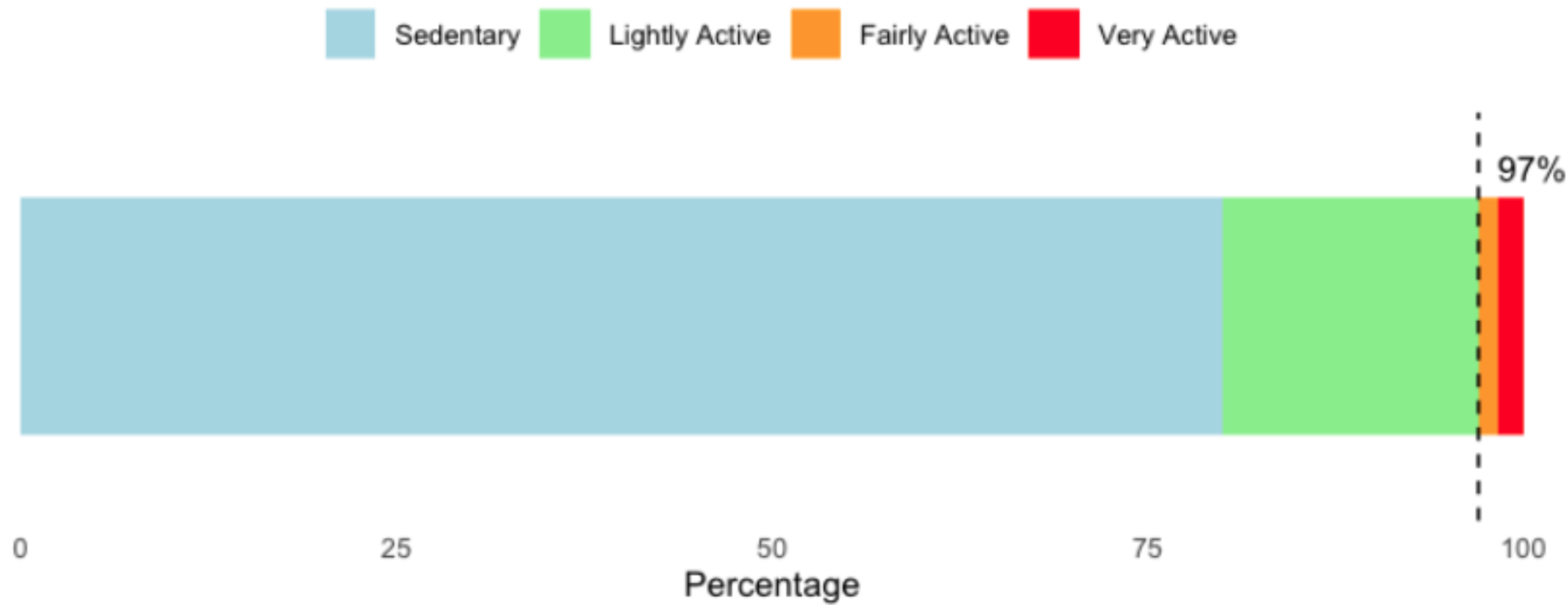
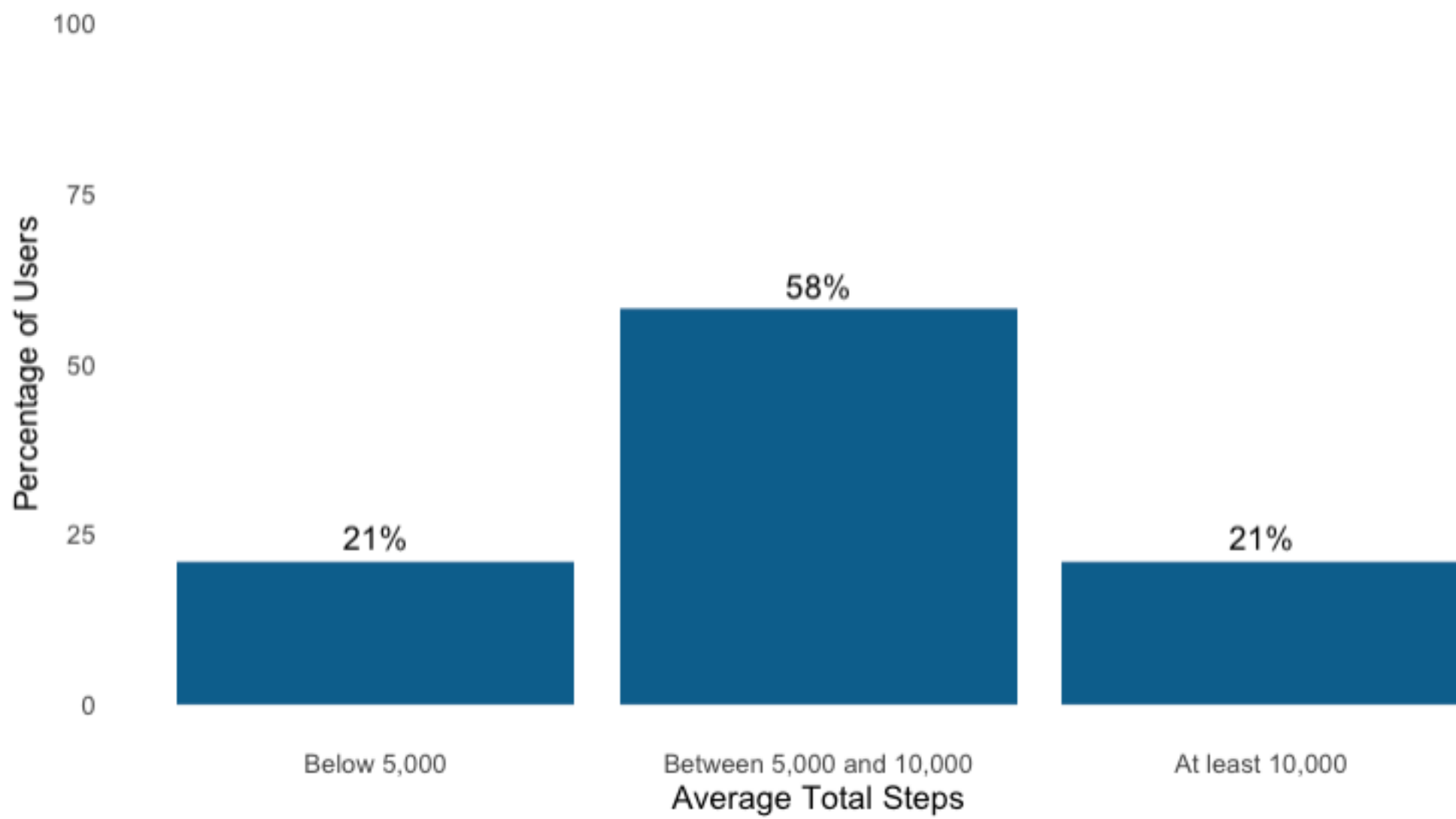


# Activity Insights

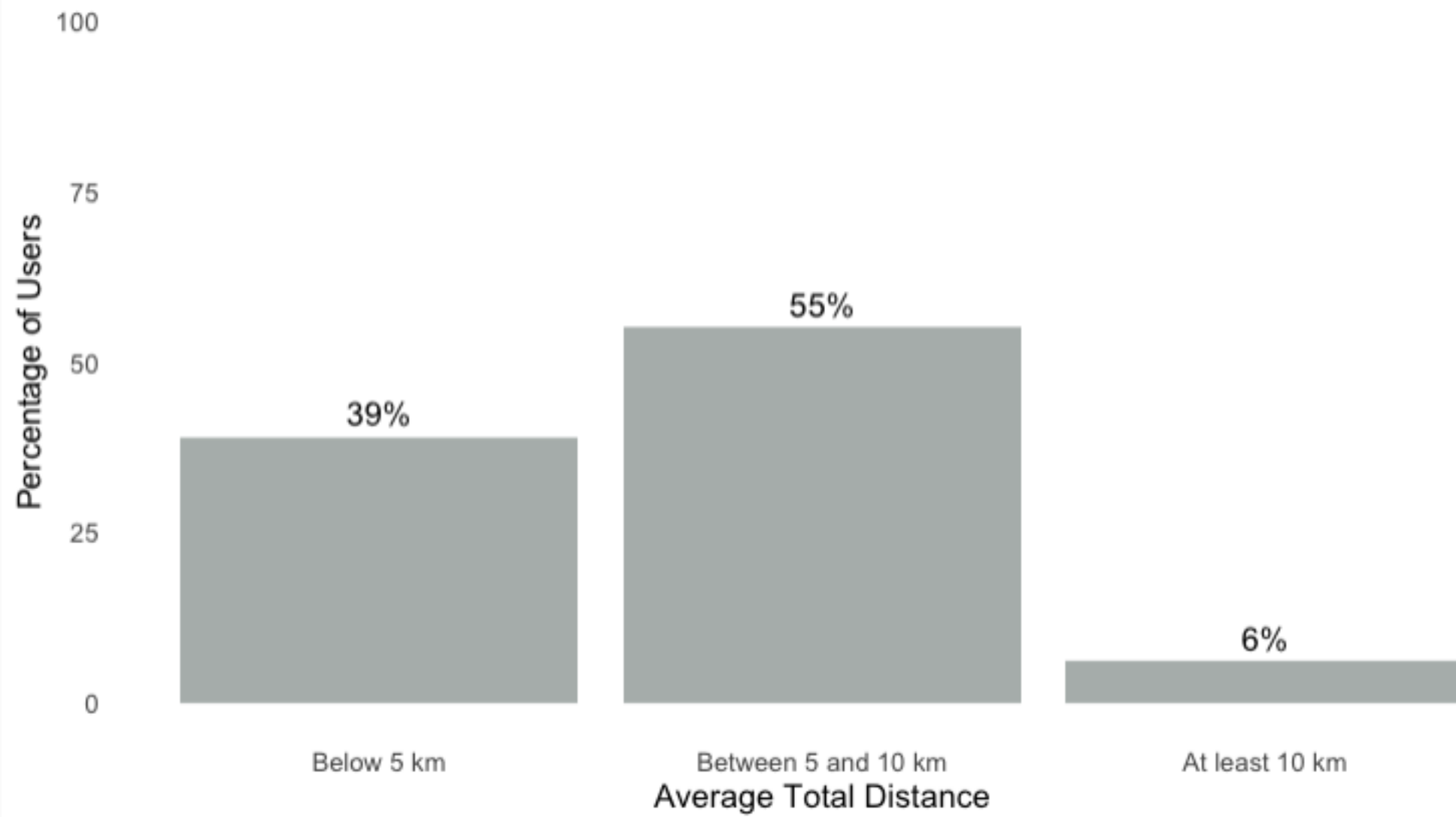
Users' Overall Average Intensity Minutes Consist Primarily of Sedentary and Lightly Active Time



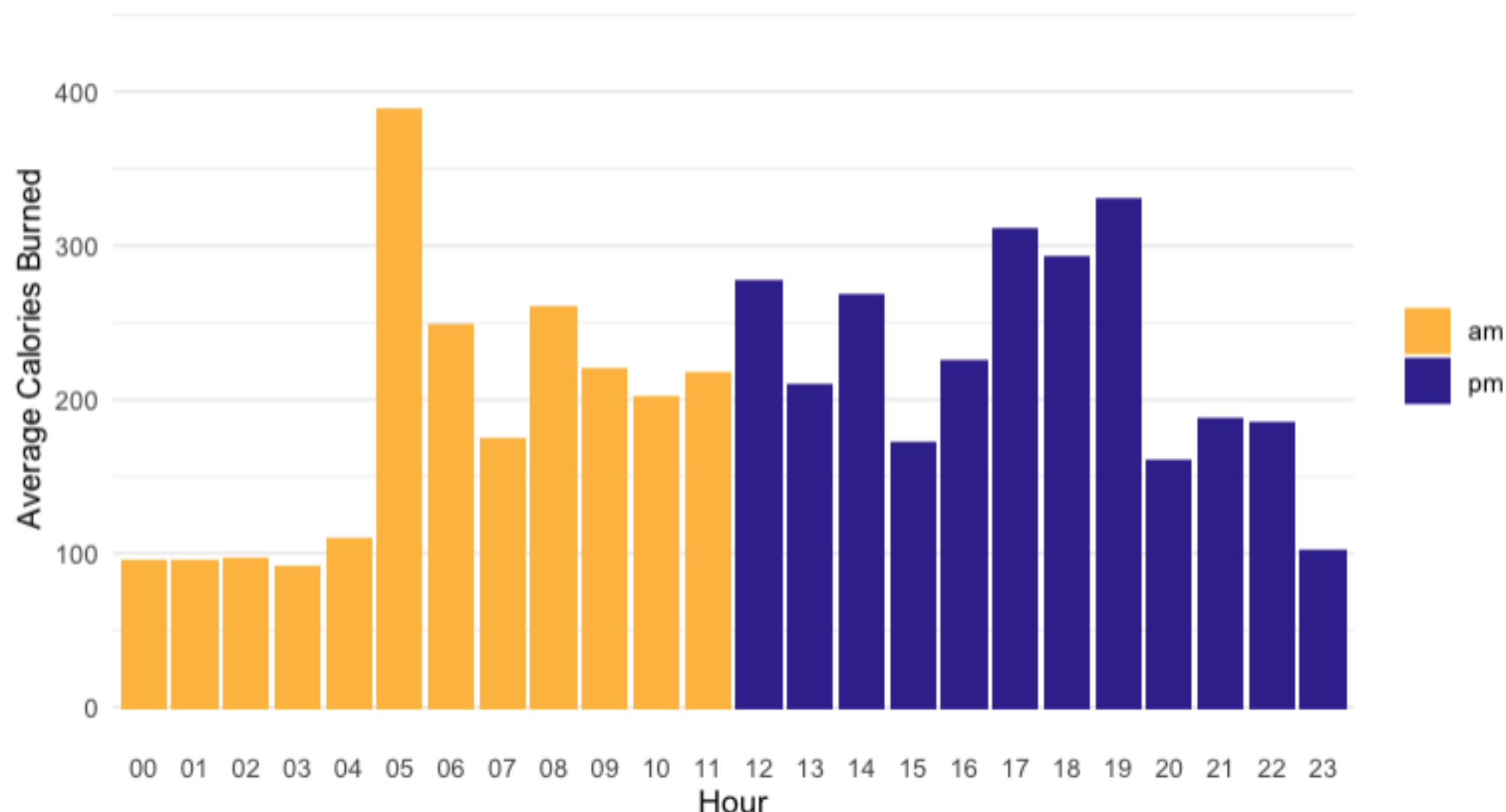
58% of Users Average 5,000-10,000 Step Daily  
Only 21% Achieve the 10,000-Step Goal



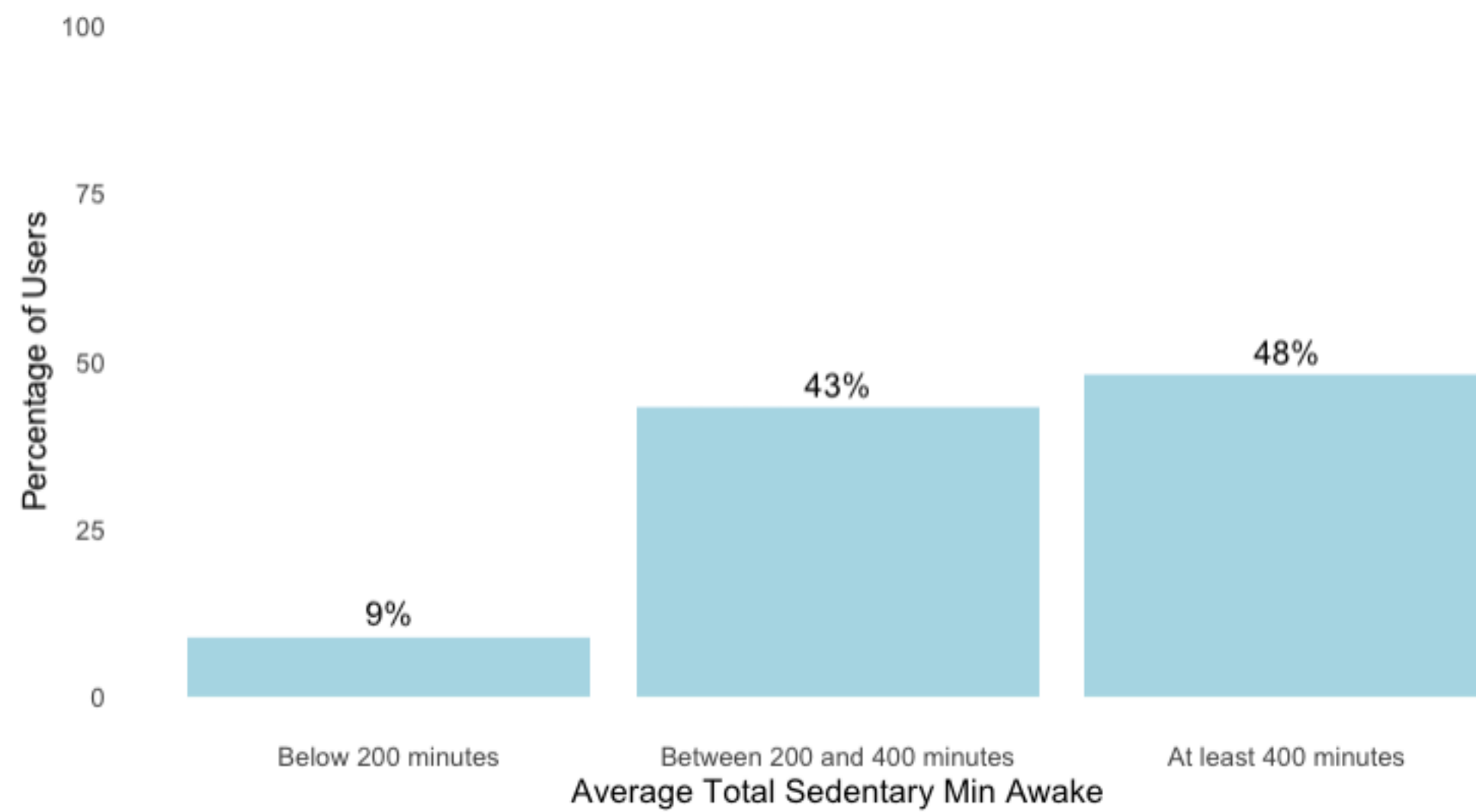
55% of Users Average 5-10 Kilometers Daily  
10,000 steps is approximately equal to covering 5 miles (or 8 kilometers)



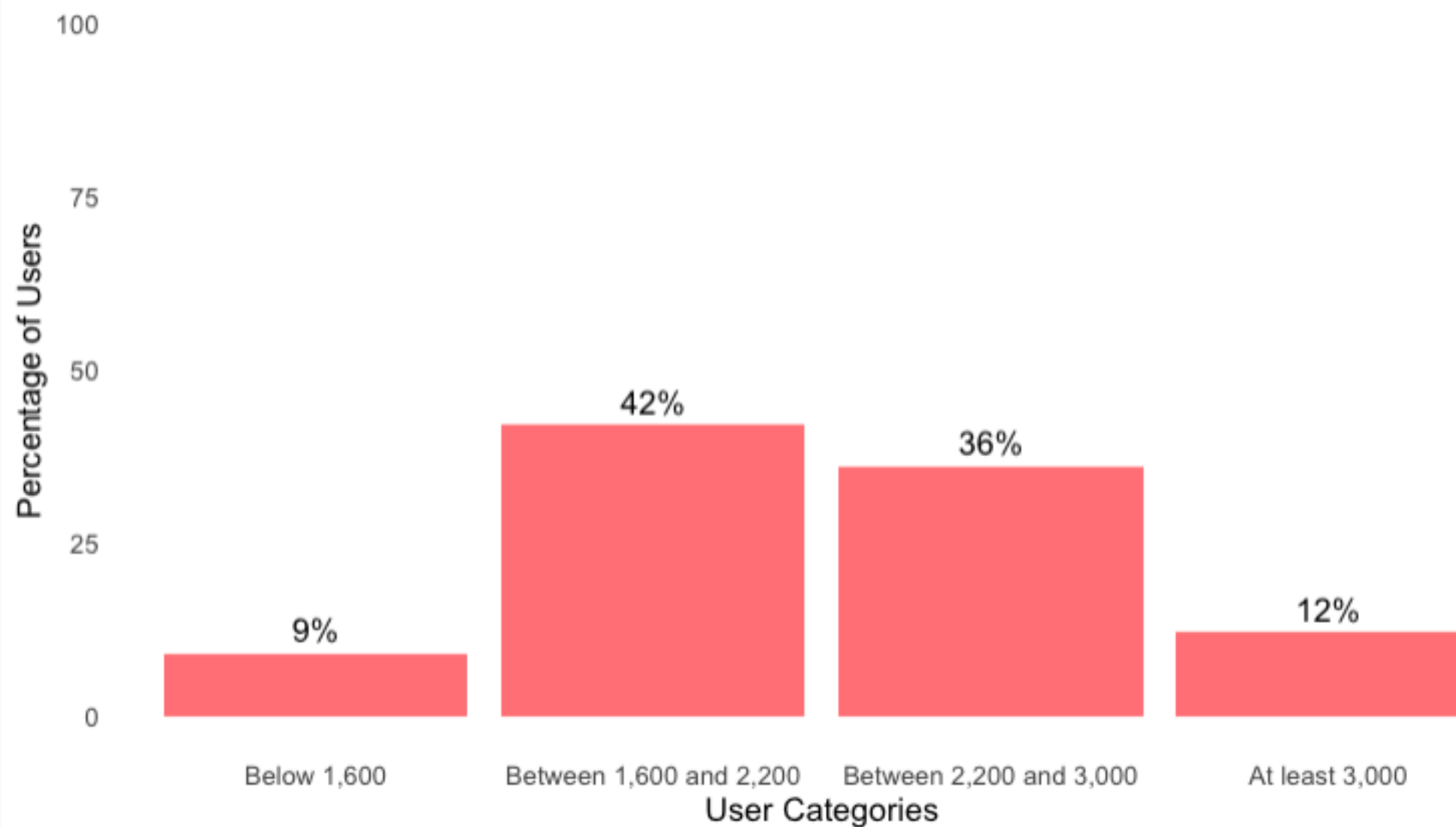
Average Calories Burned by Hour



48% of Users Have an Average of at Least 400 Daily Sedentary Minutes While Awake  
In a 2022 study, exceeding 6 hours a day was linked to higher body fat percentages in a representative sample.  
6 hours = 360 minutes

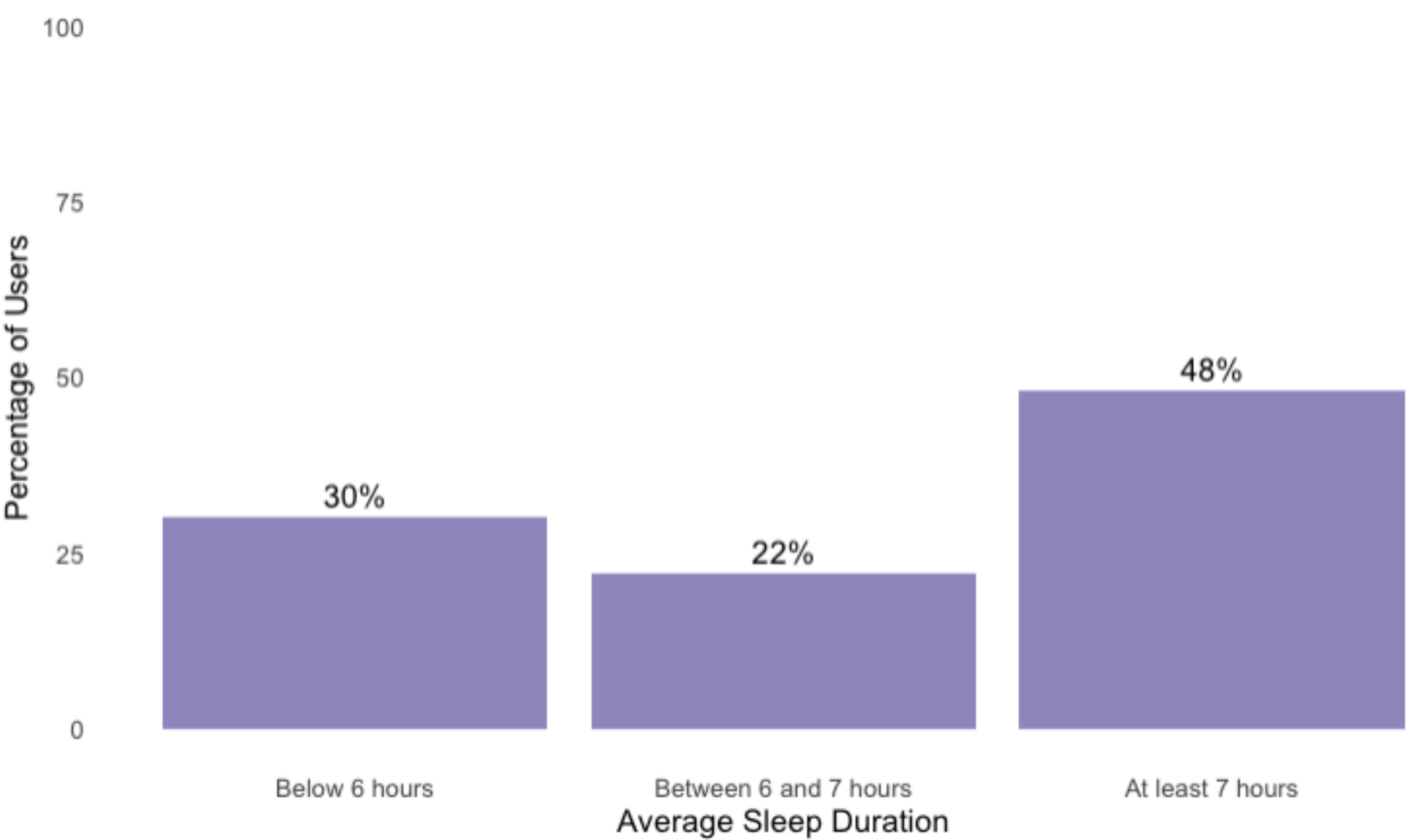


42% of Users Have an Average Daily Calorie Expenditure Between 1,600 and 2,200.  
Most females require 1,600 to 2,200 calories per day, as per the Dietary Guidelines for Americans, 2020-2025

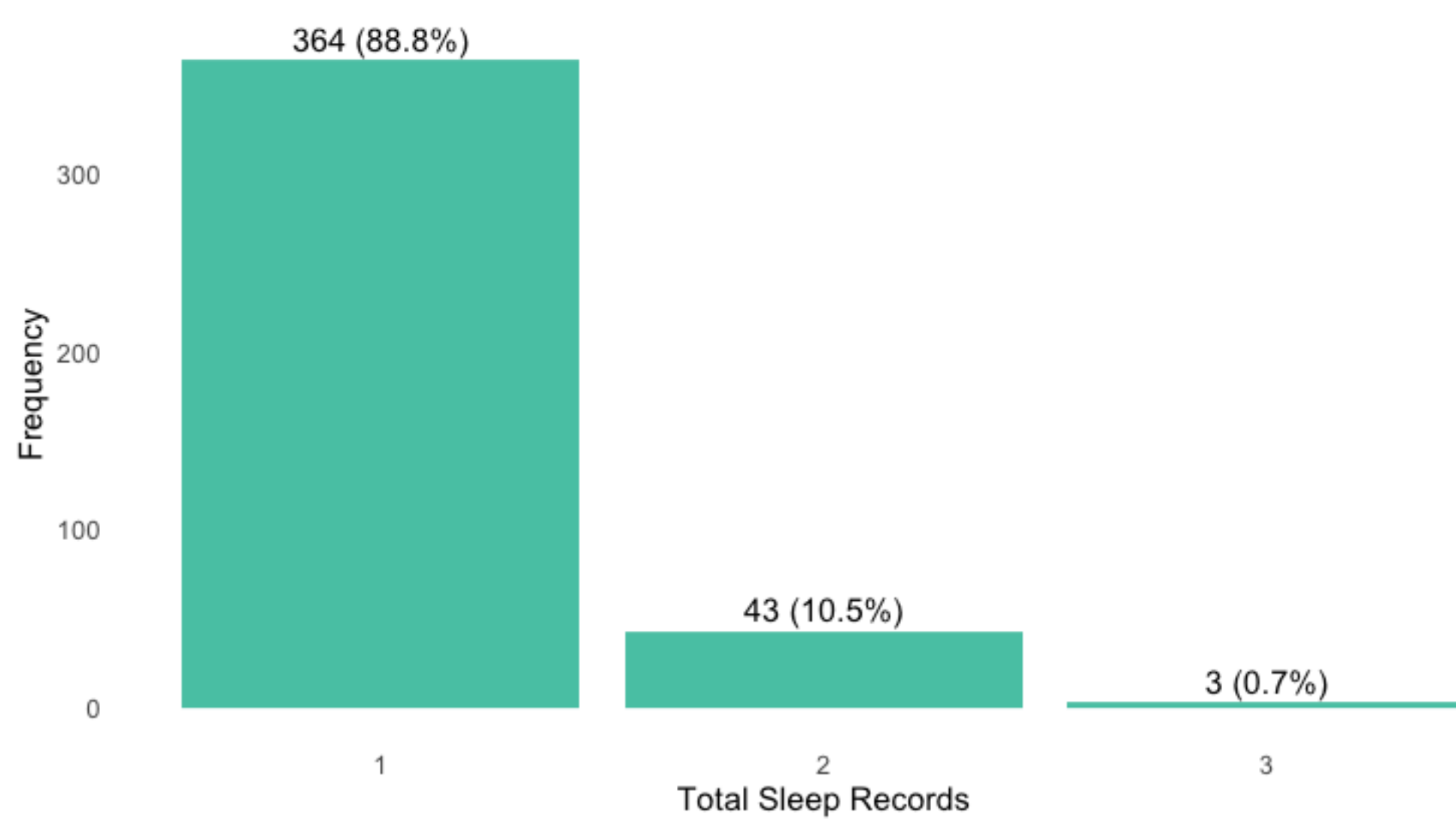


# Sleep Insights

52% of Users Get Less Than 7 Hours of Sleep on Average Daily



Uncommon Napping: 89% of Sleep Records Indicate a Singular Sleep Period.  
Includes naps > 60 min.



Comparison Sleeper Type for Average Sleep Hours

