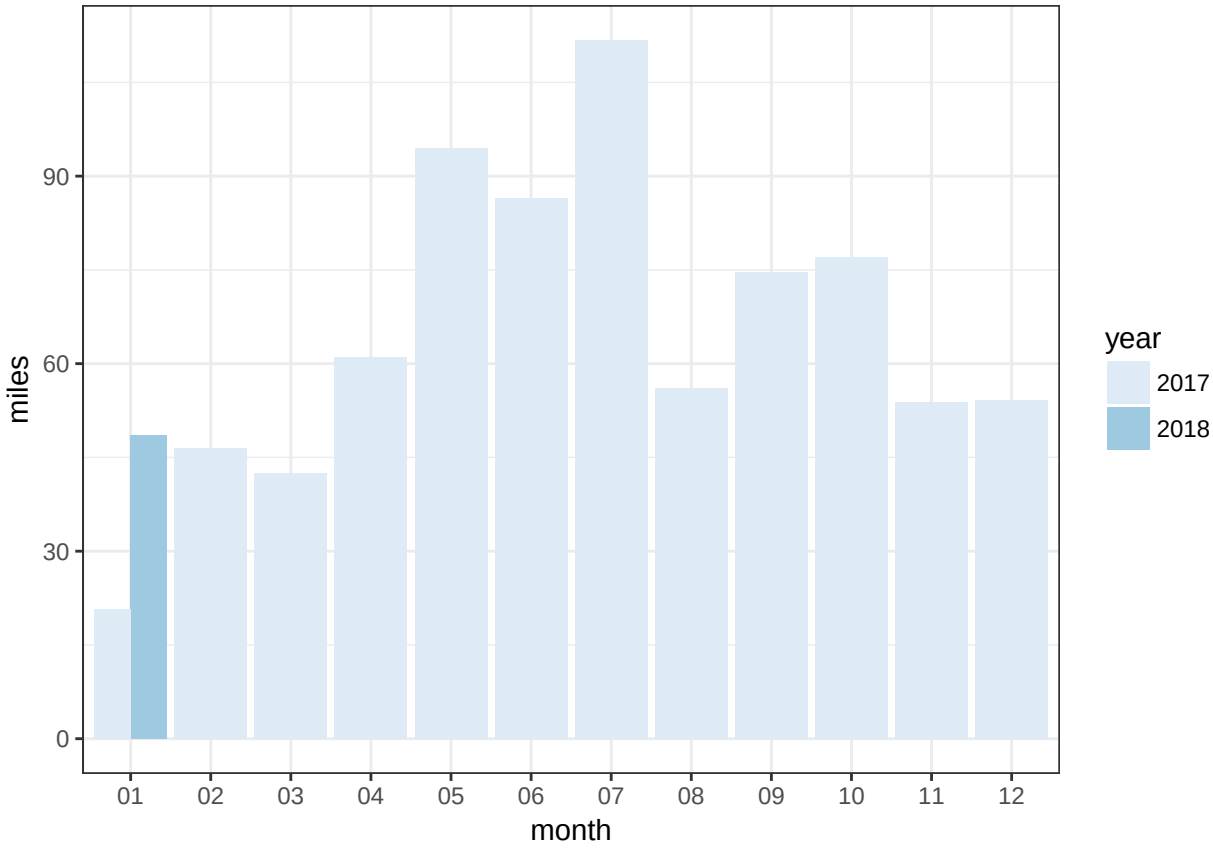
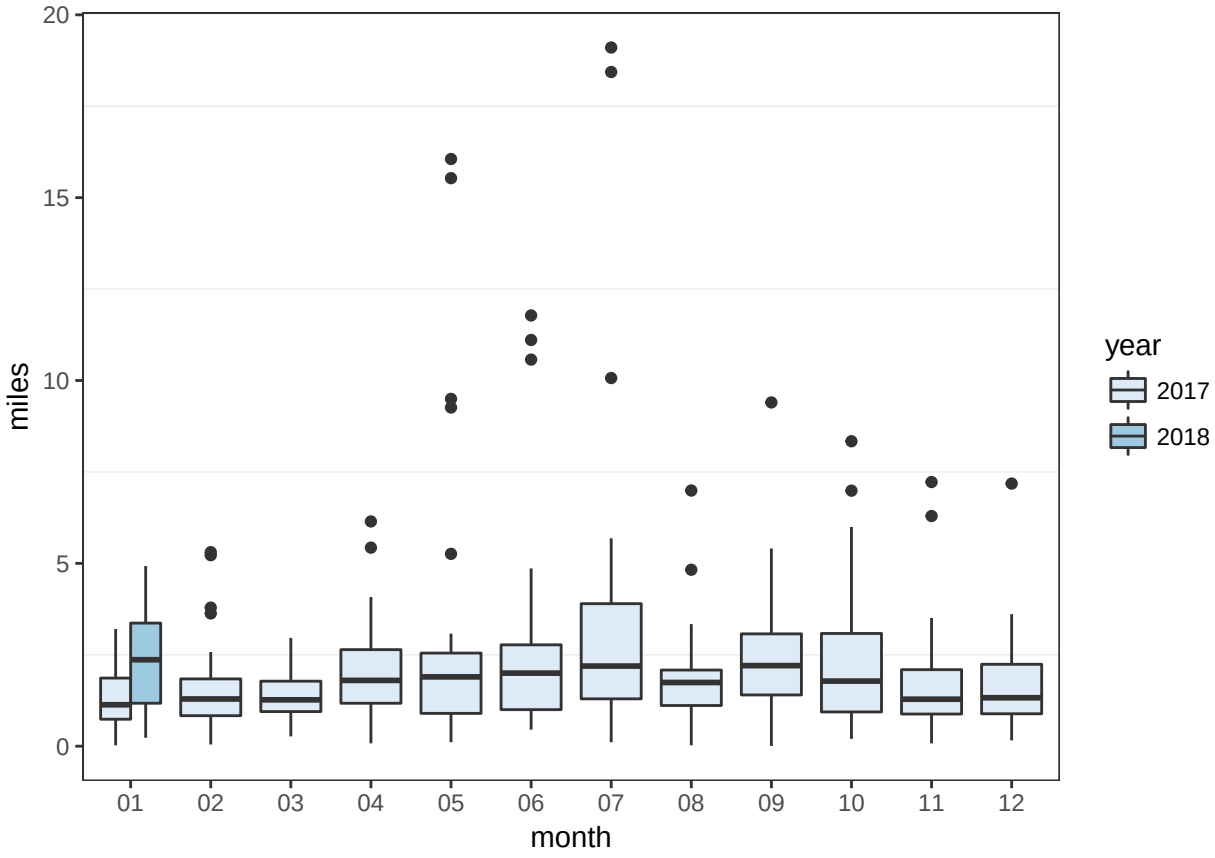
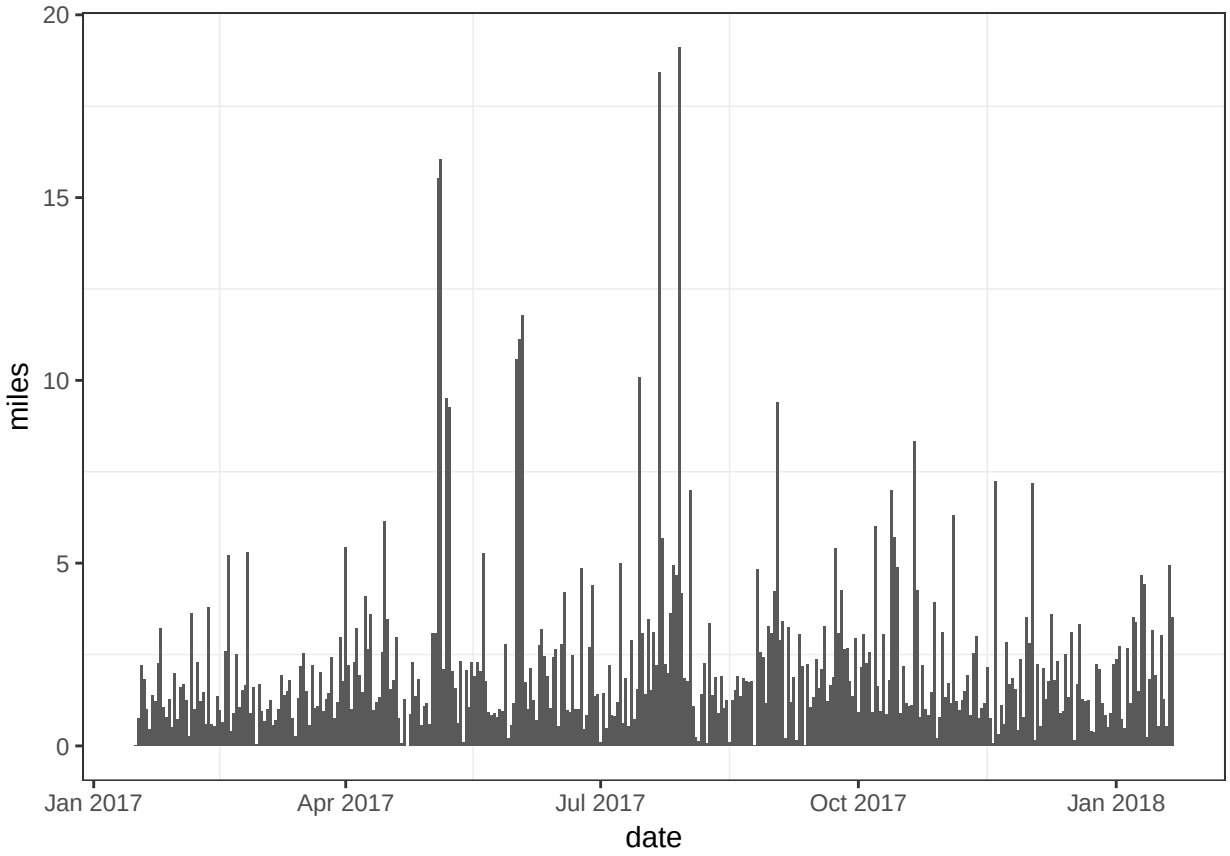
Apple Health Data

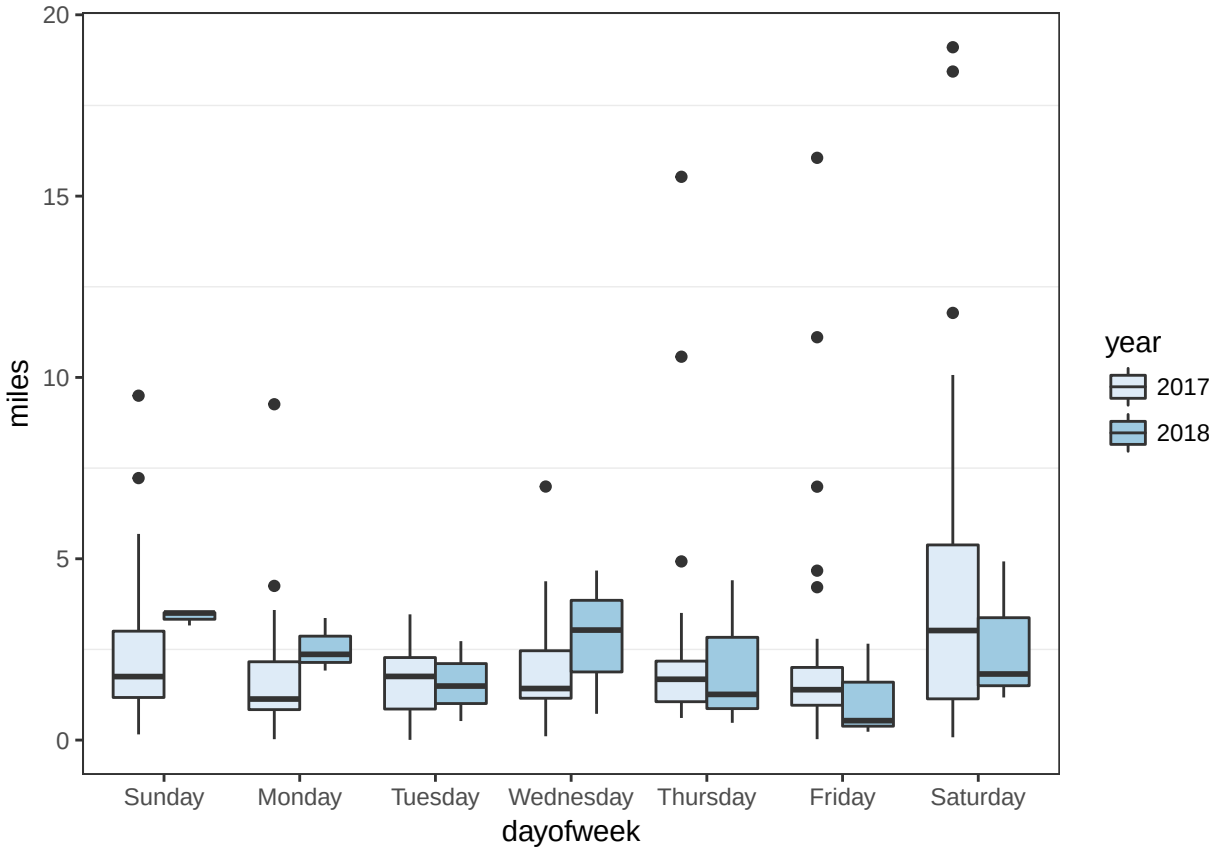
MLauden

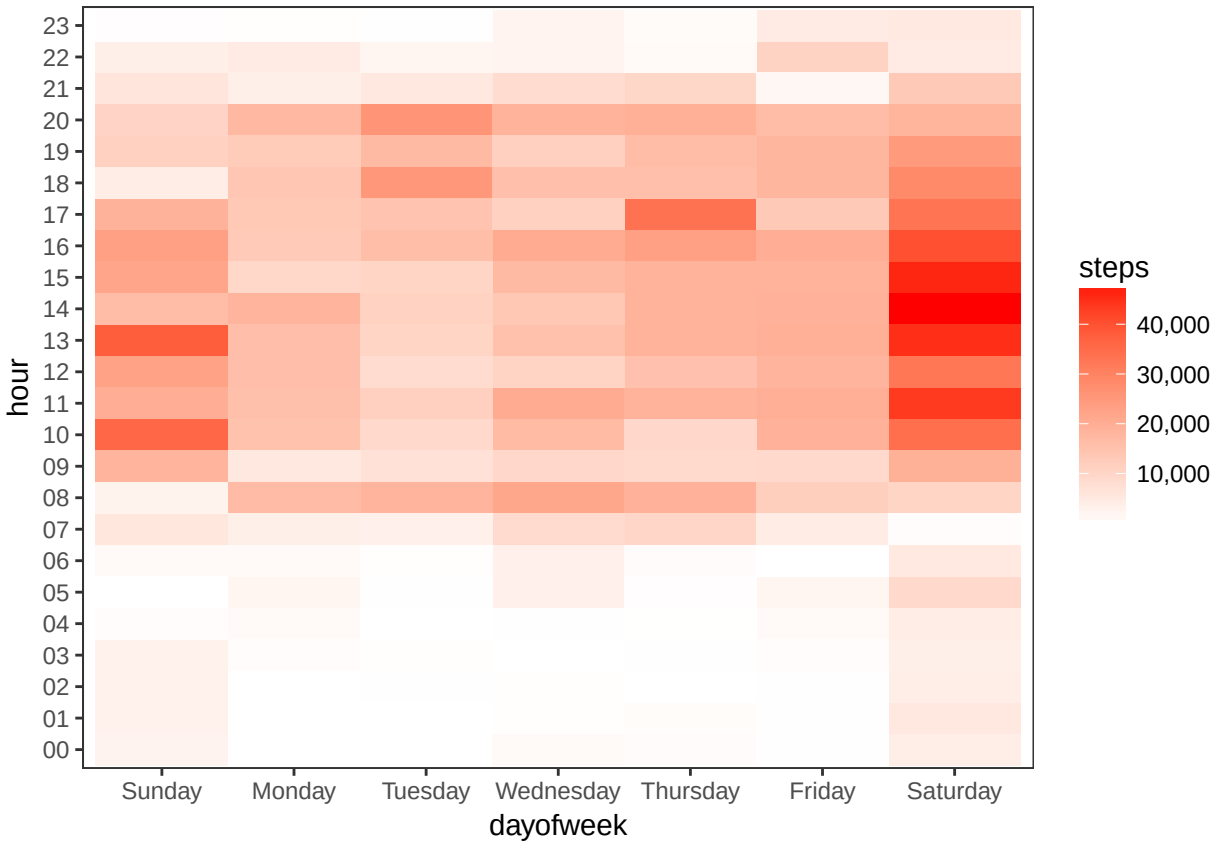
January 21, 2018




20
15
10
5
0
miles
01
02
03
04
05
06
07
08
09
10
11
12
month
year
2017
2018


20
15
10
5
0
miles
Jan 2017
Apr 2017
Jul 2017
Oct 2017
Jan 2018
date


20
15
10
5
0
miles
Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
dayofweek
year
2017
2018


hour
23
22
21
20
19
18
17
16
15
14
13
12
11
10
09
08
07
06
05
04
03
02
01
00
Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
dayofweek
steps
40,000
30,000
20,000
10,000