Share Phase - Dashboard
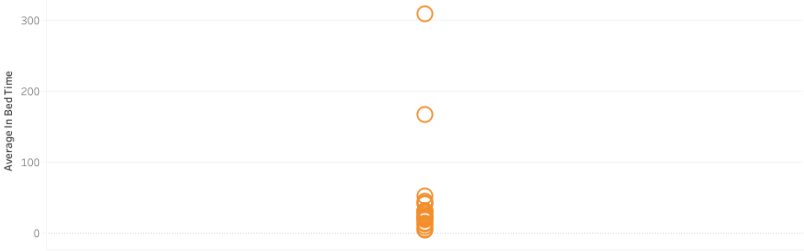
Active Type

- SomewhatActive 27.27%
- Active 21.21%
- LowActive 27.27%
- Sedentary 24.24%

Sleeper Type

- SufficientSleep 45.83%
- InsufficientSleep 54.17%

Average In Bed Time Before Sleeping

Average Step By Hour

Step Hour

590

6

Monthly Usage Frequency

- 9.09% ModerateUser
- 3.03% InfrequentUser
- 87.88% FrequentUser

Daily Usage Overall

- More Than Half Day 46.49%
- All Day 50.85%
- Less Than Half Day 2.66%

Daily Usage Among Frequent Users

- More Than Half Day 47.44%
- All Day 49.83%
- Less Than Half Day 2.73%

Daily Usage Among Moderate Users

- More Than Half Day 33.33%
- Less Than Half Day 1.75%
- All Day 64.91%

Daily Usage Among Infrequent Users

- More Than Half Day 25.00%
- All Day 75.00%