

Overview · 21 Nov-21 Dec 2025

WITHINGS

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19yo



Our Clinical Know How

<https://www.withings.com/fr/en/research>**WITHINGS**

Health report

Withings Health Report is the overview of biomarkers tracked by Withings connected devices. It aims to empower healthcare teams to transform patients' lives by achieving higher quality care.

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Activities

Analysis

Daily Steps	4,750 steps Average	 16 % Over 10k	 23 % Under 2k	31 days
Daily Active Minutes	7 min Average	2 sec Min	1h27 Max	31 days

Workouts

Other	30 min Average	274 kcal Average	7 Activities
Running	28 min Average	326 kcal Average	1 Activity
Walking	46 min Average	361 kcal Average	2 Activities

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Body

Weight

Weight	70.3 kg Latest	↗ +0.8 kg Trend	12 weigh-ins	
BMI	22.1 Average	↗ +0.3 Trend	12 weigh-ins	
BMR	1,765 kcal Latest	↗ 15 kcal Trend	18 yo Metabolic age	12 weigh-ins

Body Composition

Fat Mass	16.2 % Latest	↗ +0.3 % Trend	12 weigh-ins
Bone Mass	3.0 kg Latest	↗ +0.0 kg Trend	12 weigh-ins
Muscle Mass	56.3 kg Latest	↗ +0.5 kg Trend	12 weigh-ins

More

Visceral Fat	1.3 Latest	↗ +0.1 Trend	12 weigh-ins
Lean Mass	59.3 kg Latest	↗ +0.5 kg Trend	12 weigh-ins
Water Mass	42.7 kg Latest	↗ +0.6 kg Trend	12 weigh-ins

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Heart

Heart Rate

Awake Heart Rate	85 bpm Average	44-179 bpm Range	31 days
Asleep Heart Rate	65 bpm Average	49-98 bpm Range	25 days

Blood Oxygen

Awake SpO2	96 % Average	94 % Min	98 % Max	34 measurements
Measurements Under 90%	0 Awake	0 Asleep		34 measurements

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 **Sleep**

Duration, Efficiency & Regularity

Sleep Duration Trends	 73 % Over 7h	 4 % Under 5h	 50 % Over 10h	26 nights
Sleep Duration Average	9h03 Weekdays	11h11 Weekends		26 nights
Sleep Latency	10 min Average			26 nights
Sleep Efficiency	10h18 Time In Bed (TIB)	9h38 Total Sleep Time (TST)	93 % Efficiency	26 nights

Sleep Ritual

Bedtime (Weekdays)	1:11AM Average Bedtime	1:22AM Average time to fall asleep	26 nights
Bedtime (Weekends)	12:36AM Average Bedtime	12:46AM Average time to fall asleep	26 nights
Wake-Up Time (Weekdays)	10:44AM Average Wake-Up Time	10:49AM Average Get-Up Time	26 nights
Wake-Up Time (Weekends)	12:37PM Average Wake-Up Time	12:46PM Average Get-Up Time	26 nights
Nights with > 2 Times Out of Bed	 0 night Total		26 nights

Sleep Vitals

Snoring	0 min Min		26 nights
Overnight Heart Rate	65 bpm Average	49-98 bpm Range	25 nights

WITHINGS

Chosen by leading health and wellness organizations around the world.

Our intuitive medical-grade devices help users and healthcare professionals to embrace healthy changes with high end technology. Withings is working with leading medical institutions to pave the way for the future of health.

Connected Scales



Smart Watches



Urine Analyzer



Blood Pressure Monitors



Sleep Analyzer



Thermometer



Learn more on Withings Health Solutions

Our devices are available for clinical purposes and patient remote monitoring.

<https://www.withings.com/eu/en/for-professionals>