

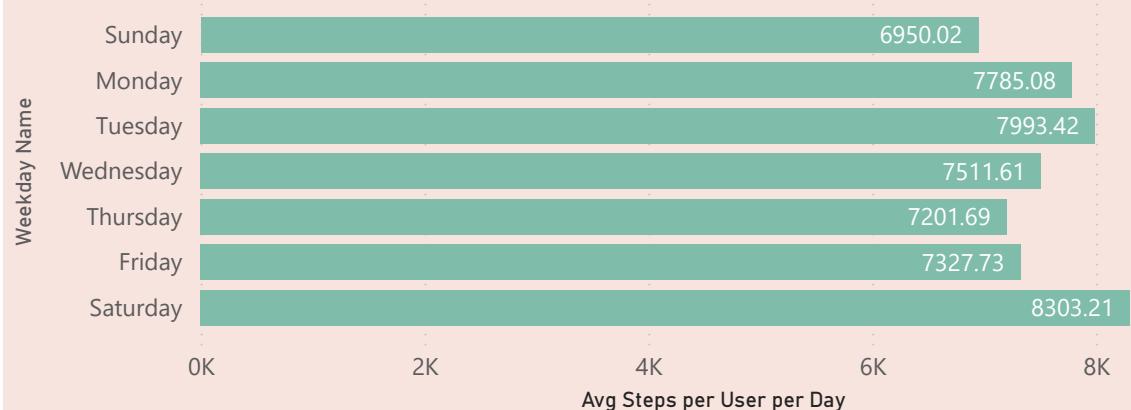


Bellabeat Wellness Insights

Analyzing daily habits to inspire smarter wellness products.

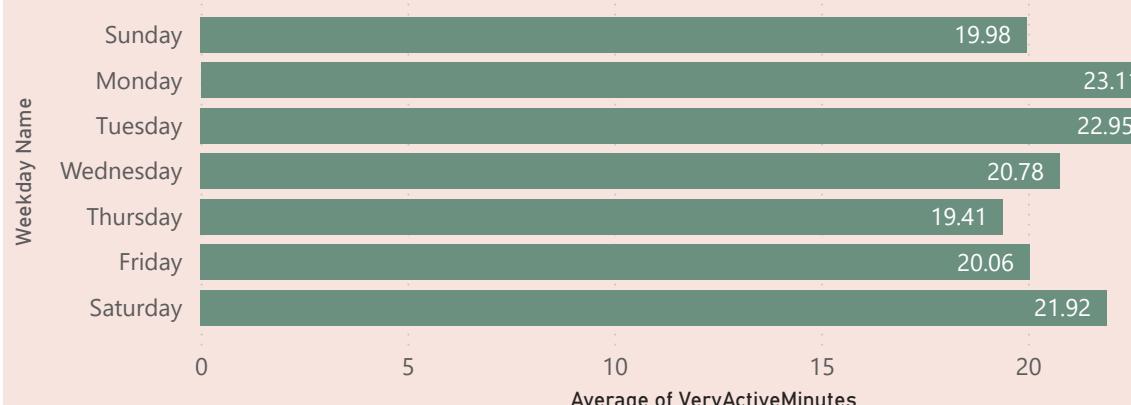
Daily Step Patterns by Weekday

Average number of steps taken per day across the week.



Active Minutes by Weekday

Average minutes of high-intensity activity per day.



Sleep Duration vs. Time in Bed

Minutes asleep compared with total time spent in bed.

● Avg Minutes Asleep ● Time Wasted In Bed



Sedentary Time by Weekday

Average daily minutes spent inactive throughout the week.

