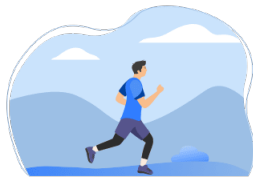




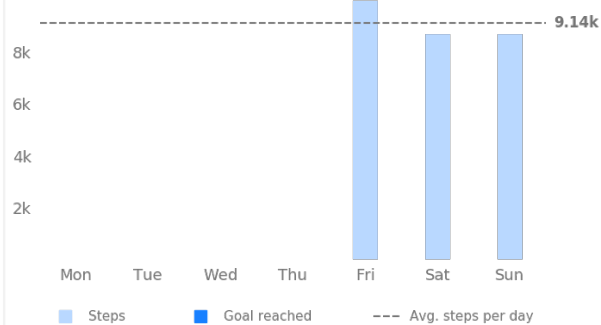
27406

**Total Steps**

▲ 12493 steps than last week

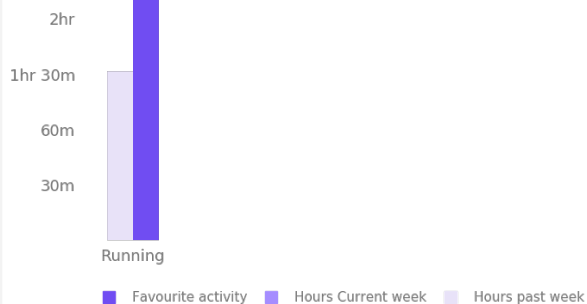


Day wise steps count



You are ahead of **70%** of the users

Top activities of the week



Your favourite activity: **Running** (performed 3 times)



**Activity**

Total: 3  
Duration: 2hr 14mins

▲ 0 activities than last week  
▲ 31.8% calories (avg.) burnt than last week

Heart rate zones



**5x Power,**  
30th Oct, 2023

Last badge won



**5x Power,**  
29th Oct, 2023



**5x Power,**  
28th Oct, 2023



**5x Power,**  
27th Oct, 2023

Recent badges won





**0 hour 0 minute**

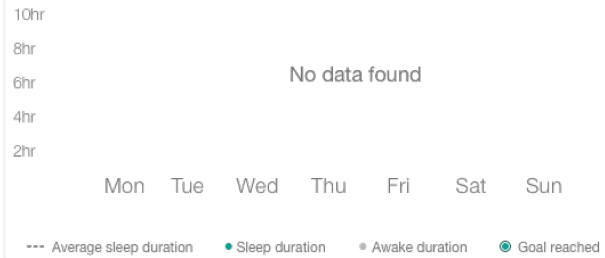
### Avg. sleep

▲ 0hr 0mins than last week

Average sleep score\*: 0 📉

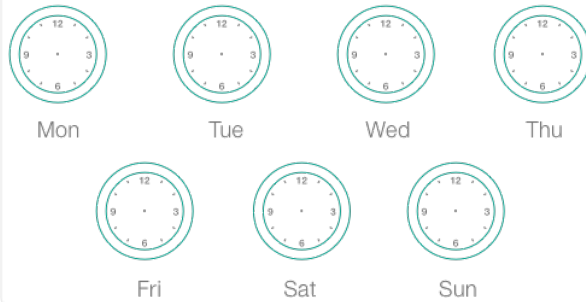


### Day wise sleep and awake duration



### Day wise sleep and wake up time

No data found



\* The watch uses algorithms and data points such as your heart rate variability, sleep time, wake time, duration, awake time etc. to calculate your sleep score.



**Vitals**



**91**  
Min. HR value,  
27th Oct,  
2023

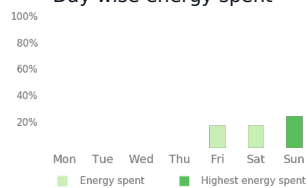


**167**  
Max. HR  
value,  
27th Oct,  
2023



**0**  
Sedentary  
alert times

### Day wise energy spent



Your most active day was **29th Oct, 2023**



### Disclaimer

For non-medical use only: The readings from the watch are not intended to be used for any medical or diagnostic purposes. Information provided by the device or software should not be treated as medical advice.

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