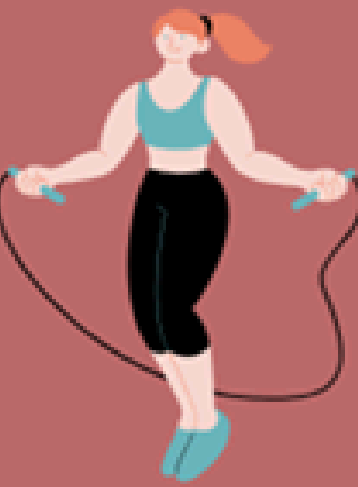
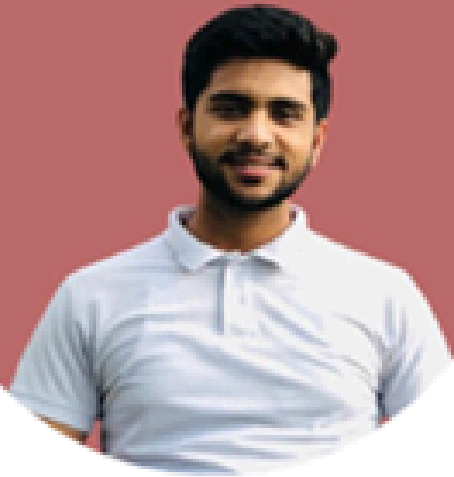


FITBIT FITNESS DASHBOARD



ID : (All)

DATE: (All)



TUSHAR GUPTA

DAILY STATS

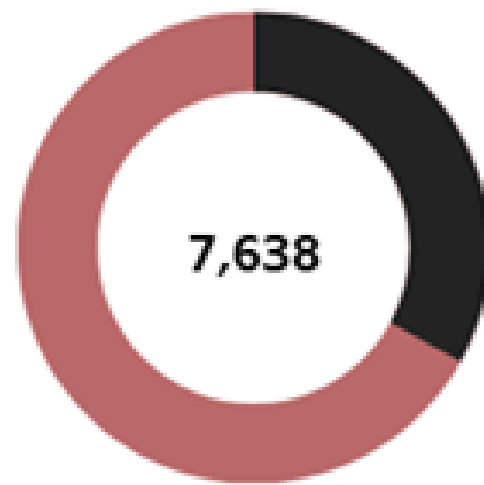
HOURLY STATS

MINUTE STATS

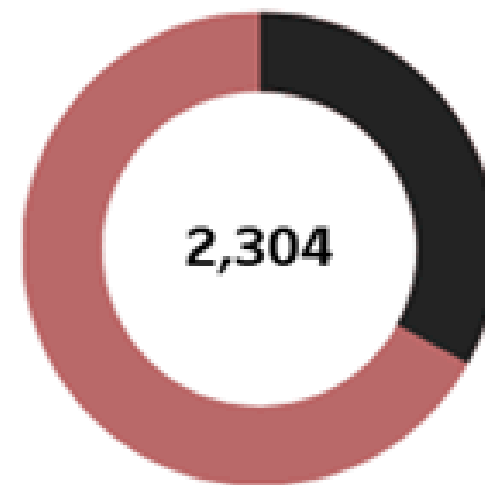
HEART RATE

TRACK SLEEP

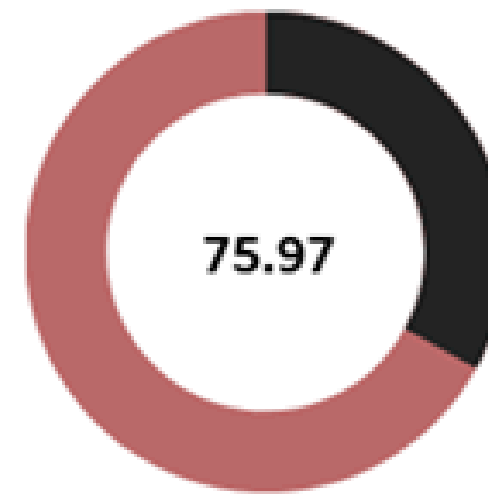
ABOUT



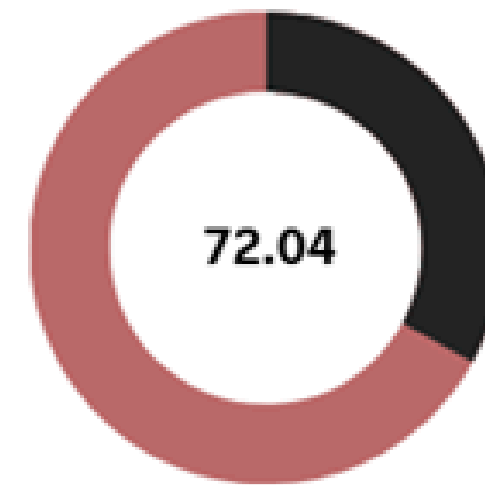
Total Steps



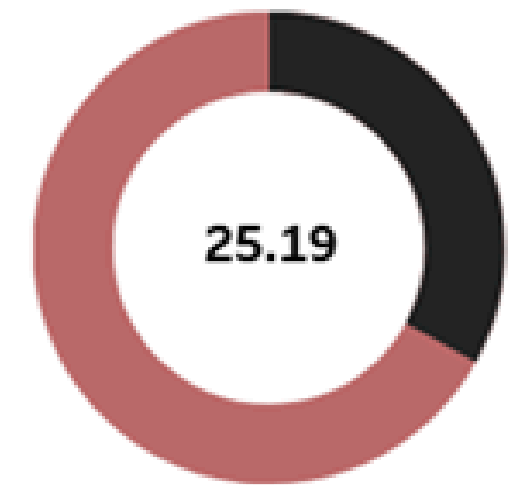
Total Calories



Heart Rate

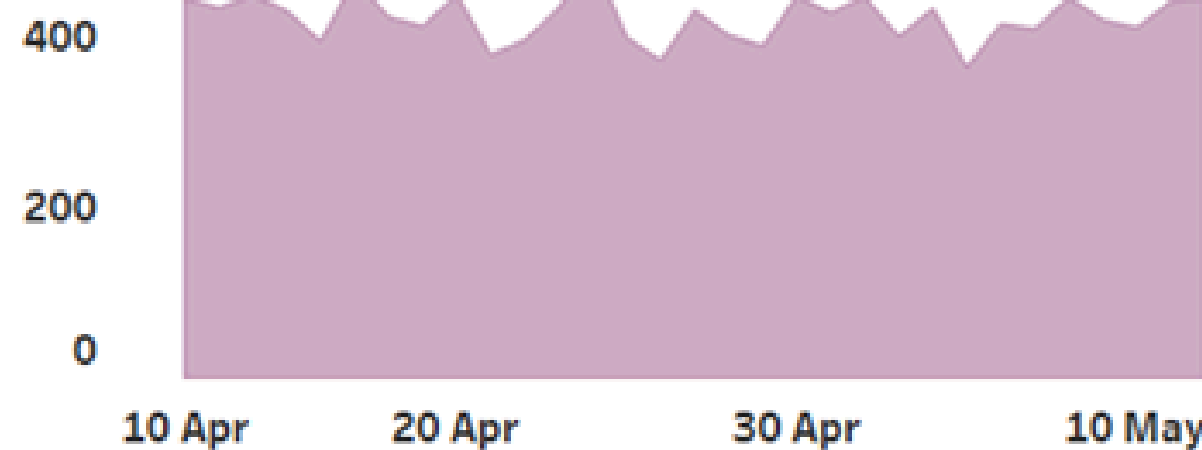


Weight

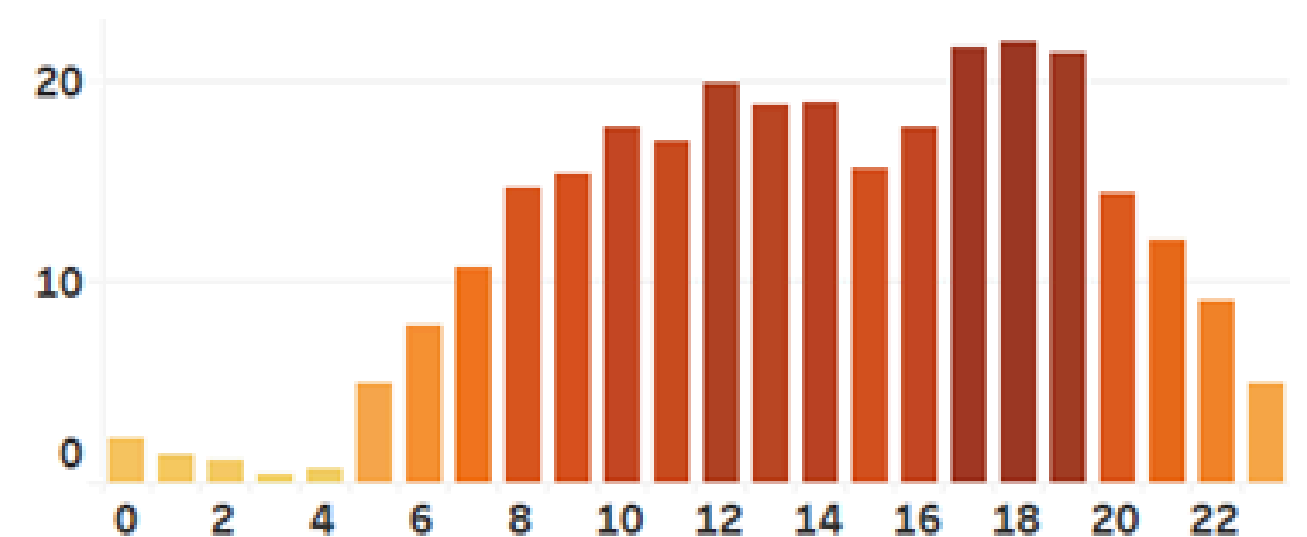


BMI

Monthly Sleeping Rate



Total Intensity





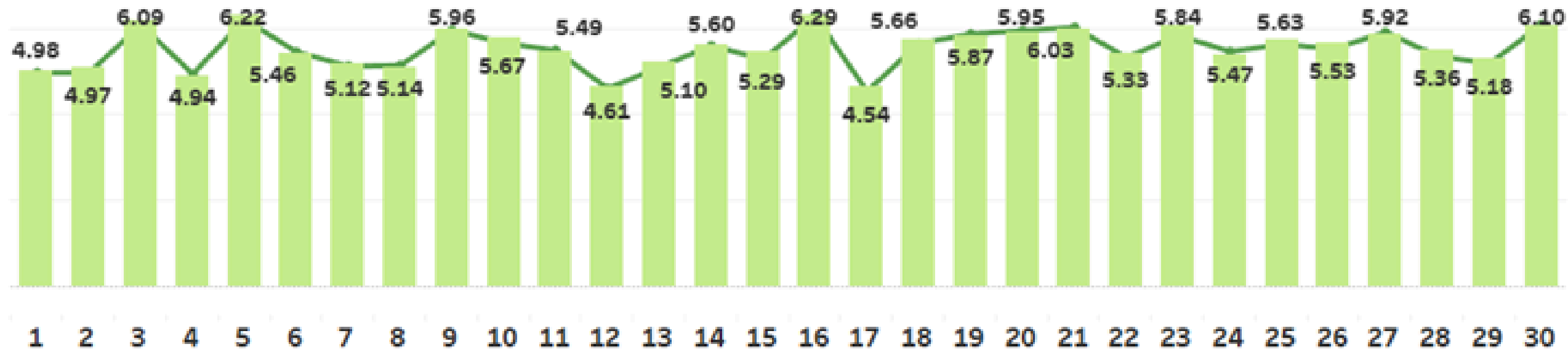
Daily Stats

Id:

(All)

Date:

(All)



Active Time during Day

Sedentary
Active Minutes

1,026

Lightly
Active Minutes

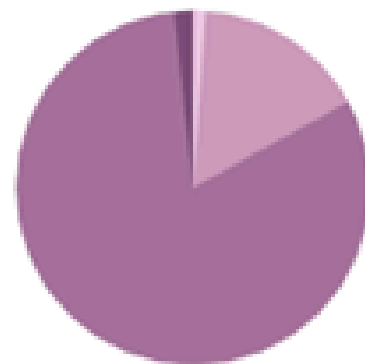
199

Fairly
Active Minutes

8

Very
Active Minutes

22



Active Distance of the Day

Sedentary
Active Distance

0.00

Lightly
Active Distance

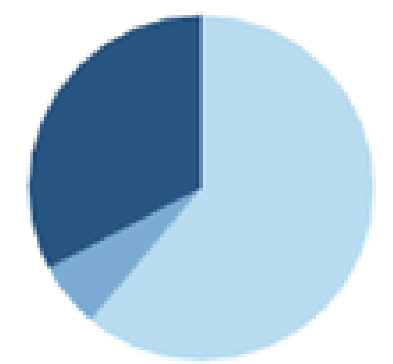
3.41

Moderately
Active Distance

0.35

Very
Active Distance

1.83





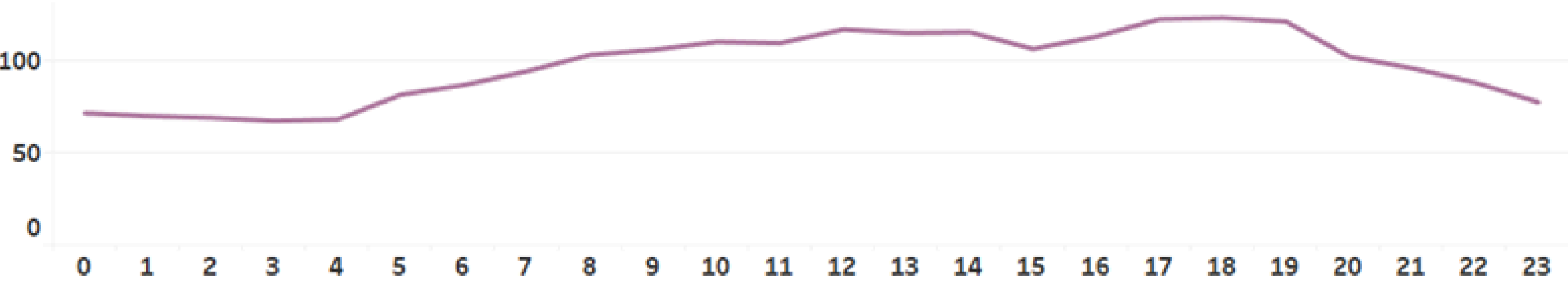
Hourly Stats

Date: (All)

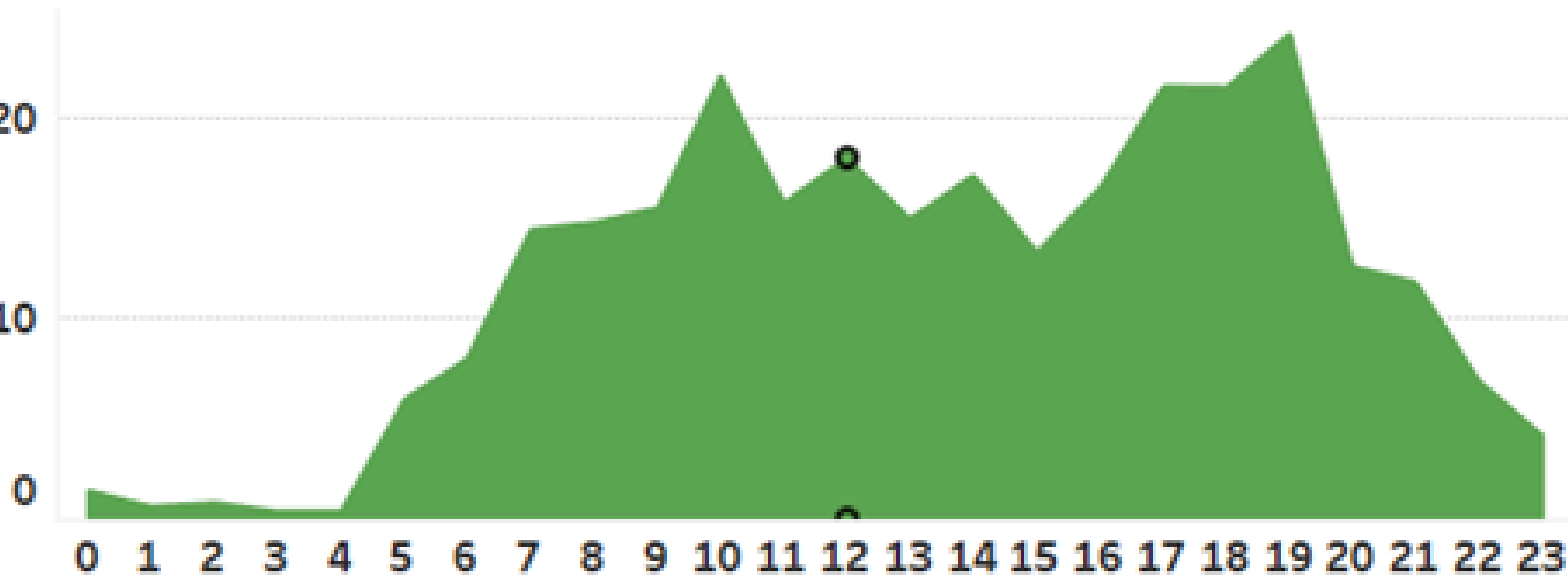
Id: (All)

Hour: (All)

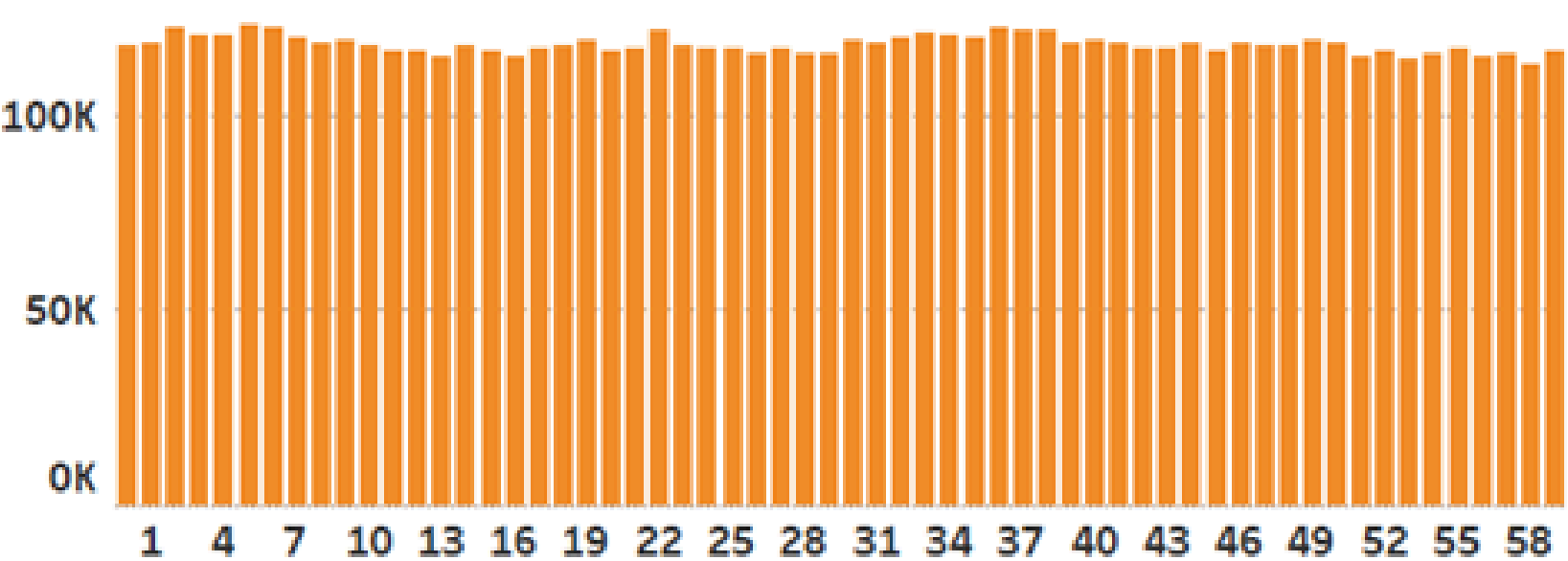
Hourly Calories



Hourly Intensity



Hourly Steps Trend





Minute Stats

Date: (All)

H:

M:

Id

(All)

Metabolic
Rate

347

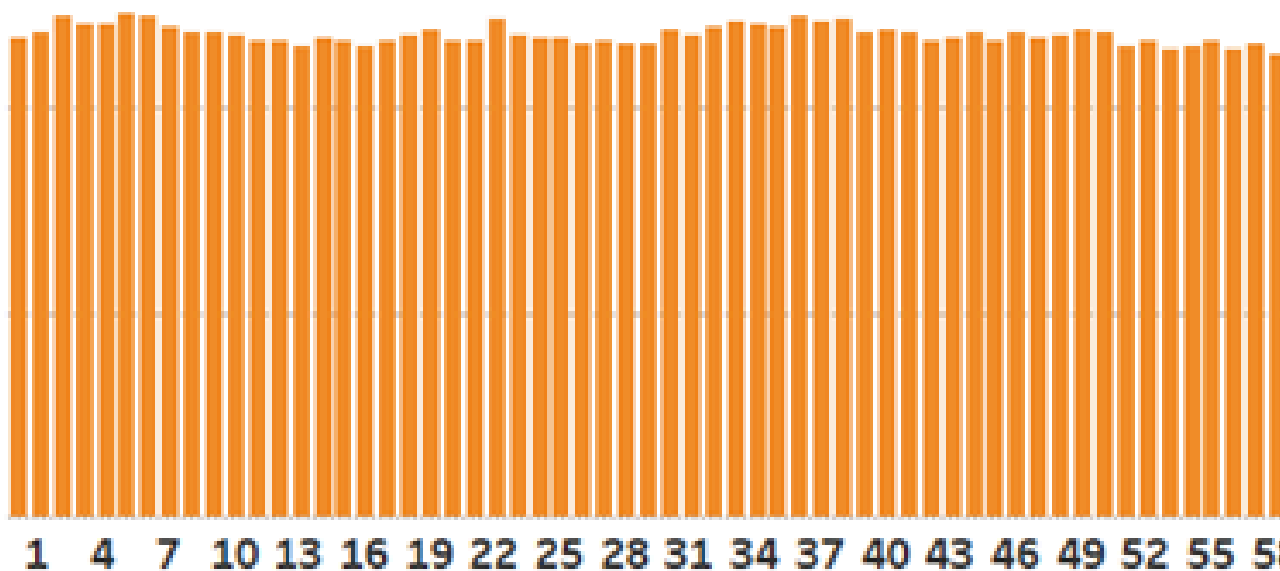
Total
Calories

65,482

100K

50K

0K



4K

3K

2K

1K

0K

1 4 7 10 13 16 19 22 25 28 31 34 37 40 43 46 49 52 55 58



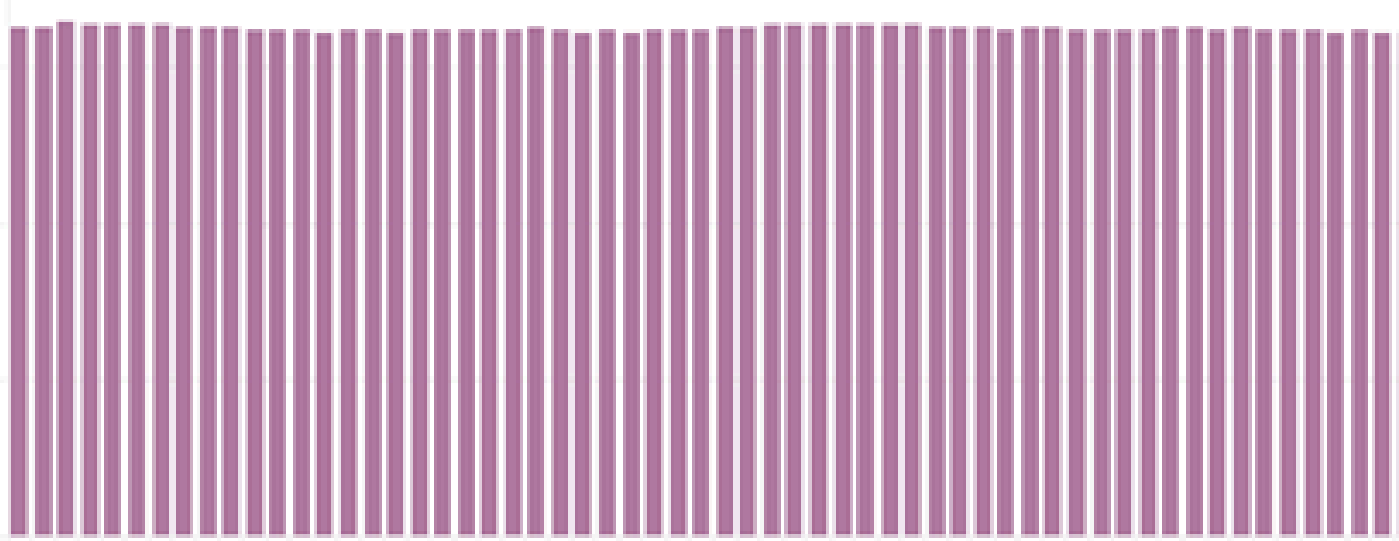
300K

200K

100K

0K

1 4 7 10 13 16 19 22 25 28 31 34 37 40 43 46 49 52 55 58





Date:

(All)

Id:

(All)

Heart Rate

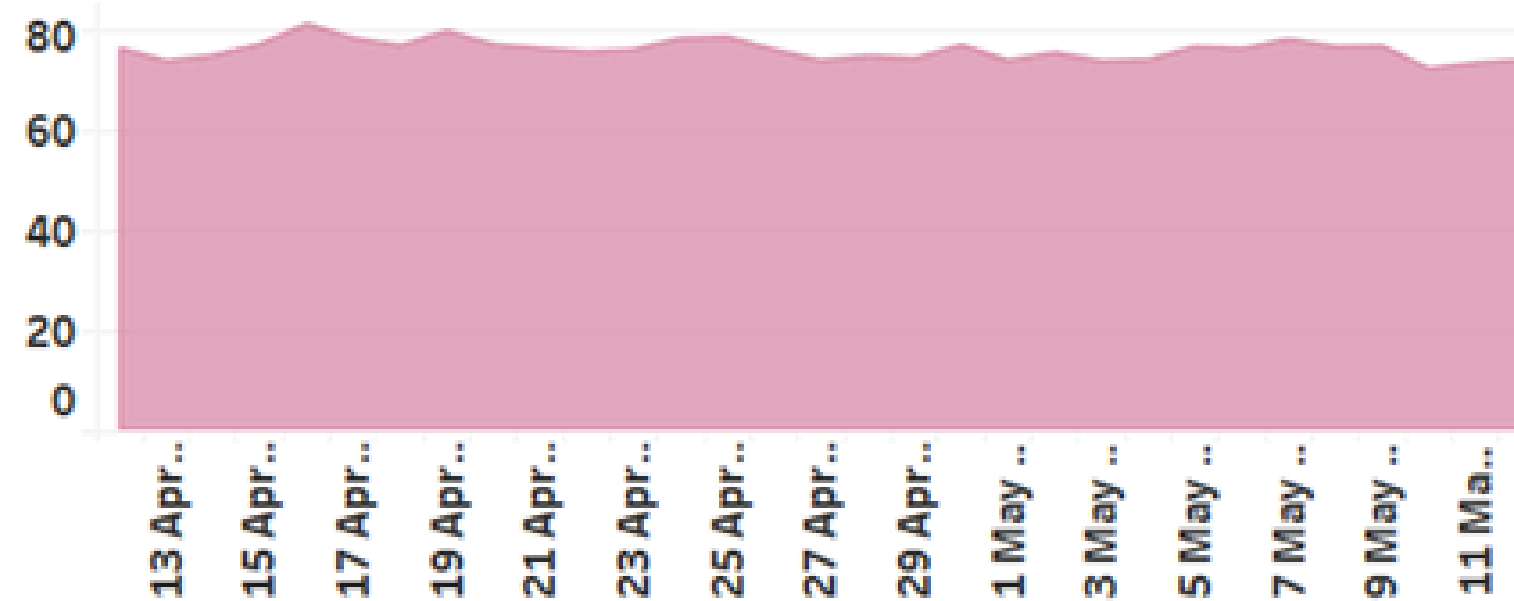
HEART RATE

75.97

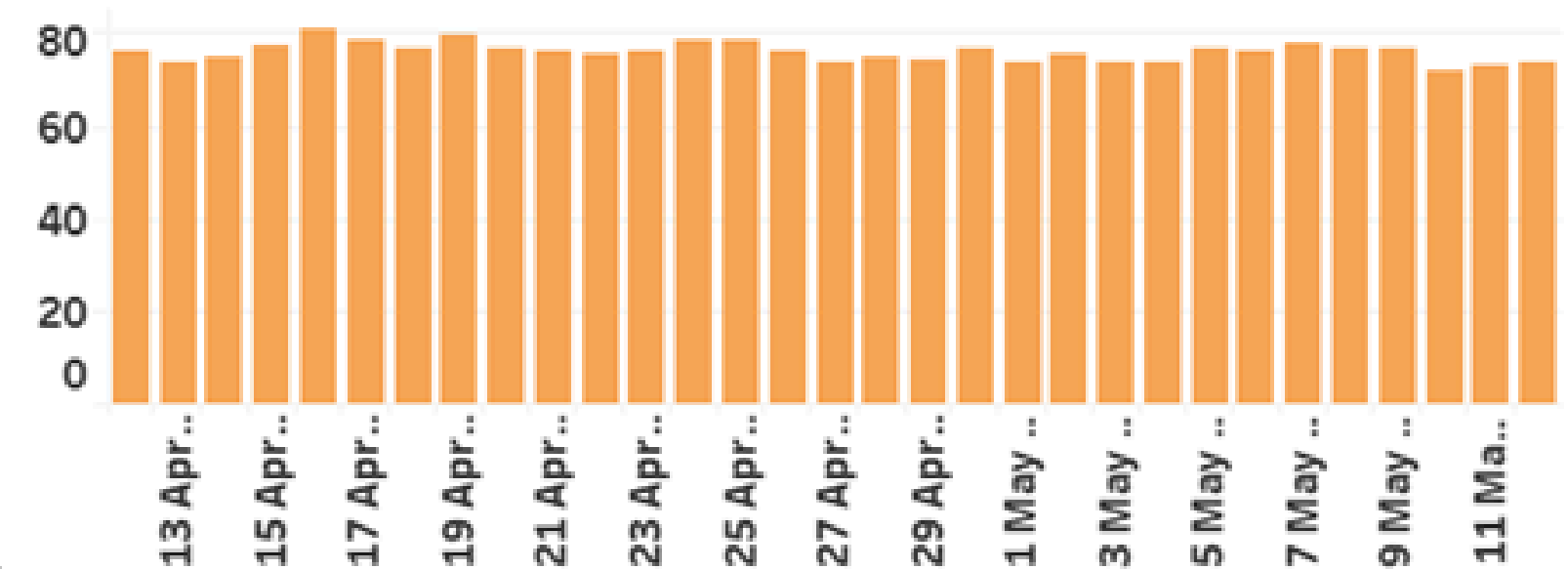
***“Exercise should be
regarded as a tribute to
the heart”***



Monthly Heart Rate



Daily Heart Rate



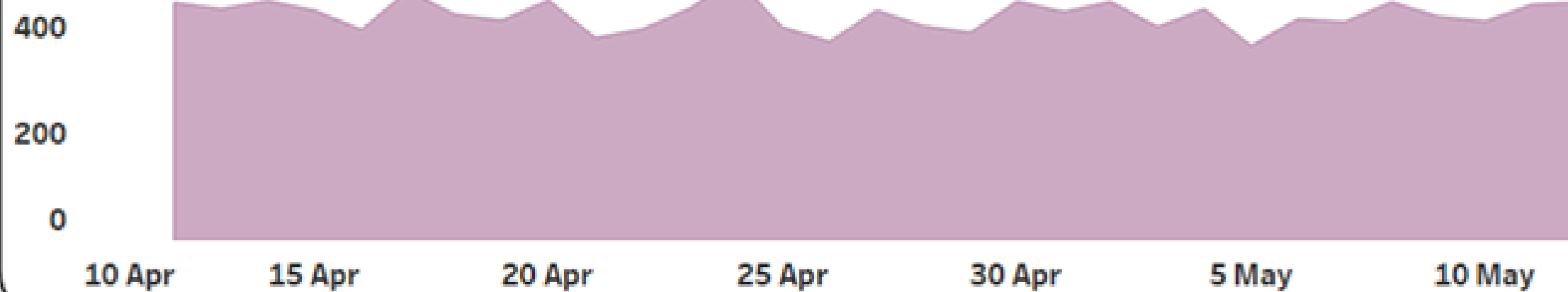


Track Sleep

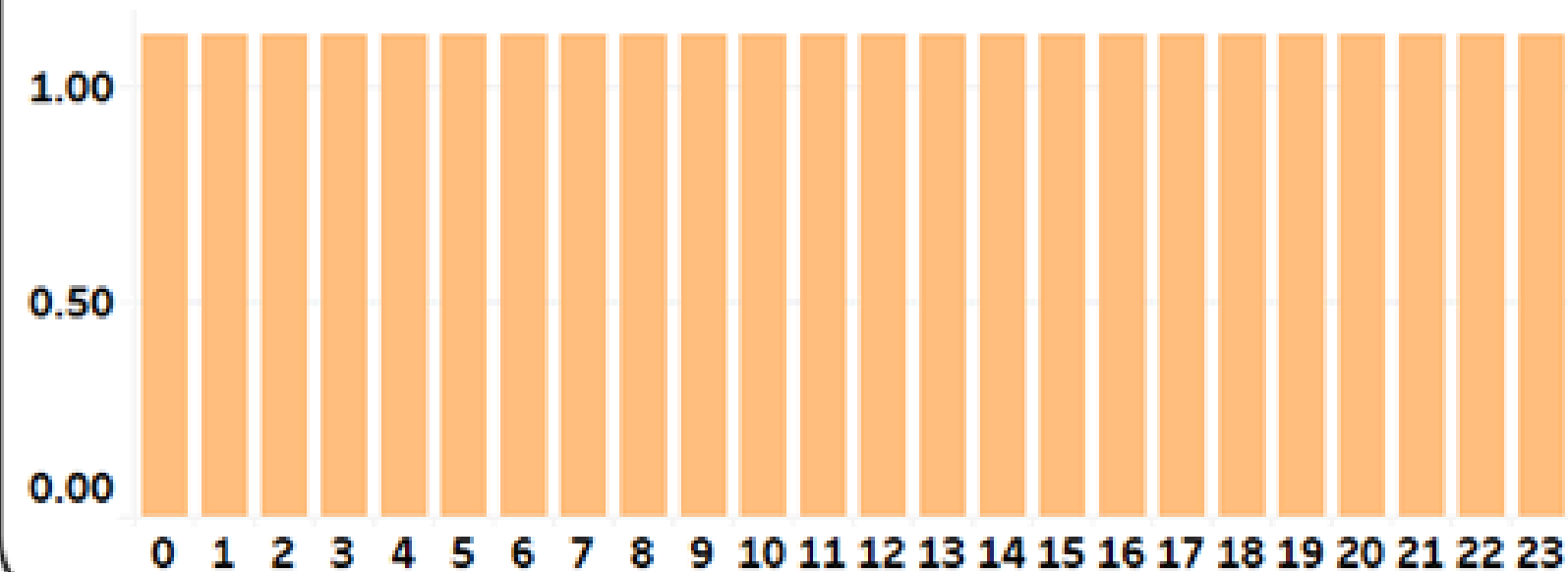
Date: (All)

Id: (All)

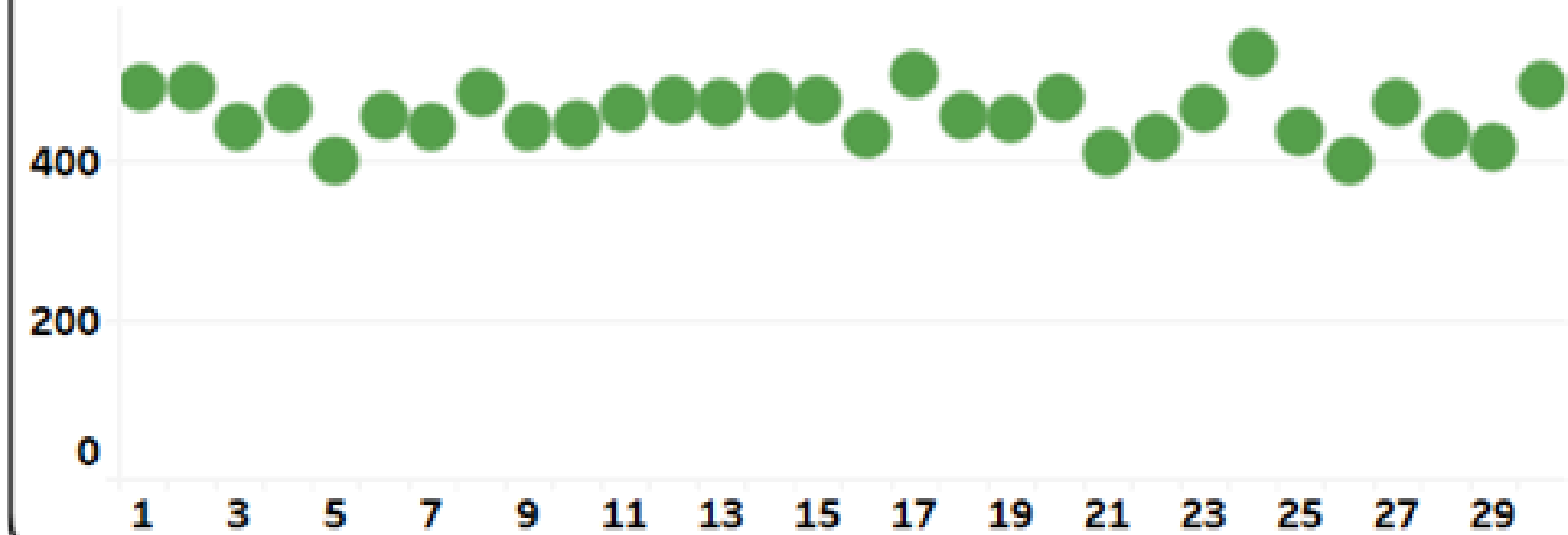
Monthly Sleeping Rate



Daily Times Slept



Monthly Time in Bed





About

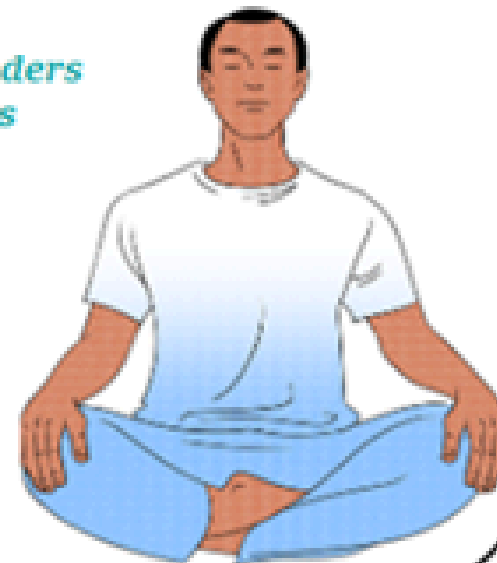
Day: (All) ▾

Id: (All) ▾

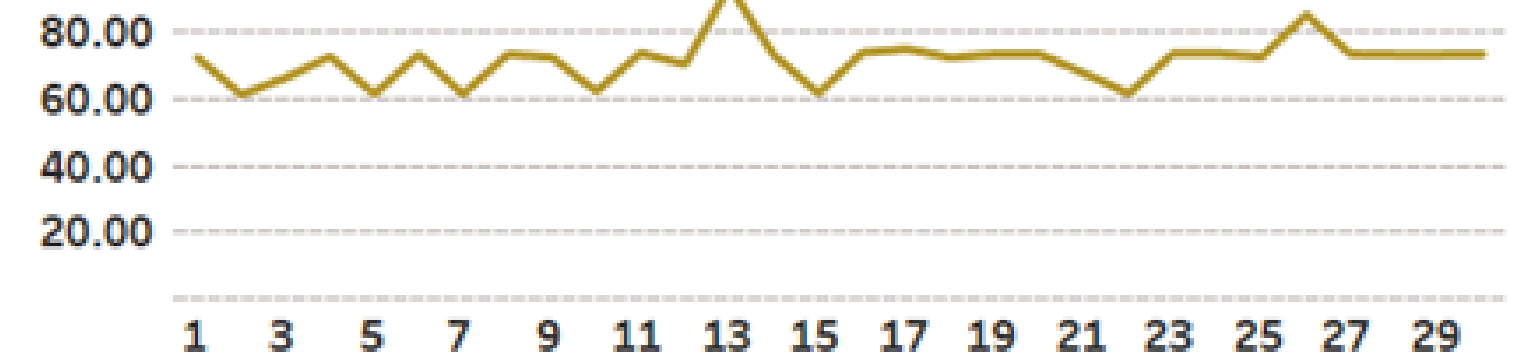
INSIGHTS

FITBIT FITNESS DASHBOARD typically tracks and visualizes various health and fitness metrics to provide users with actionable insights into their health and fitness levels.

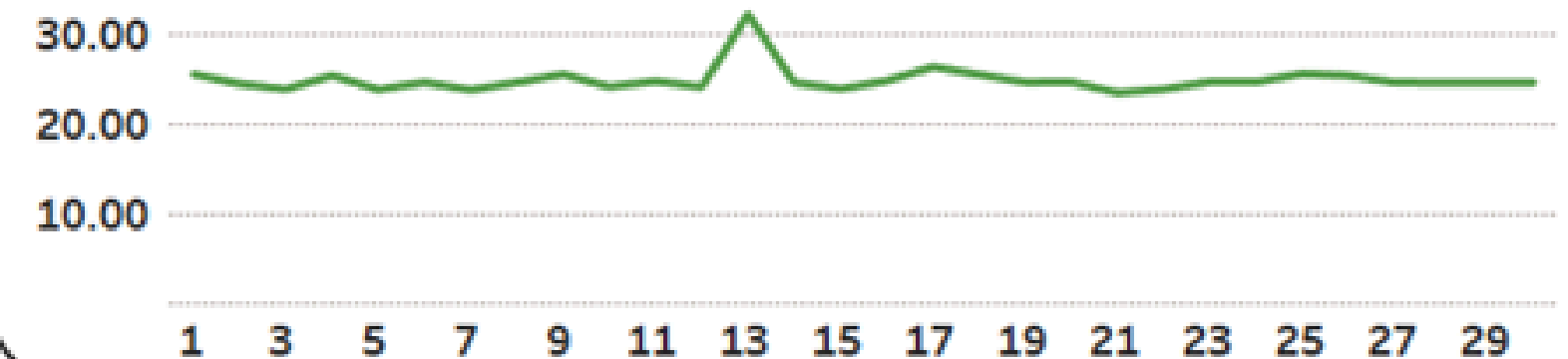
1. Users spend 81.2% of their time Inactive.
2. There is a positive relationship between the total number of steps and the total number of burned calories. The more steps taken the more calories burnt by the User.
3. The Users start their day between 6 am and 8 am. They are most active between 12pm to 2pm and 5 pm to 7 pm, and become less active at 8 pm.
4. Users have an average sleeping time of 7 hours per night with Sunday being the day Users slept most.
5. Aim for 8,000 steps for health benefits.
6. Utilize app to set personalized challenges and reminders that motivate you to incorporate regular runs or walks into your routine during this active period.



WEIGHT



BMI



Designed by:
Tushar Gupta