**Personal Health & Wellness Report**

Generated on 1/24/2025

**Current Health Metrics**

|  |  |  |
| --- | --- | --- |
| **Metric** | **Value** | **Date** |
| Steps | 8432 steps | 1/24/2025 |
| Heart Rate | 72 bpm | 1/24/2025 |
| Sleep | 7.5 hours | 1/24/2025 |
| Calories | 2250 kcal | 1/24/2025 |

**Wellness Achievements**

**Fitness Warrior**
Complete 10 workouts in a month
Completed on 1/20/2025

**Consistency King**
Log in for 7 consecutive days
Progress: 85%

**Health Champion**
Maintain heart rate zones during workouts
Progress: 60%