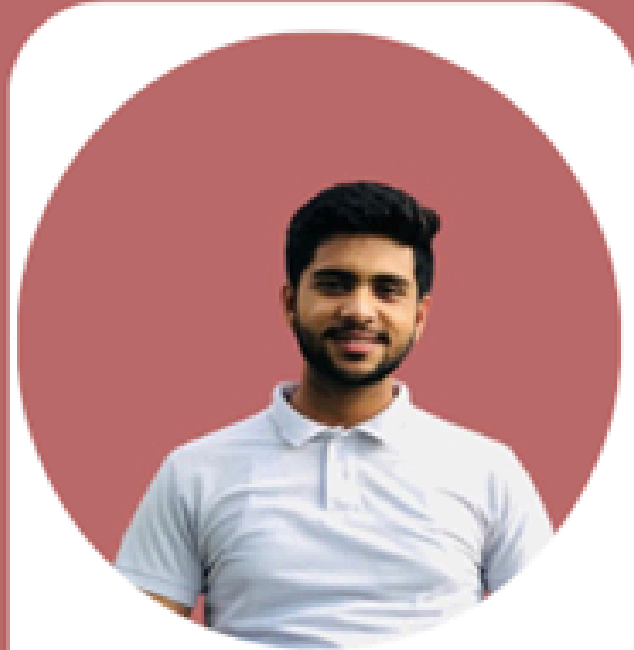
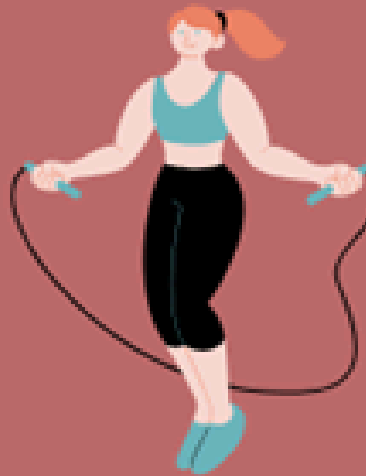


FITBIT FITNESS DASHBOARD



TUSHAR GUPTA

ID : (All) ▼

DATE : (All) ▼

DAILY STATS

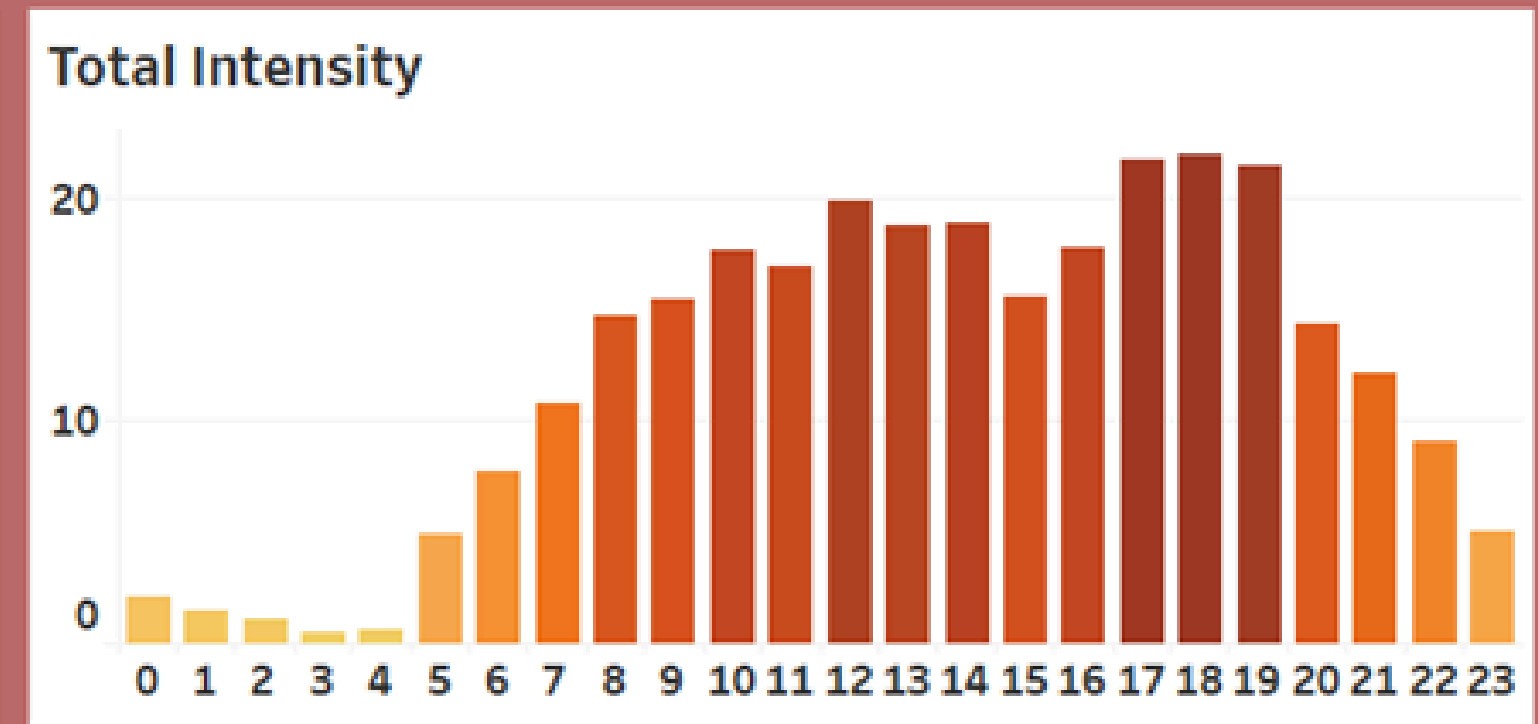
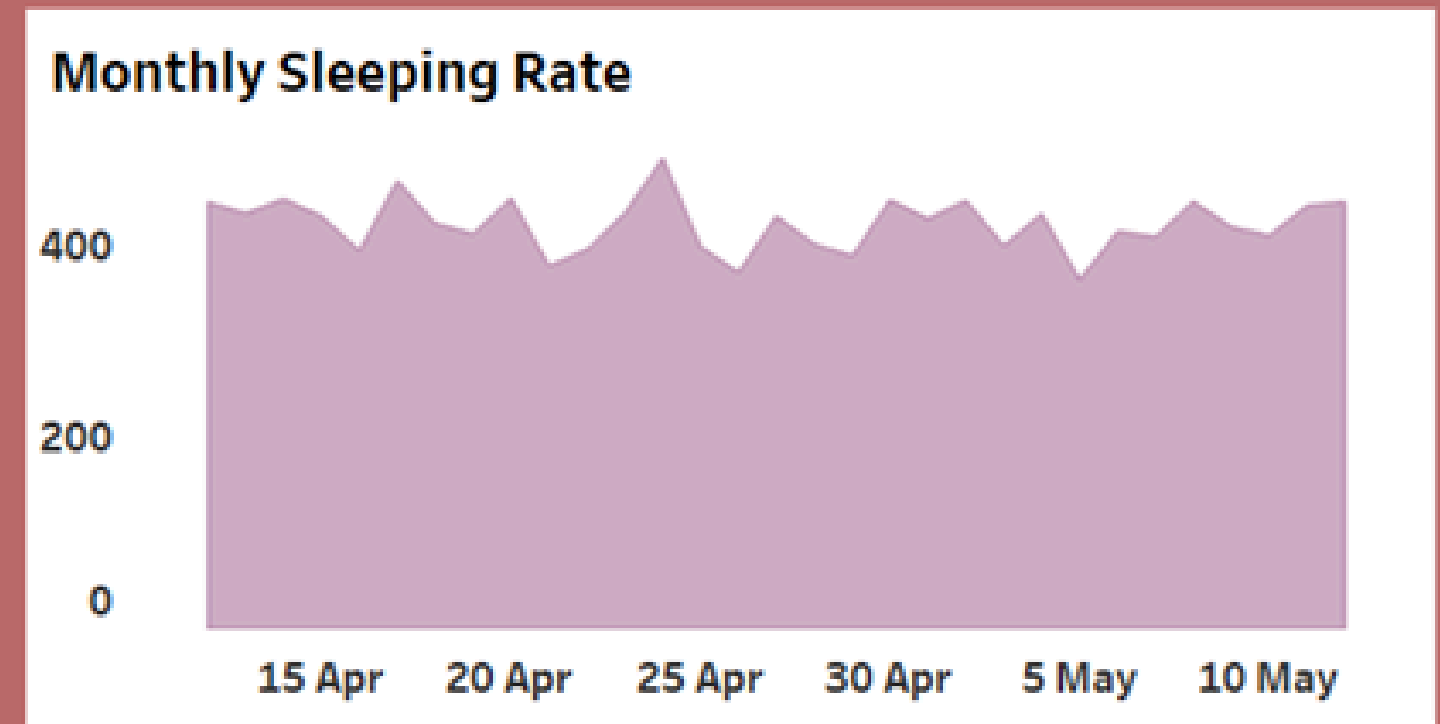
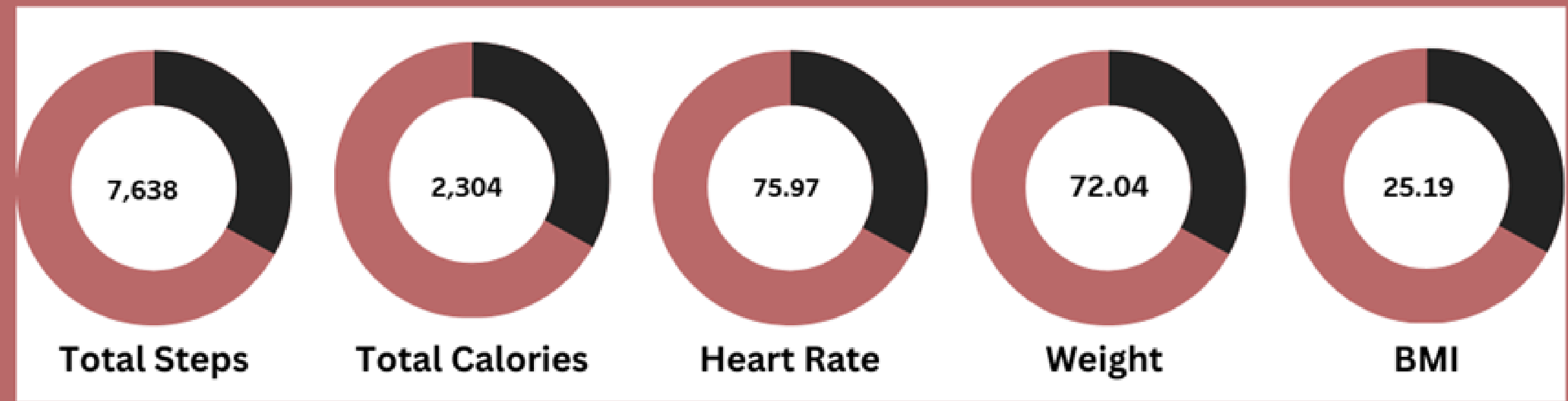
HOURLY STATS

MINUTE STATS

HEART RATE

TRACK SLEEP

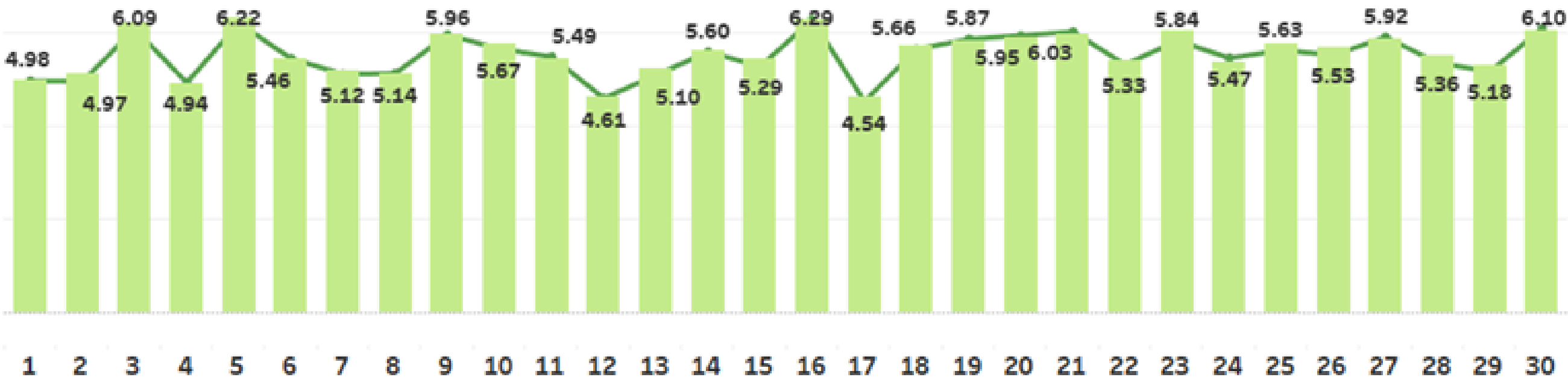
ABOUT



Daily Stats

Date: (All)

Id: (All)



Active Time during Day

Sedentary
Active Minutes

1,026

Lightly
Active Minutes

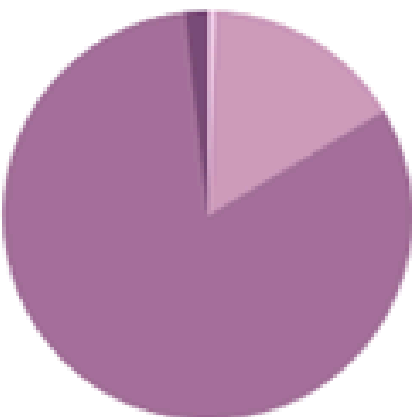
199

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



Date: (All) ▾

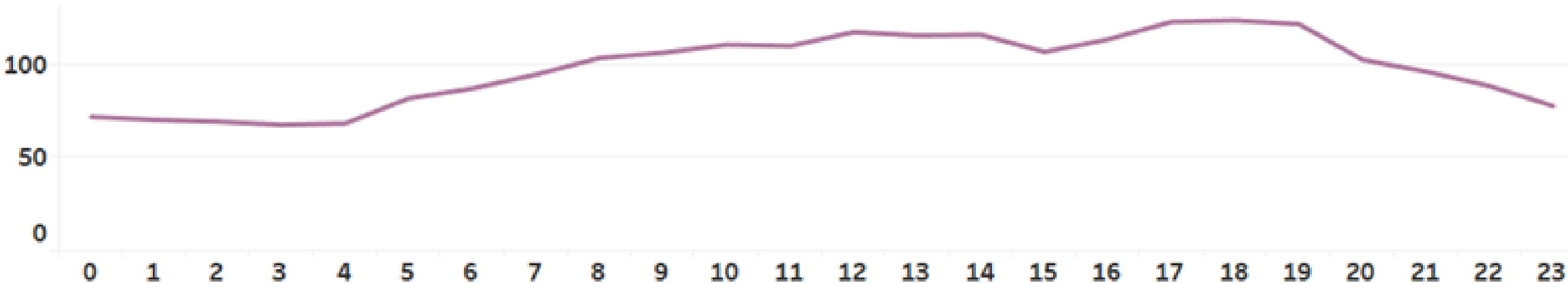
Id: (All) ▾

Hour: (All) ▾

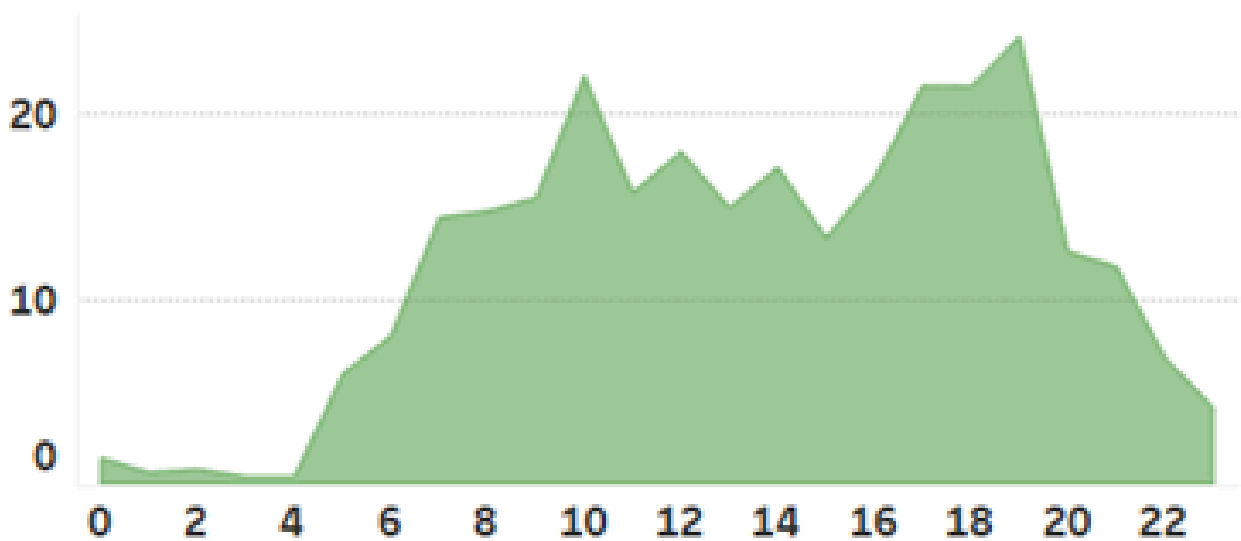
Hourly Stats



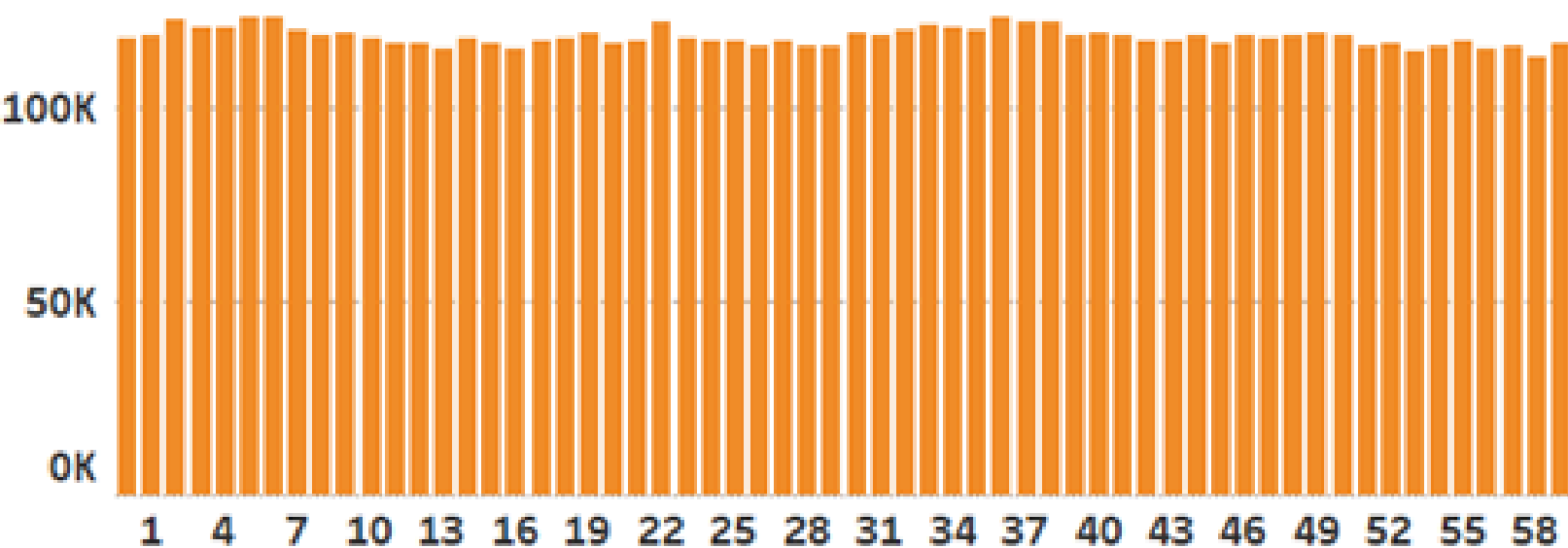
Hourly Calories



Hourly Intensity



Hourly Steps Trend





Minute Stats

Date: (All) ▾

H ▾

M ▾

Id: (All) ▾

METABOLIC RATE

347

Genetics, hormones
and even gut
bacteria influence
metabolic rate

TOTAL CALORIES

1,092

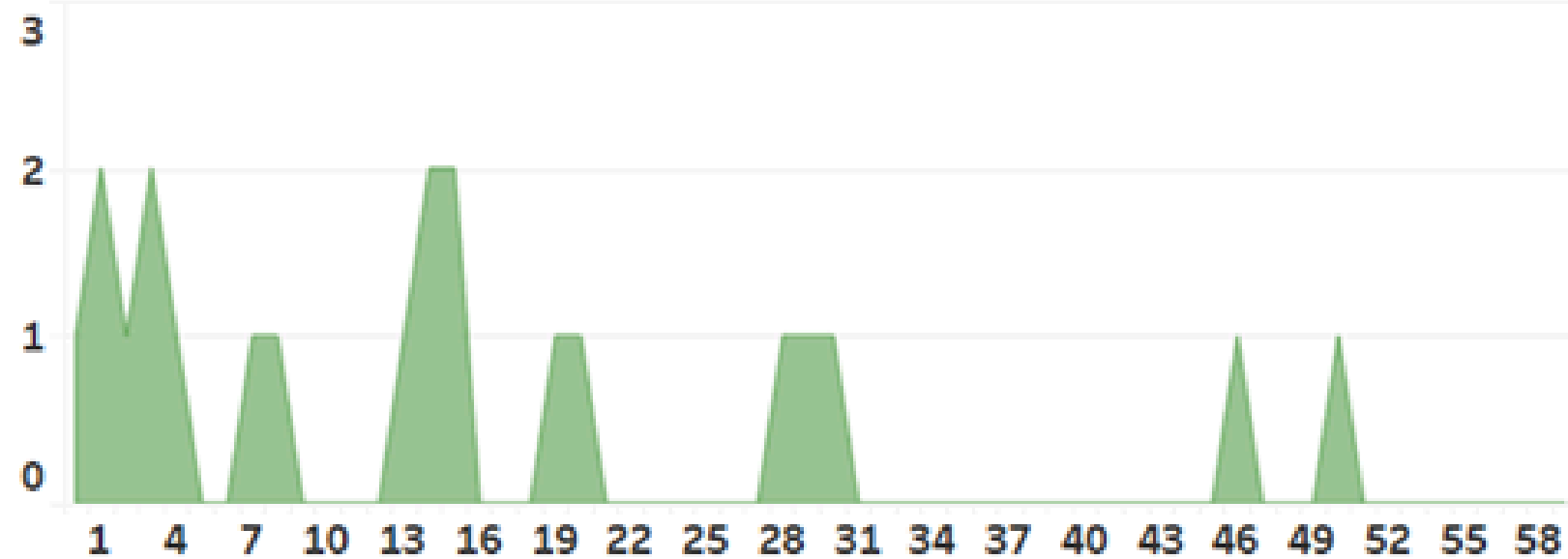
Excuses
don't
burn
calories

100K
50K
0K

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



Minute Intensity



Minute Metabolic Rate

300
200
100
0

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



Date:

Id:

Heart Rate

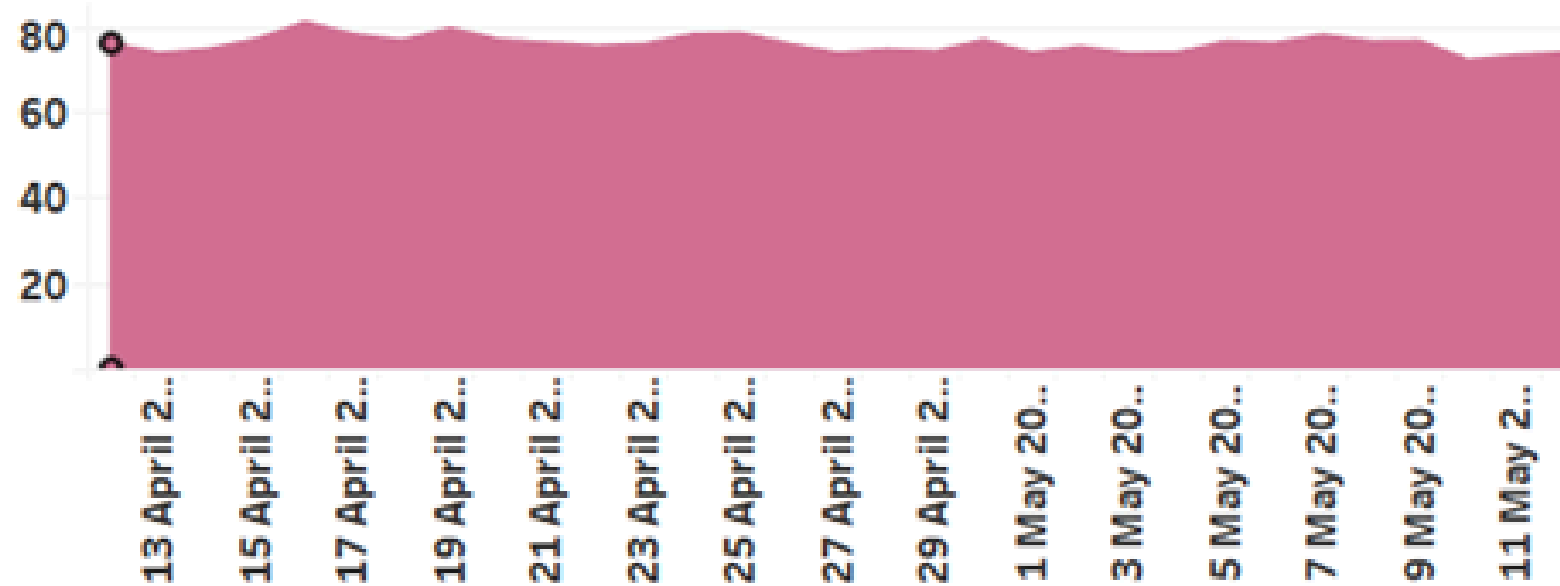
HEART RATE

76.12

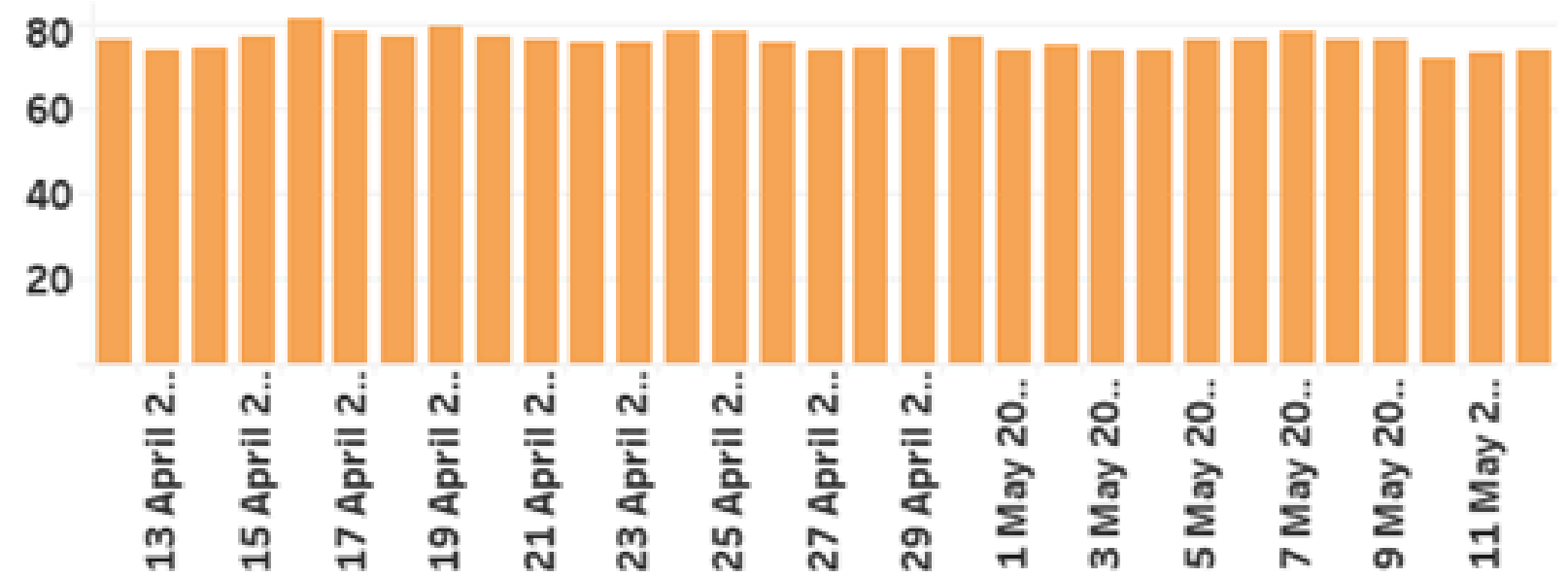
“Exercise should be regarded as a tribute to the heart”



Monthly Heart Rate



Daily Heart Rate



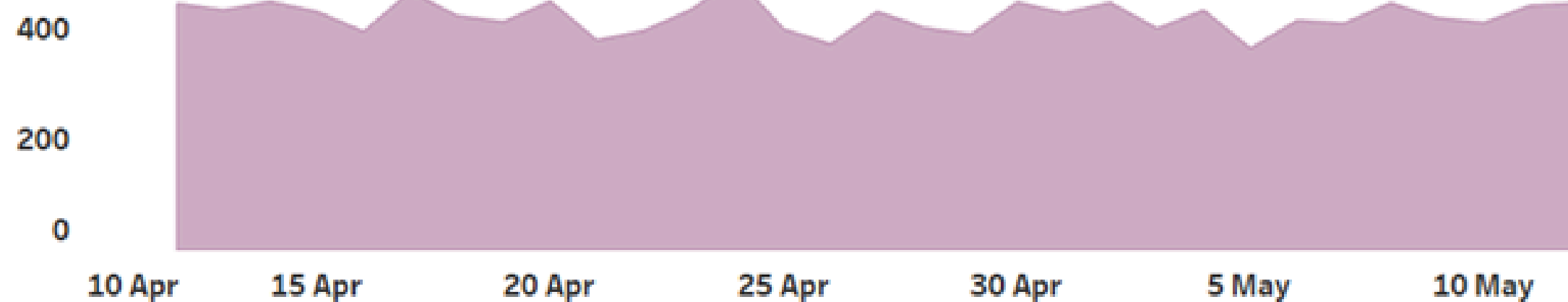


Track Sleep

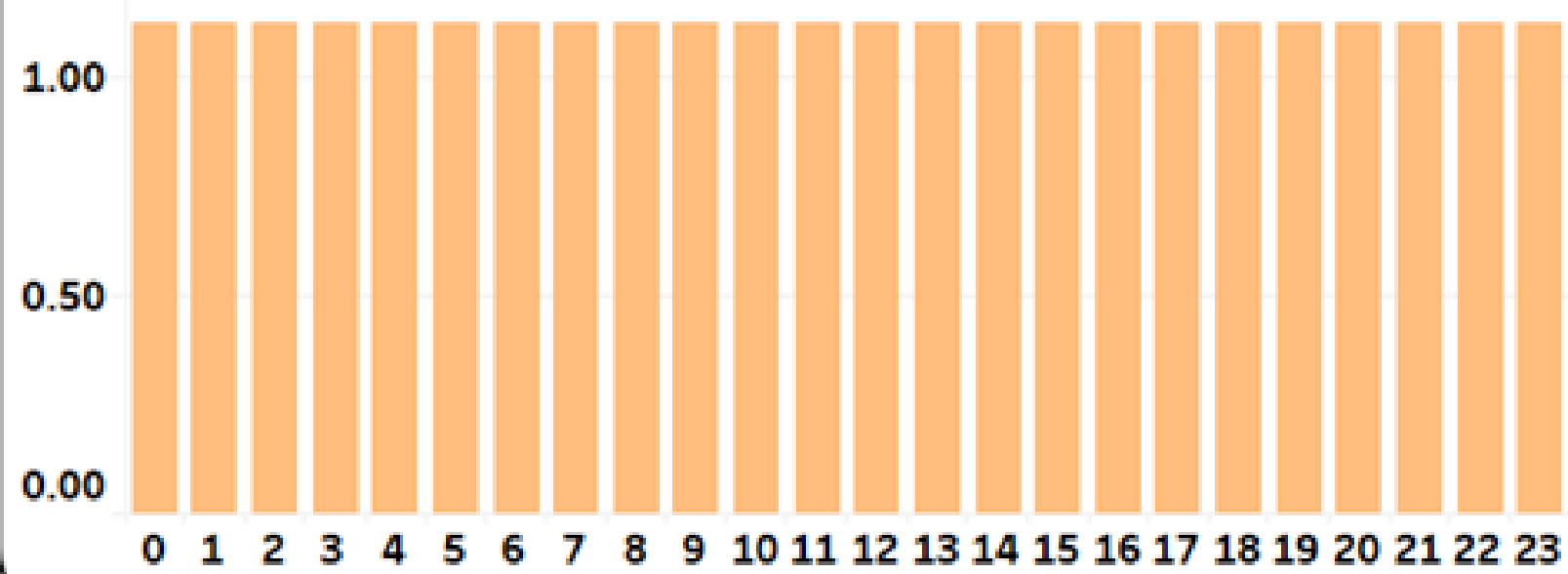
Date: (All) ▾

Id: (All) ▾

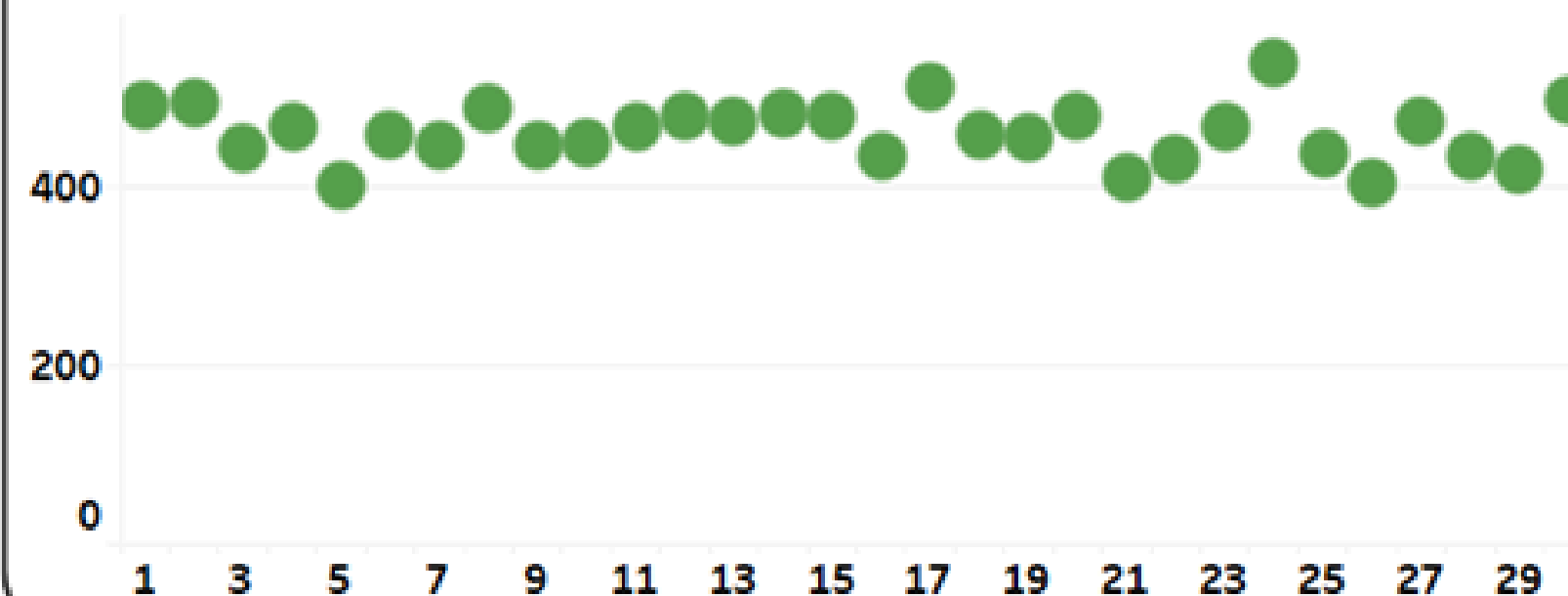
Monthly Sleeping Rate



Daily Times Slept



Monthly Time in Bed



About

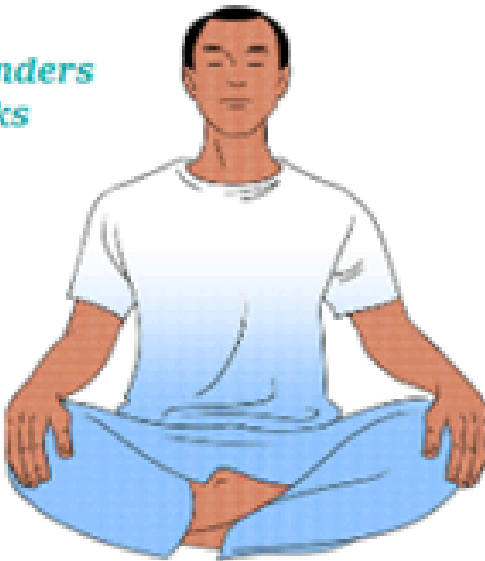
Day: (All)

Id: (All)

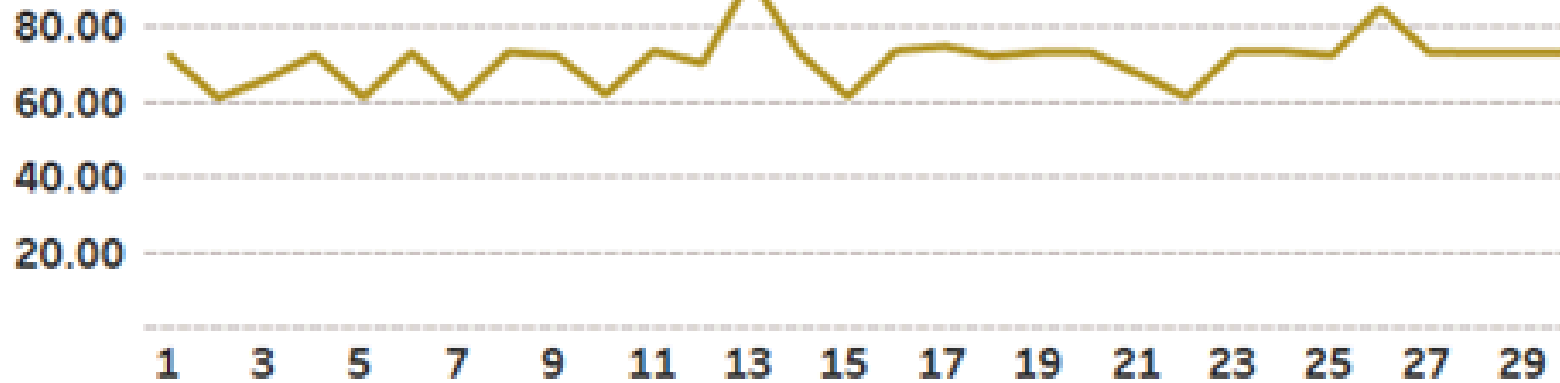
INSIGHTS

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

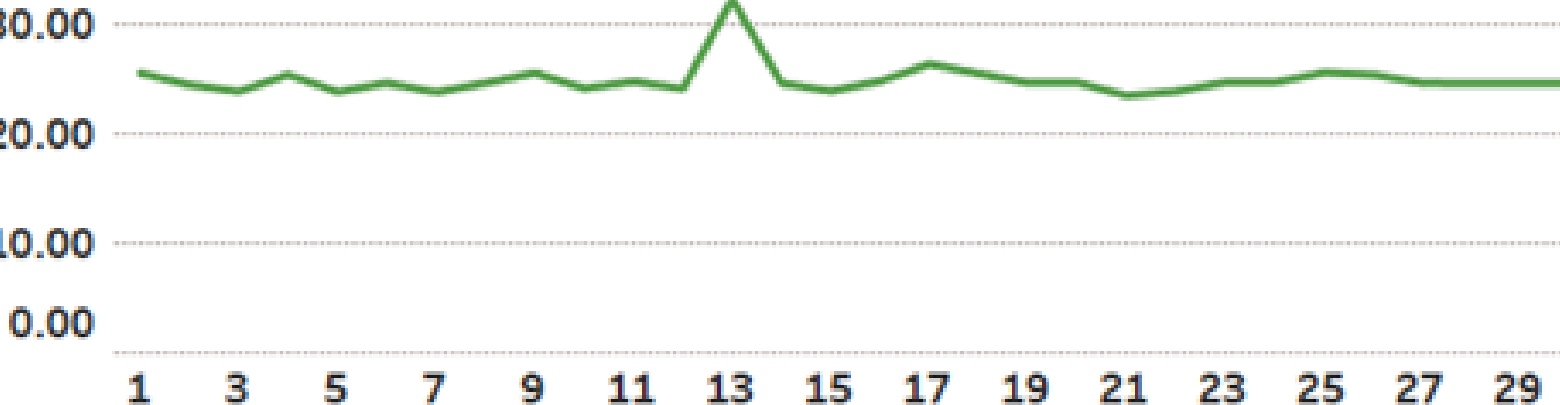
- 1. Users spend 81.2% of their time Inactive.
- 2. There is a positive relationship between the total number of steps and the total number of burned calories. The more steps taken the more calories burnt by the User.
- 3. The Users start their day between 6 am and 8 am. They are most active between 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