

User Fitness Report - Last Three Months

Descriptive Statistics

	Calories (kcal)	Distance (m)	Average speed (m/s)	Max speed (m/s)	Min speed (m/s)	Step count	Heart Points
count	39.00	39.00	39.00	39.00	39.00	39.00	39.00
mean	1840.94	6413.69	0.71	1.41	0.27	9483.33	73.72
std	93.62	1896.84	0.14	0.18	0.02	2719.23	26.25
min	1538.77	569.21	0.43	1.18	0.25	945.00	1.00
25%	1852.01	6781.90	0.62	1.33	0.26	10064.00	69.00
50%	1864.49	6879.89	0.69	1.36	0.27	10171.00	82.00
75%	1875.64	7107.67	0.78	1.41	0.29	10414.00	87.50
max	1945.14	7959.24	1.16	2.07	0.31	11746.00	109.00

Summary of Key Metrics

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Total Calories Burned: 71796.53

Total Distance Covered (m): 250134.07

Avg Speed (m/s): 0.71

Max Speed: 2.07

Min Speed: 0.25

Total Steps: 369850.0

Total Heart Points: 287.5

Monthly Analysis

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Date	Calories	Distance	Avg Speed m/s	Max Speed	Min Speed	Steps	Heart Points
2024-03	1890.43	6871.07	0.78	1.34	0.29	10077.0	85.0
2024-04	1873.73	7011.69	0.71	1.4	0.27	10375.19	81.56
2024-05	1796.4	5737.88	0.72	1.49	0.27	8414.22	64.33
2024-06	1573.88	1153.22	0.62	1.27	0.26	1957.5	4.5

Note for LLM

This analysis report provides a detailed overview of the user's fitness activities over the last three months.

The metrics analyzed include Move Minutes count, Calories burned, Distance covered, Heart Points, Average speed, Max speed, Min speed, and Step count. The LLM should consider this document as the primary report for providing meaningful fitness recommendations based on the user's activity patterns.