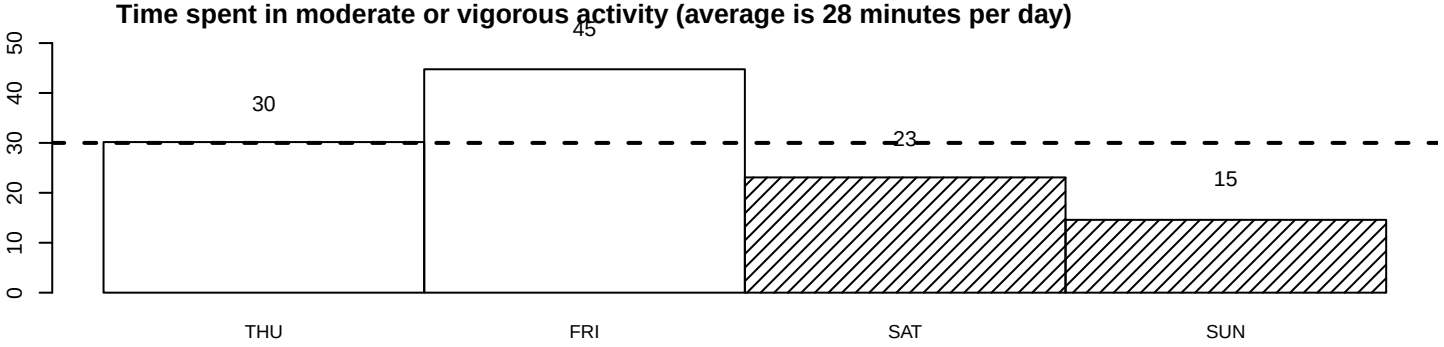
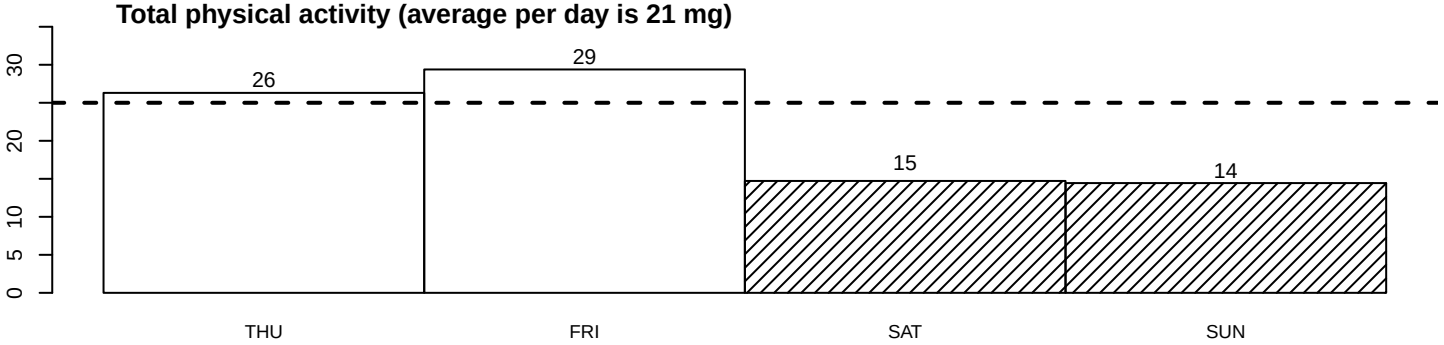
Activity and sleep report:Lup015 thigh post.cwa

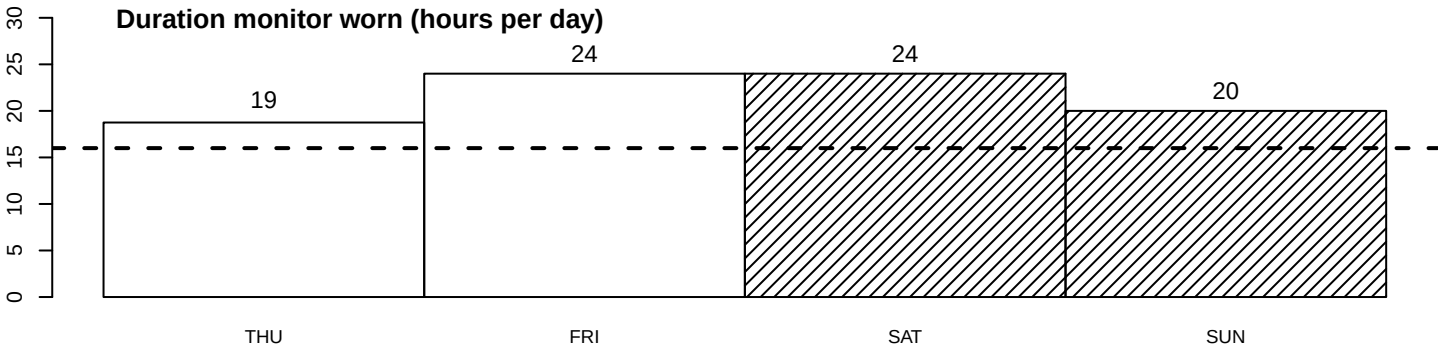
Time spent in moderate or vigorous activity (average is 28 minutes per day)



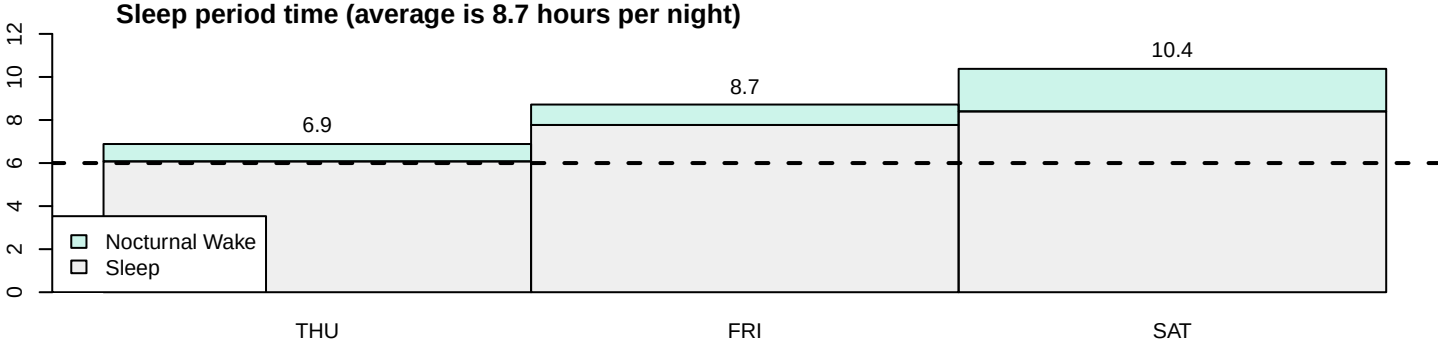
Total physical activity (average per day is 21 mg)



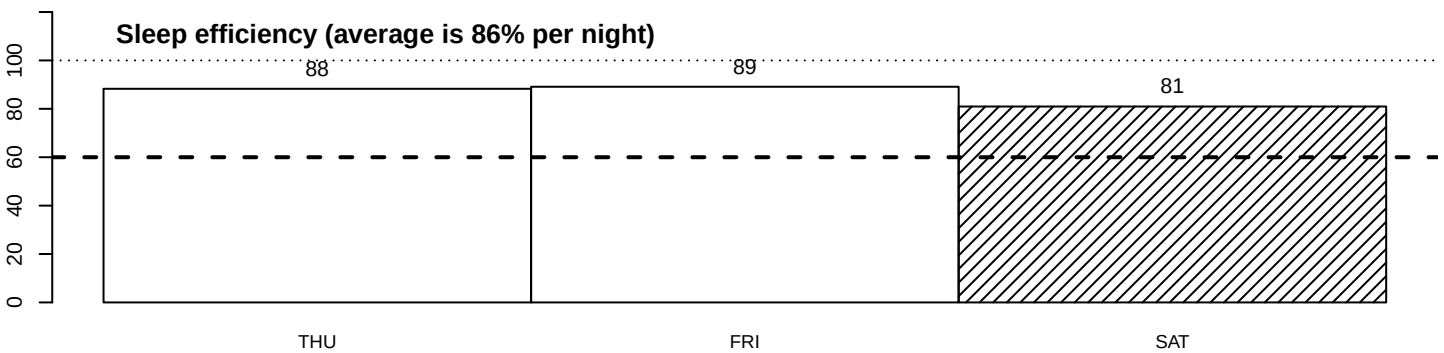
Duration monitor worn (hours per day)



Sleep period time (average is 8.7 hours per night)



Sleep efficiency (average is 86% per night)



Filename: Lup015 thigh post.cwa