

60-Day Metabolic Health Tracker Dashboard

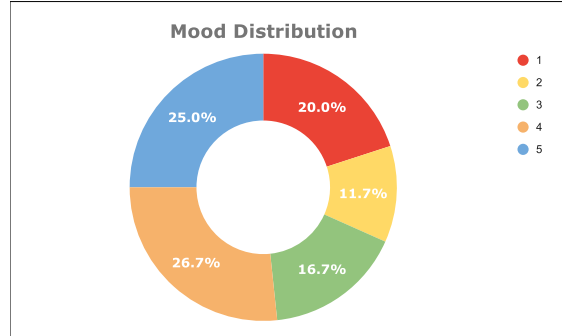
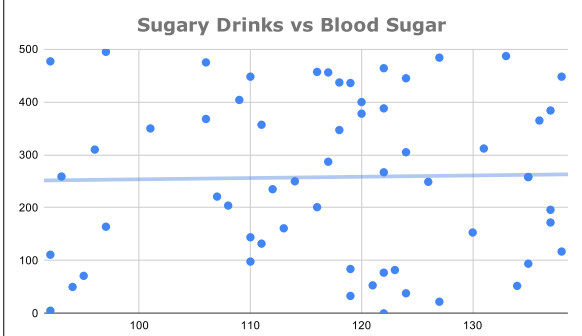
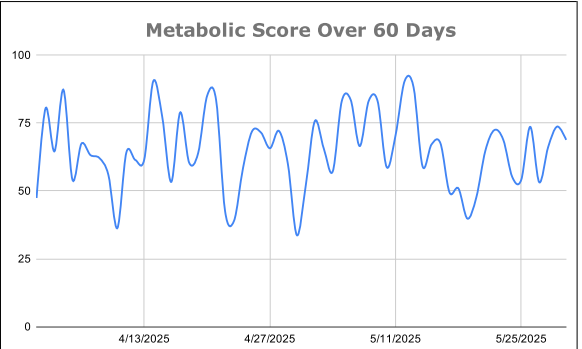
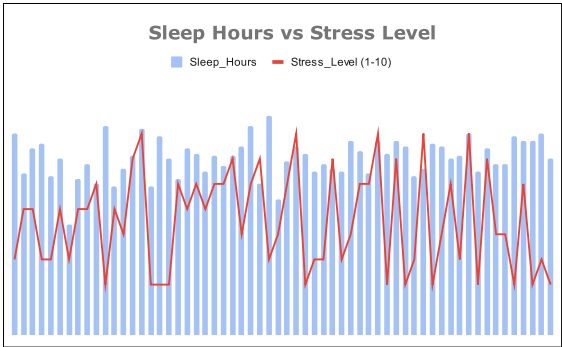
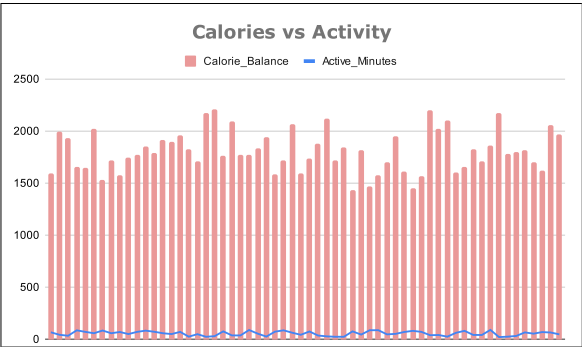
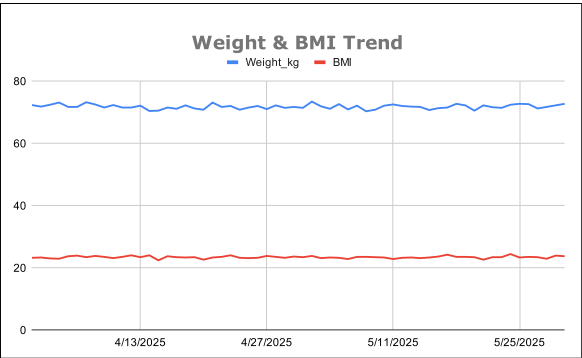
Average Sleep (Hours)
7

Average Steps
9028

Average Metabolic Score
65.1

Poor Sleep Days
25

Low Hydration Days
25



HYDRATION TIP:
You're under-hydrated. Have more water!

SLEEP TIP:
Good sleep habits maintained

METABOLIC SCORE TIP:
Healthy lifestyle maintained