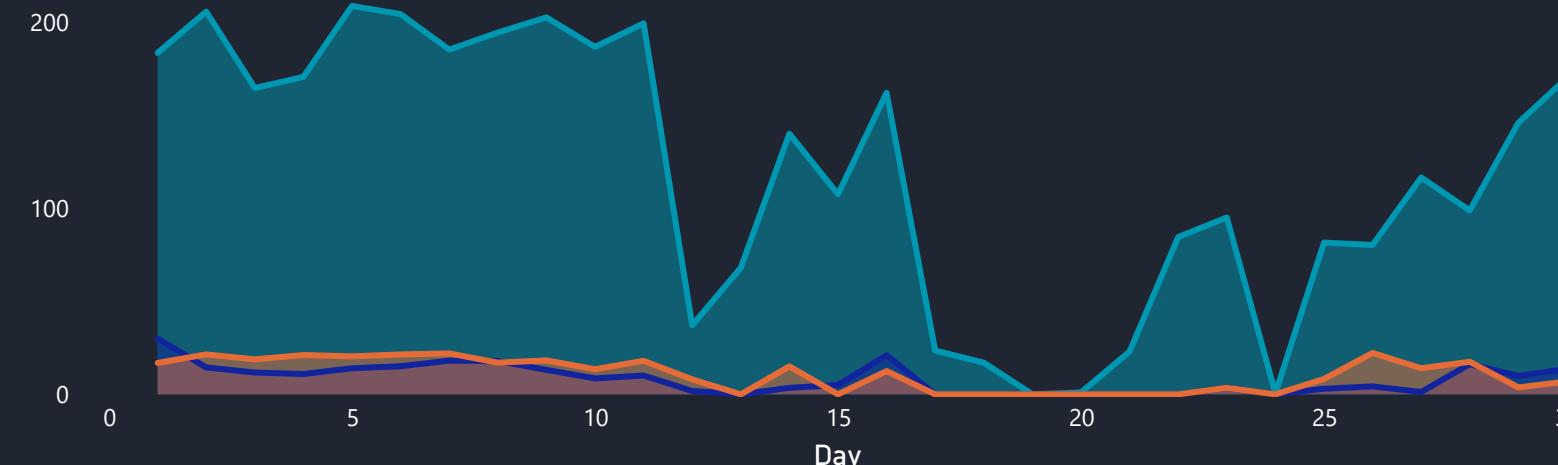


Distance Covered Trend



Activity Intensity Trend

● Average of LightlyActiveMinutes ● Average of FairlyActiveMinutes ● Average of VeryActiveMinutes



View All





Heartrate (DA)

2022484408

8877689391



Most Heart Value

77



Average of Value

79.76



Max of Value

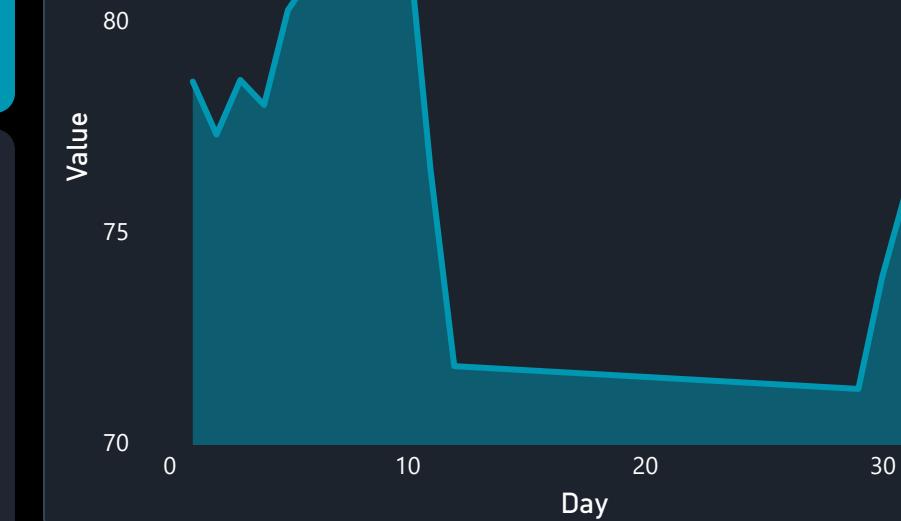
185



Min of Value

36

Value by Day



Average of Value star rating

148

Unique Value

Heartrate Trend



View All





Hourly Activity

1503960366

8877689391



Steps

286.22



Calories

444

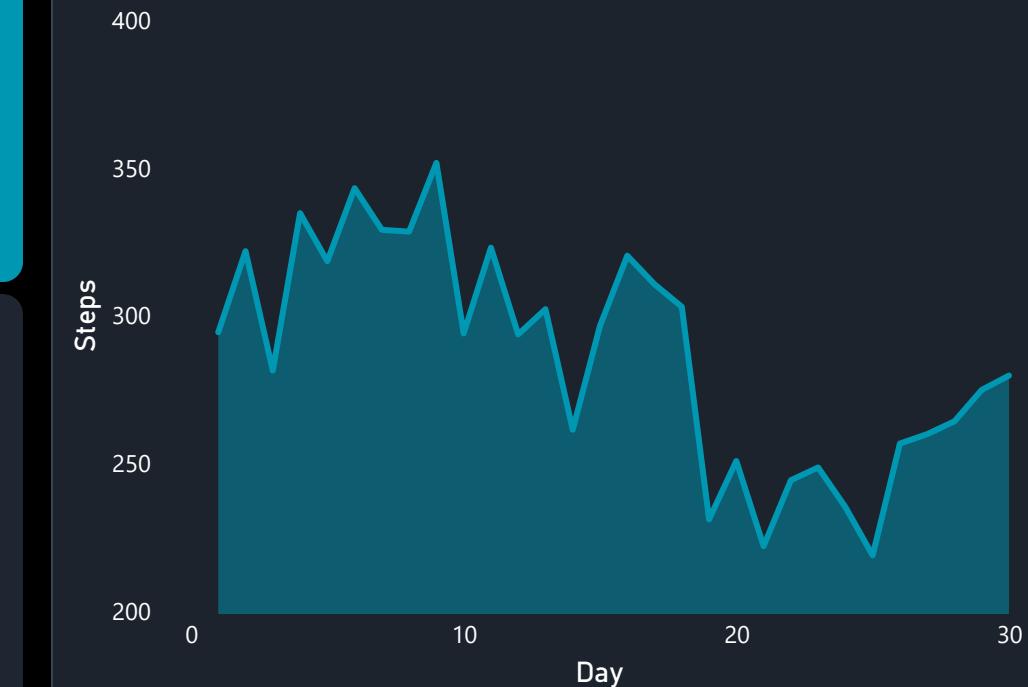


Total Intensity



Average Intensity

Steps by Day



261K

Total Intensity

4.35K

Average Intensity

Intensity Trend



View All



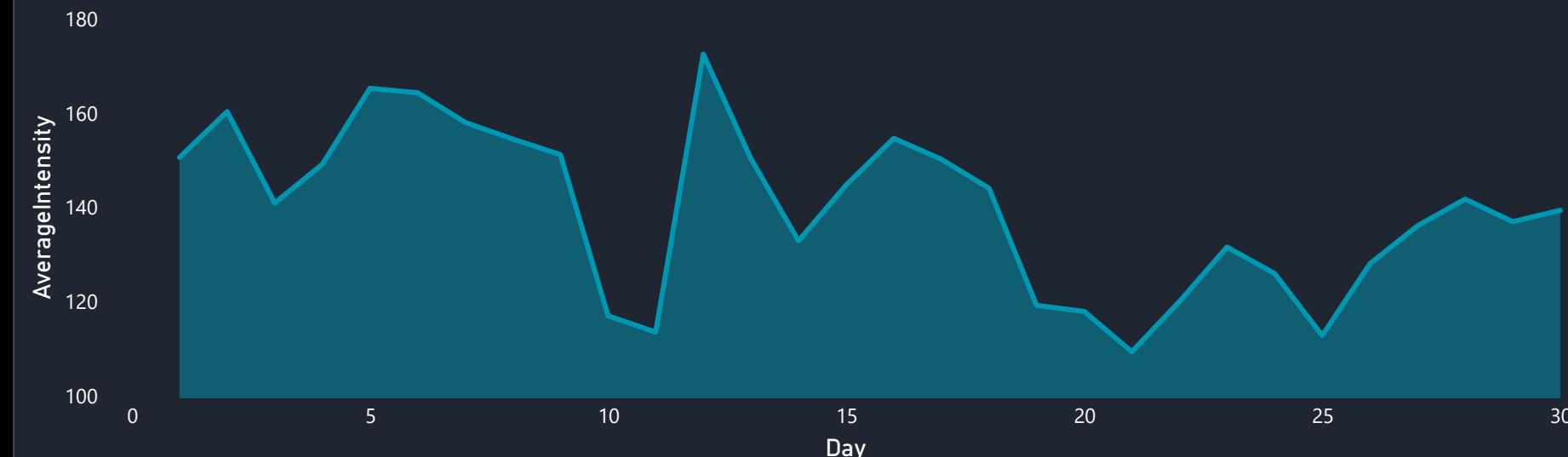


Trend Page(HA)

1503960366 8877689391

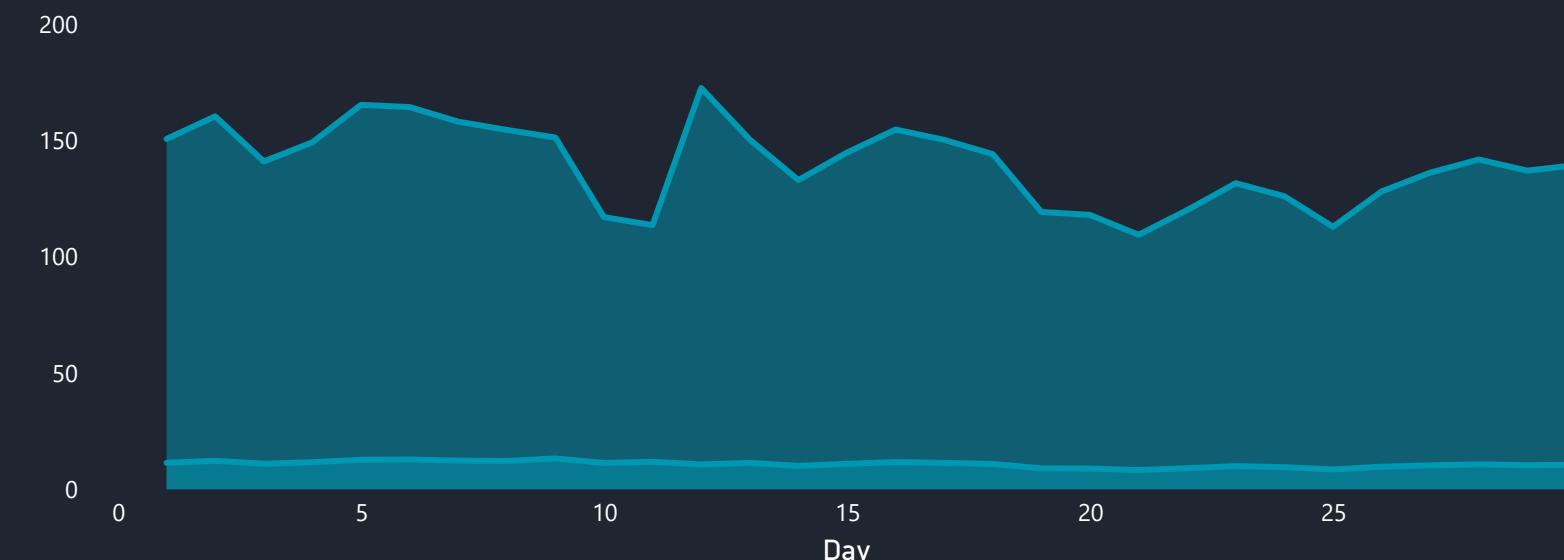


Average Intensity Trend



Activity Intensity Trend

● Sum of AverageIntensity ● Average of TotalIntensity



View All





1503960366

8877689391

Calories (HA)



Calories

3.53K

CAL-



Average of Calories

94.27



Max of Calories

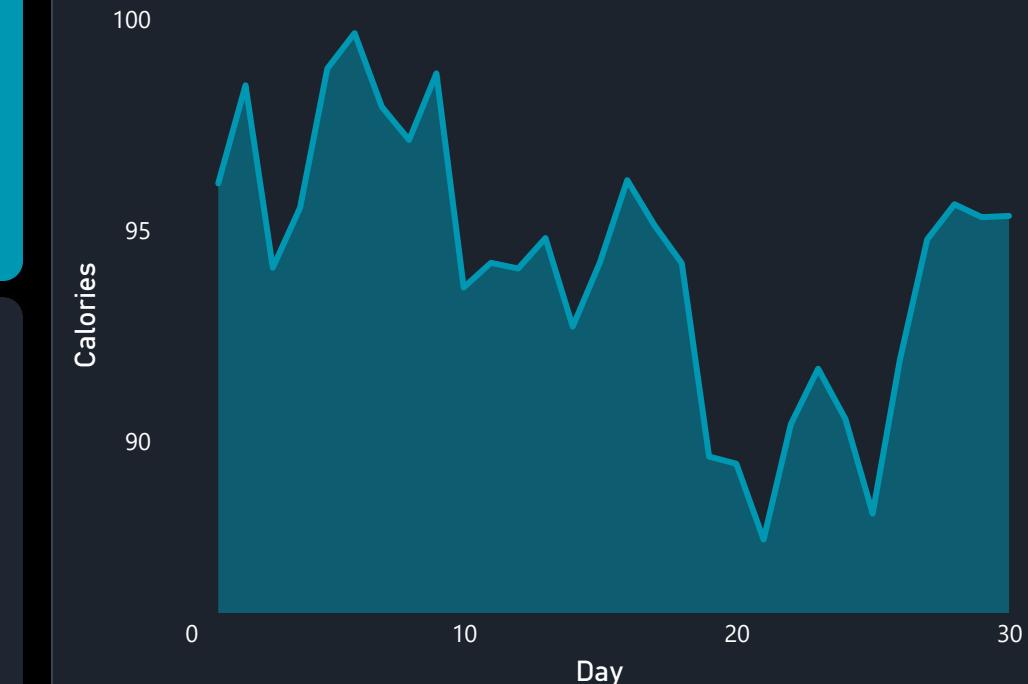
933



Min of Calories

42

Calories by Day



10.83

Intensity

0.18

Average Intensity

Calories Trend

Calories

100

90

80

Mar 13

Mar 20

Mar 27

Apr 03

Apr 10

View All
→



Minutes Activity

1503960366

8877689391



Steps

4.77



Calories

1.57



Sleep

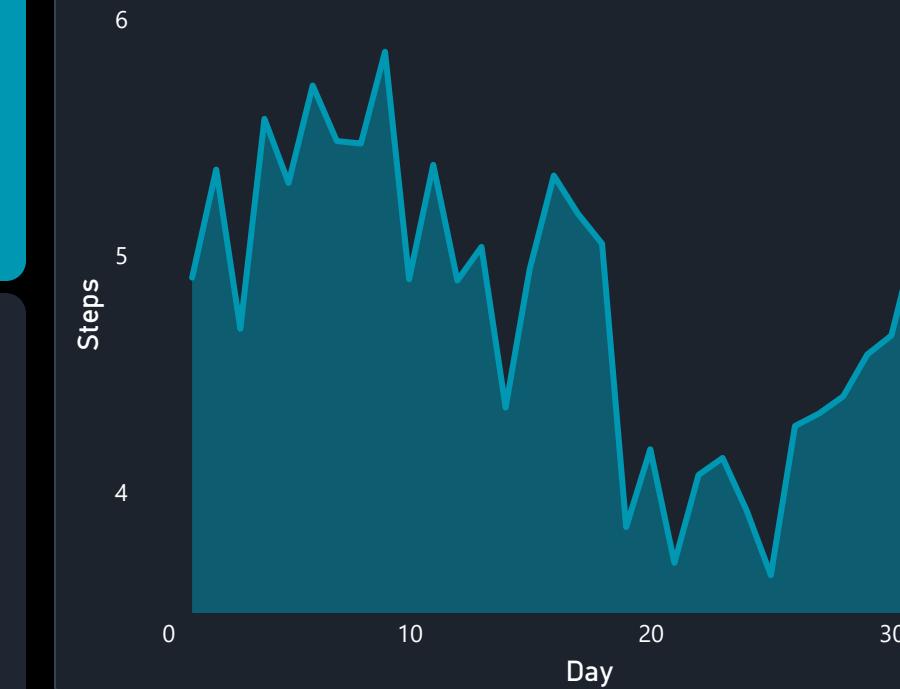
3



MET

14.24

Steps by Day

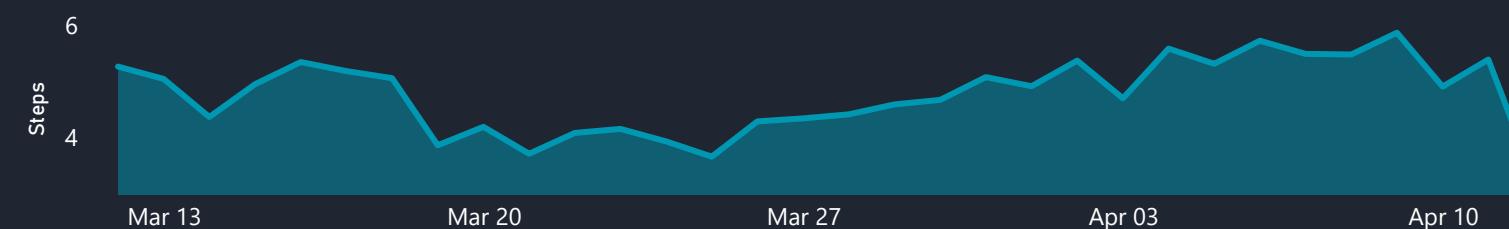


261K

Sum of Intensity



Steps Trend



View All





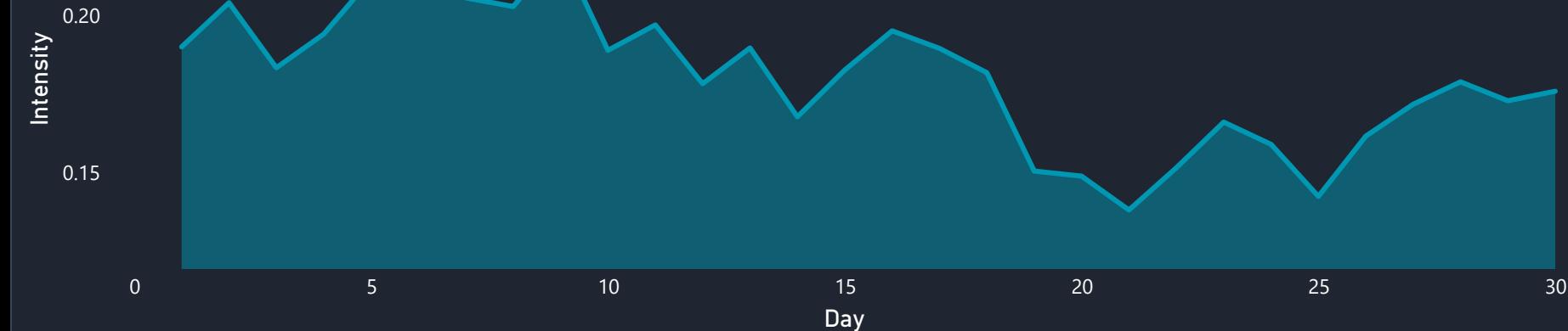
Trend Page(MA)

1503960366

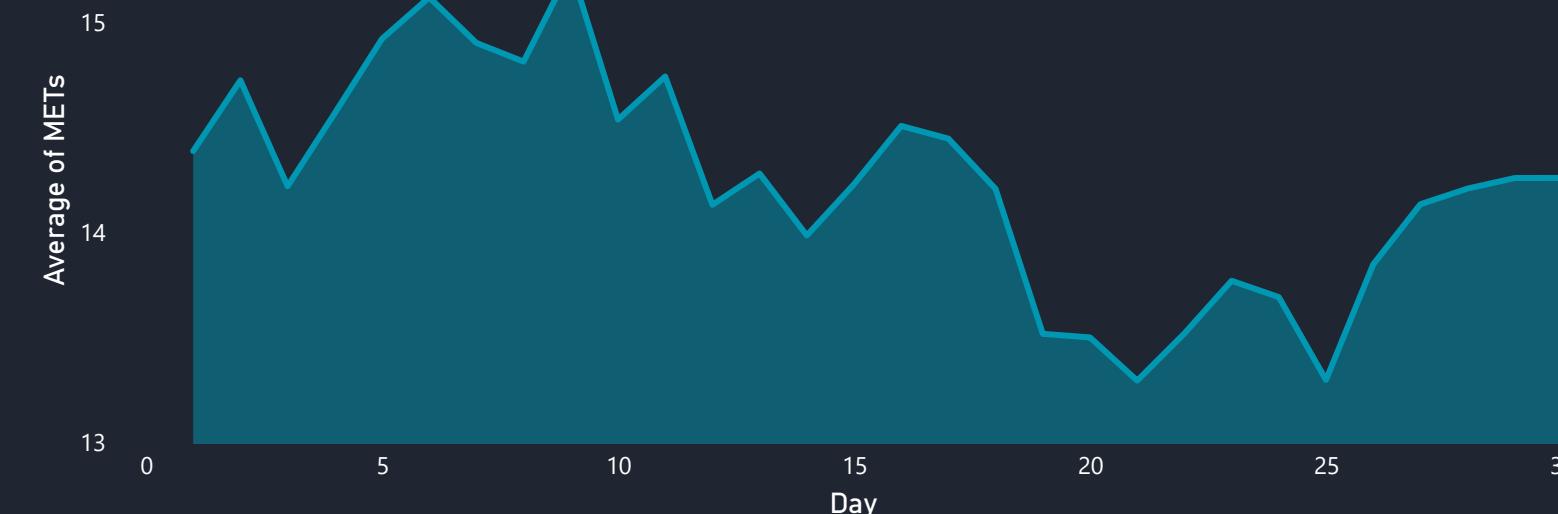
8877689391



Average Intensity Trend



Average MET's Trend



View All





Calories (MA)

1503960366

8877689391



Calories

6.345K

CAL-



Average of Calories

1.57



Max of Calories

23.01



Min of Calories

0.00

Sum of Calories by Day

100K

80K
Sum of Calories

60K

0

10

20

30

Day

261K

Intensity

14.24

METs

Calories Trend

Calories

1.6
1.4

Mar 13

Mar 20

Mar 27

Apr 03

Apr 10

View All





Weight Info

3/30/2016

4/12/2016



Average of WeightKg

73.44



Weight Pounds

161.91



BMI

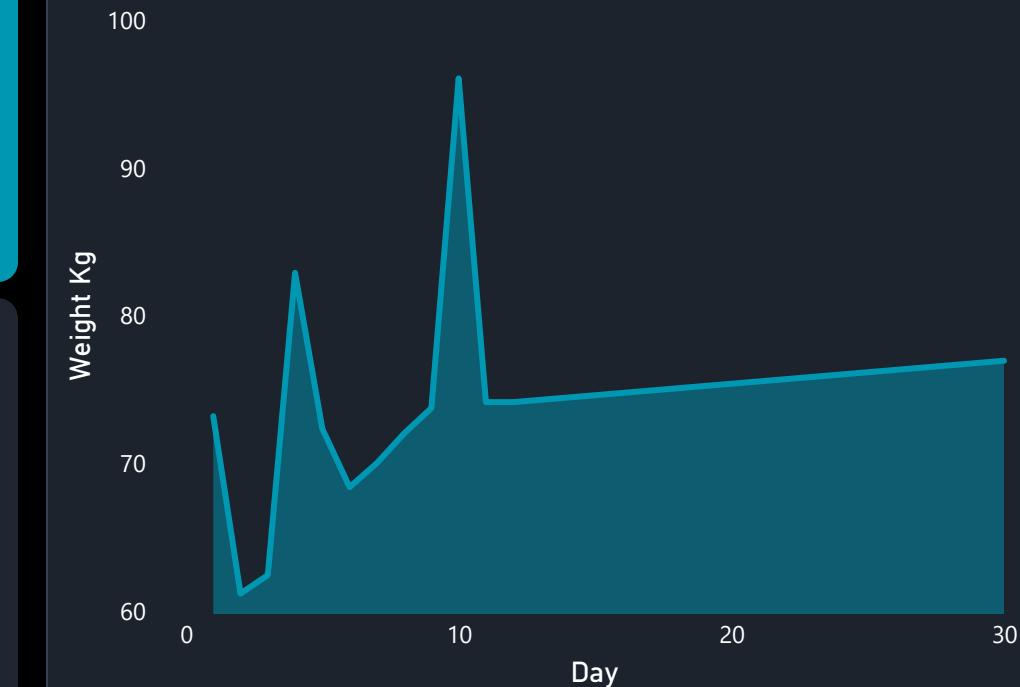
25.73



Is Manual Report

2

Weight Kg by Day



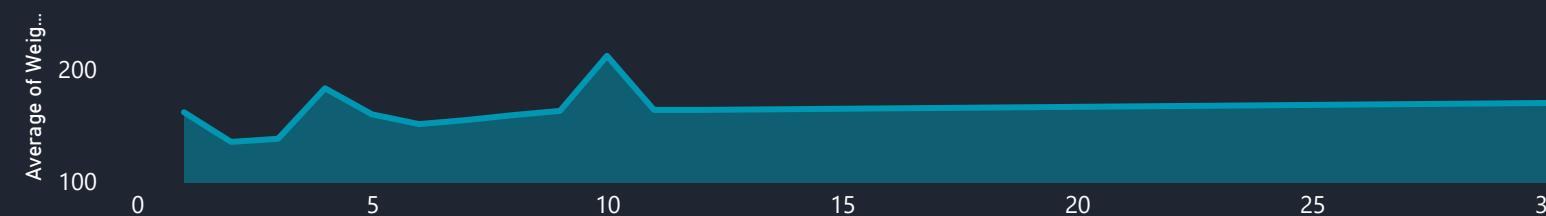
22

Max Fat

10

Min Fat

Weight Pounds Trend



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