

Activity Insights



Month Filter

2025/04

Current Selection:  
2025/04 | swimming



Elapsed Time [hr]  
3.10



Moving Time [hr]  
2.63



Rest Time [min]  
28.00



Activity Type

running

swimming

walking



Total Activities  
4



Calories [kcal]  
1.11K



Avg Heart Rate  
137.75



Avg Speed [km/h]  
2.92



Distance [km]  
4.90

Performance Metric

Active Calories [kcal]

Average Heart Rate

Avg Max Heart Rate

Avg Max Speed [k...

Avg Speed [km/h]

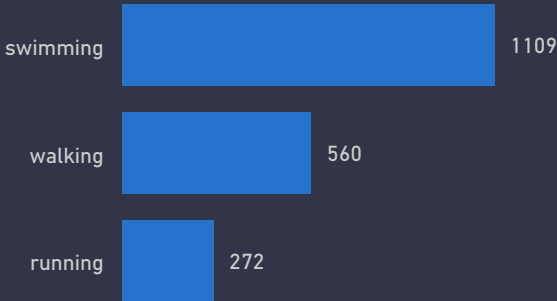
Distance [km]

Moving Time [hr]

Rest Time [min]

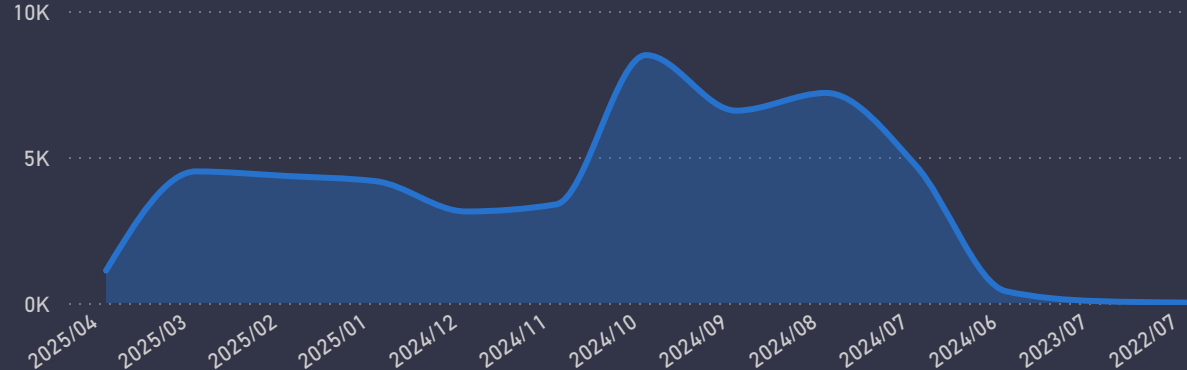
Active Calories [kcal]

2025/04



Active Calories [kcal]

Monthly Trendline for activity: swimming



Sport Summary Table

2025/04

sport	Count	Avg Speed [km/h]	Avg Max Speed [km/h]	Distance [km]	Active Calories [kcal]	Average Heart Rate	Avg Max Heart Rate	Moving Time [hr]	Rest
walking	5	3.84	7.31	7.72	560.00	106.20	136.40	1.91	
swimming	4	2.92	10.83	4.90	1,109.00	137.75	168.50	2.63	
running	1	8.28	10.35	4.04	272.00	145.00	167.00	0.49	
Total	10	3.92	9.02	16.66	1,941.00	122.70	152.30	5.03	

# Summary Report



Select Month

2025/04

## Performance Metric

Stress Level

Total Steps

Active Time (hr)

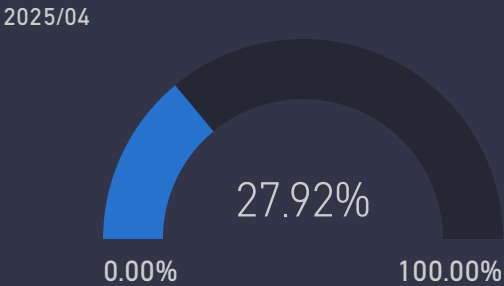
Total Floors

Active Calories

Total Activities

Total Distance (km)

## Monthly Goal Completion



Year-Month

2025/04

Total Activities

10

Total Steps

65.60K

Total Distance

55.84

Active Calories

4.19K

Stress Level

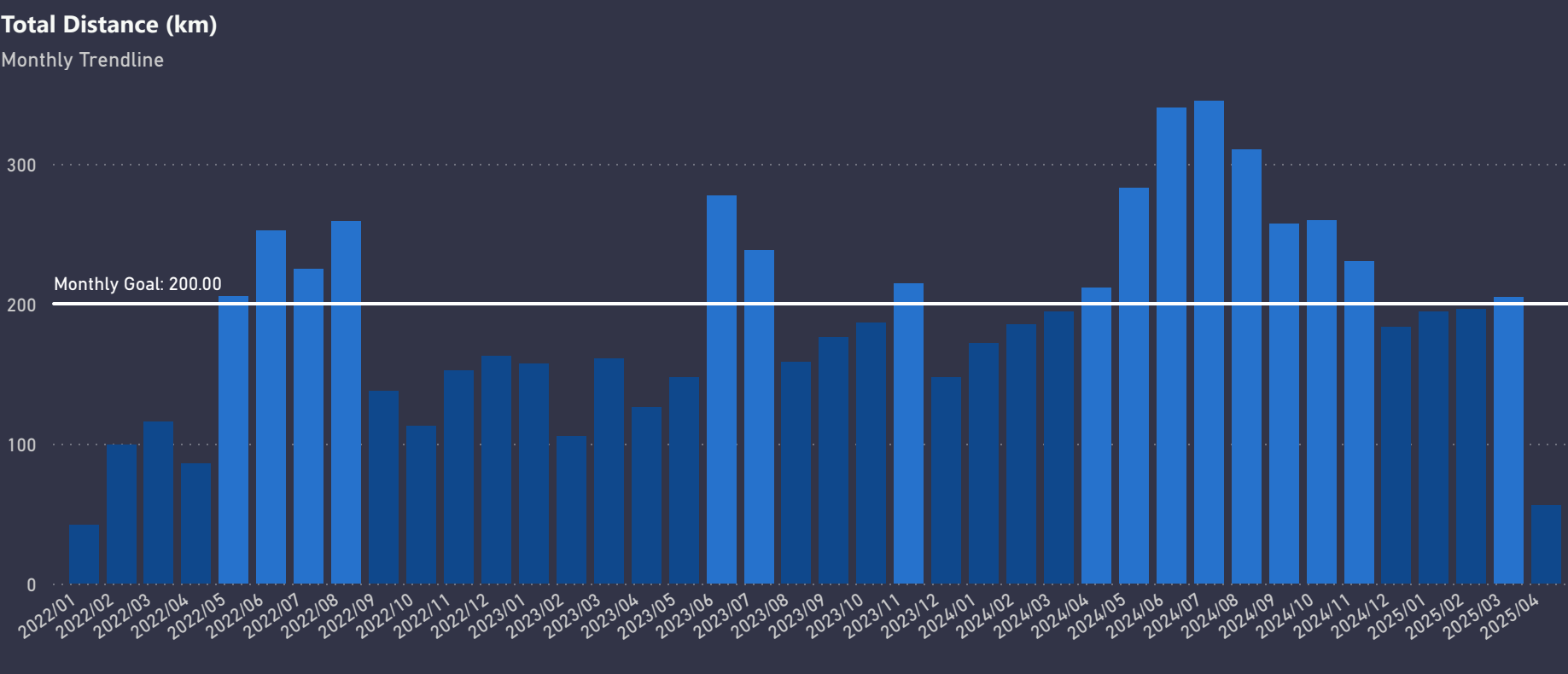
33.00

Active Time (hr)

8.78

Total Floors

124



# Heart Rate Zones Overview



Select Month

2025/04

Current Selection:

2025/04 | swimming

Elapsed Time [hr]

3.10

Rest Time [min]

28.00

Dominant HR Zone

Most time spent in: Zone 3 (47.7%)

Activity Type

running

swimming

walking

Time Zone 1 (min)

4.82

Time Zone 2 (min)

59.17

Time Zone 3 (min)

74.73

Time Zone 4 (min)

16.50

Time Zone 5 (min)

1.58

Limits for Zones (Based on Age)

Zone 5

174 Maximum effort

Zone 4

154 High-intensity

Zone 3

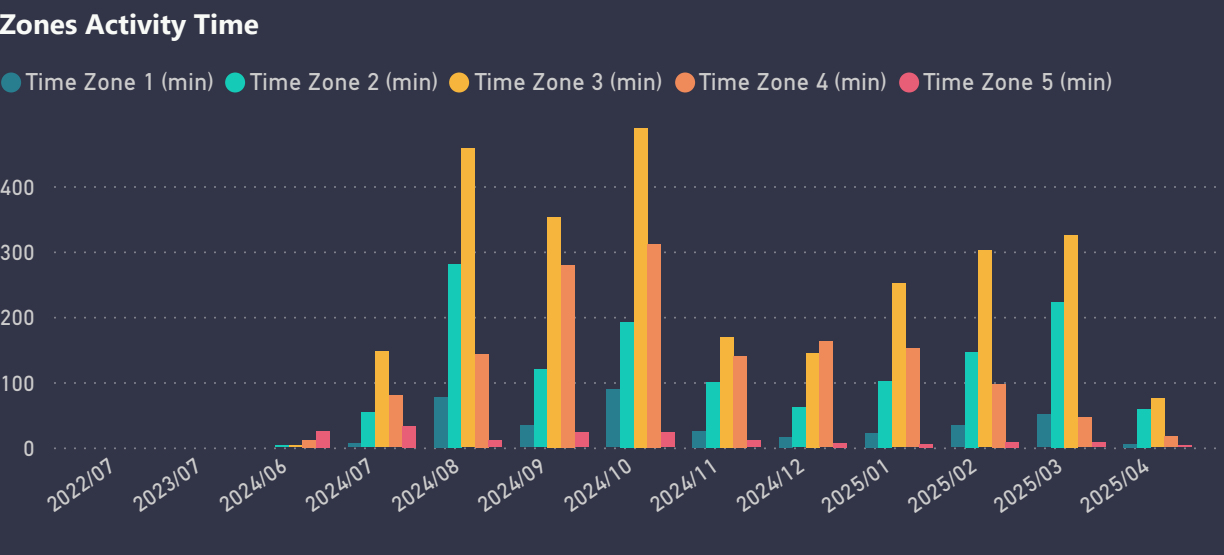
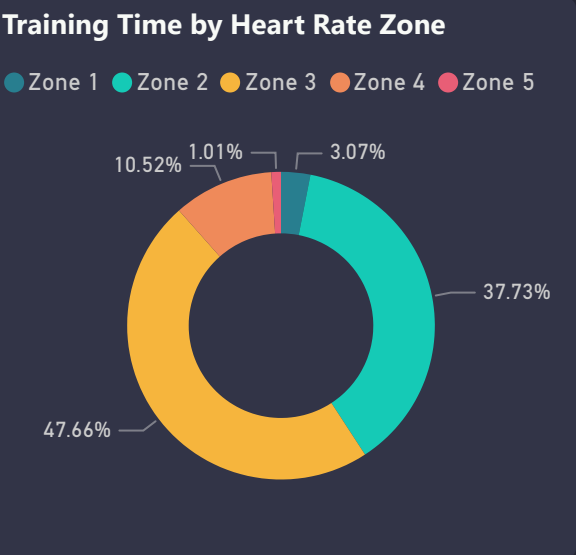
135 Aerobic zone

Zone 2

116 Light training

Zone 1

97 Recovery



HR Zones Summary Table

sport	Time Zone 1 (min)	Time Zone 2 (min)	Time Zone 3 (min)	Time Zone 4 (min)	Time Zone 5 (min)	Dominant HR Zone
swimming	4.82	59.17	74.73	16.50	1.58	Most time spent in: Zone 3 (47.7%)
running	0.00	0.17	23.42	5.70	0.00	Most time spent in: Zone 3 (80.0%)
walking	51.22	38.35	1.63	0.60	0.00	Most time spent in: Zone 1 (55.8%)
Total	56.03	97.68	99.78	22.80	1.58	Most time spent in: Zone 3 (35.9%)