



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.

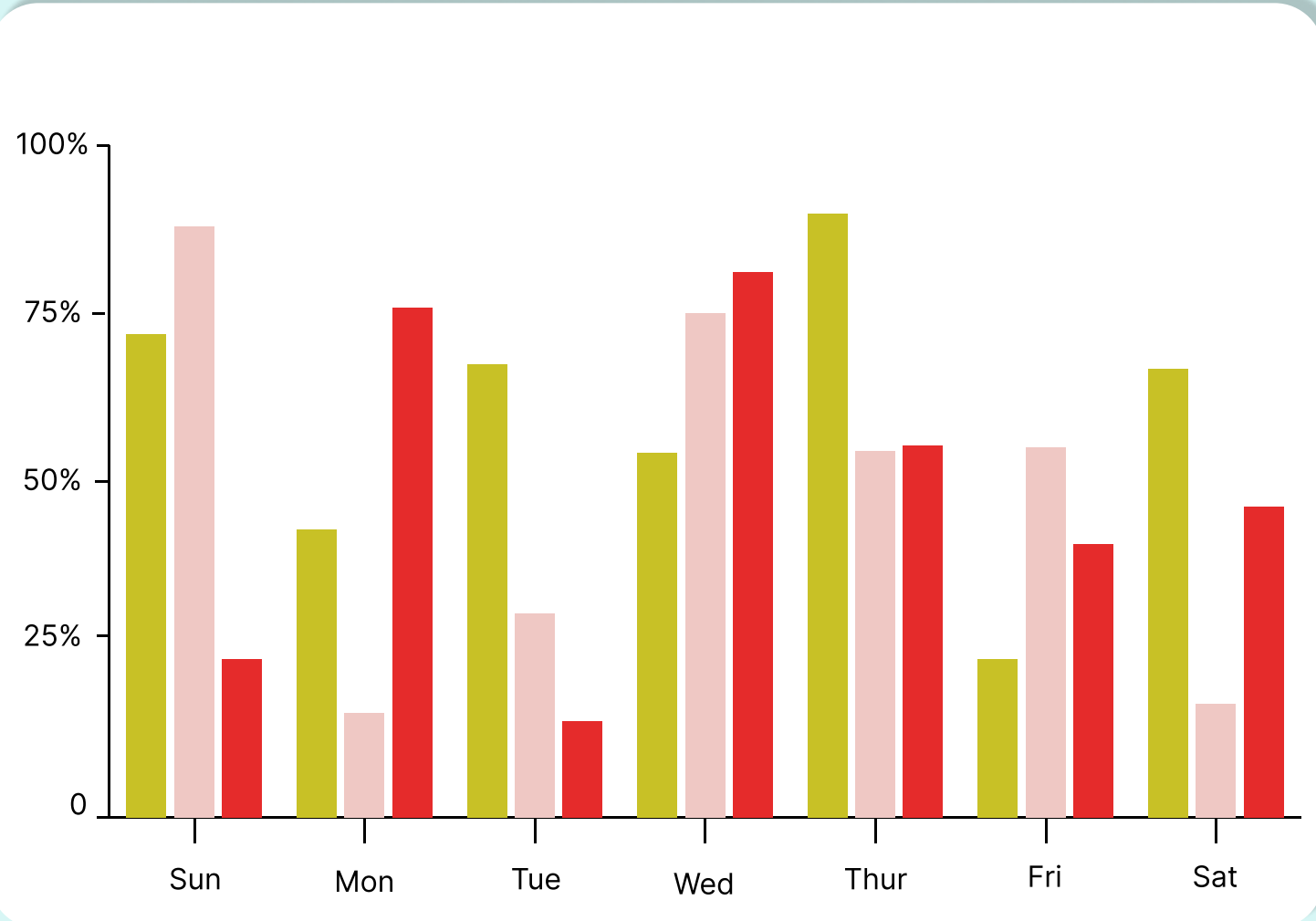
Sleep Condition

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