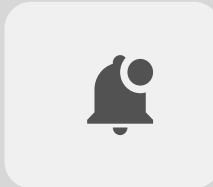




Healthy Lifestyle



Today ▾

Device Connected




Hello, Yemisi Adewusi

It look like you have not completed your exercise today


[View history >](#)



**104 bpm**


Heart Rate

Your Heart rate is normal

**5,435 steps**


Steps

Need 4,565 more steps to complete 10,000 steps

**95 mmHg**

Blood Pressure

Your Blood Pressure is normal

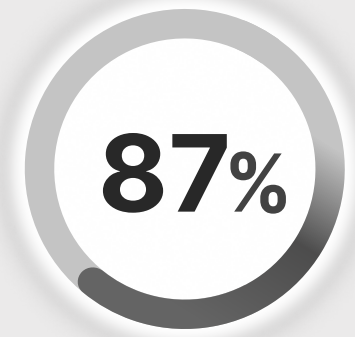
**2.1 hrs.**

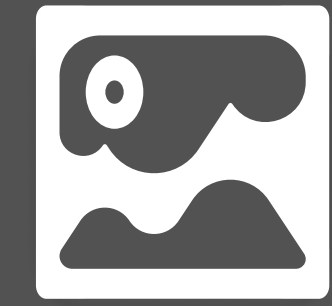
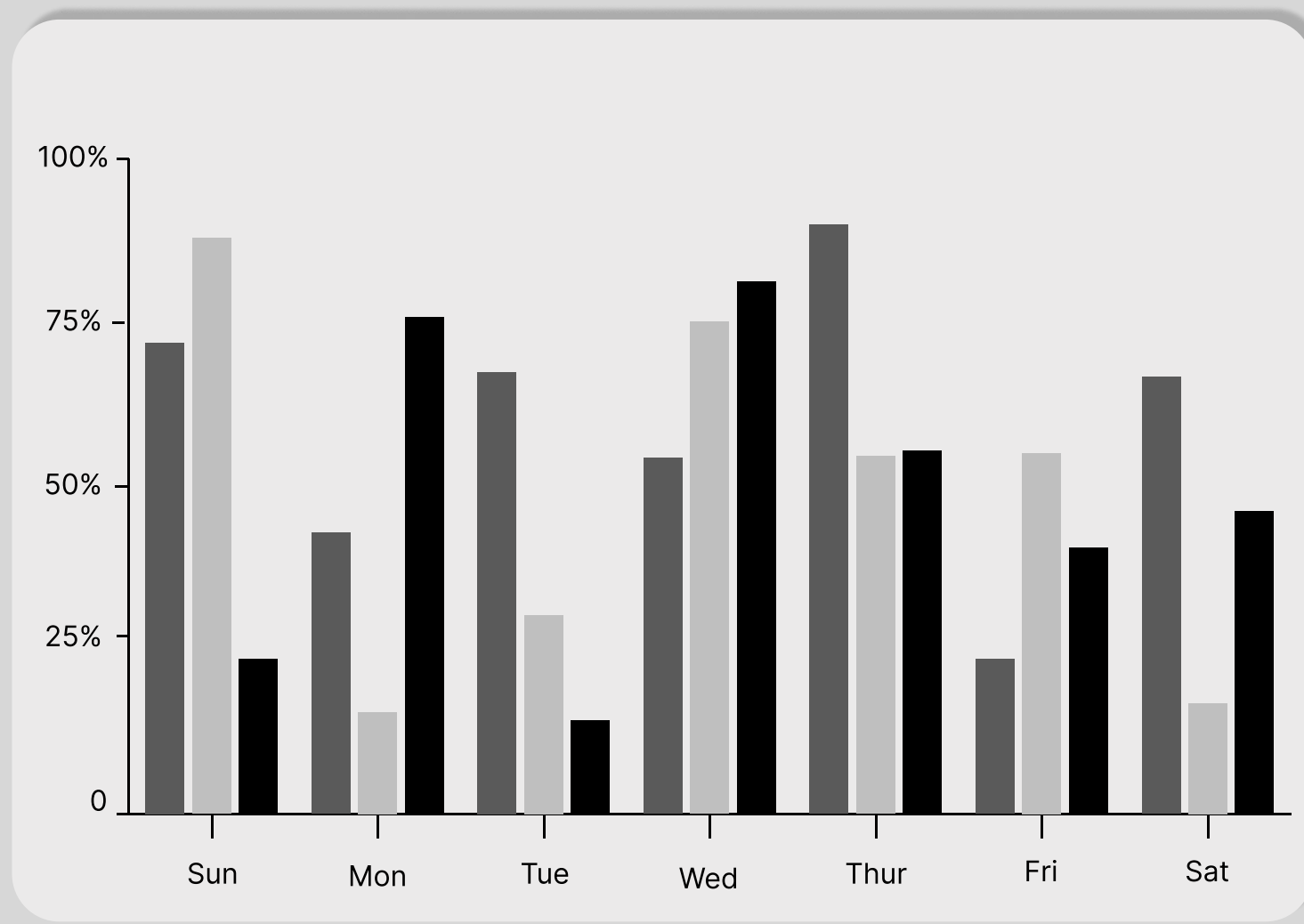
Sleep Condition

Take a break from work and take a nap


Overall Health

0.56% greater than last week

**87%**



Yemisi Adewusi
31 Years

**Weight**

73kg

**Height**

164cm

**Sign Out**

May 2024



Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

[+ Add Event](#)

- 10 AM
Dial into morning check-in
- 8:30 AM
Take Rocky for a walk