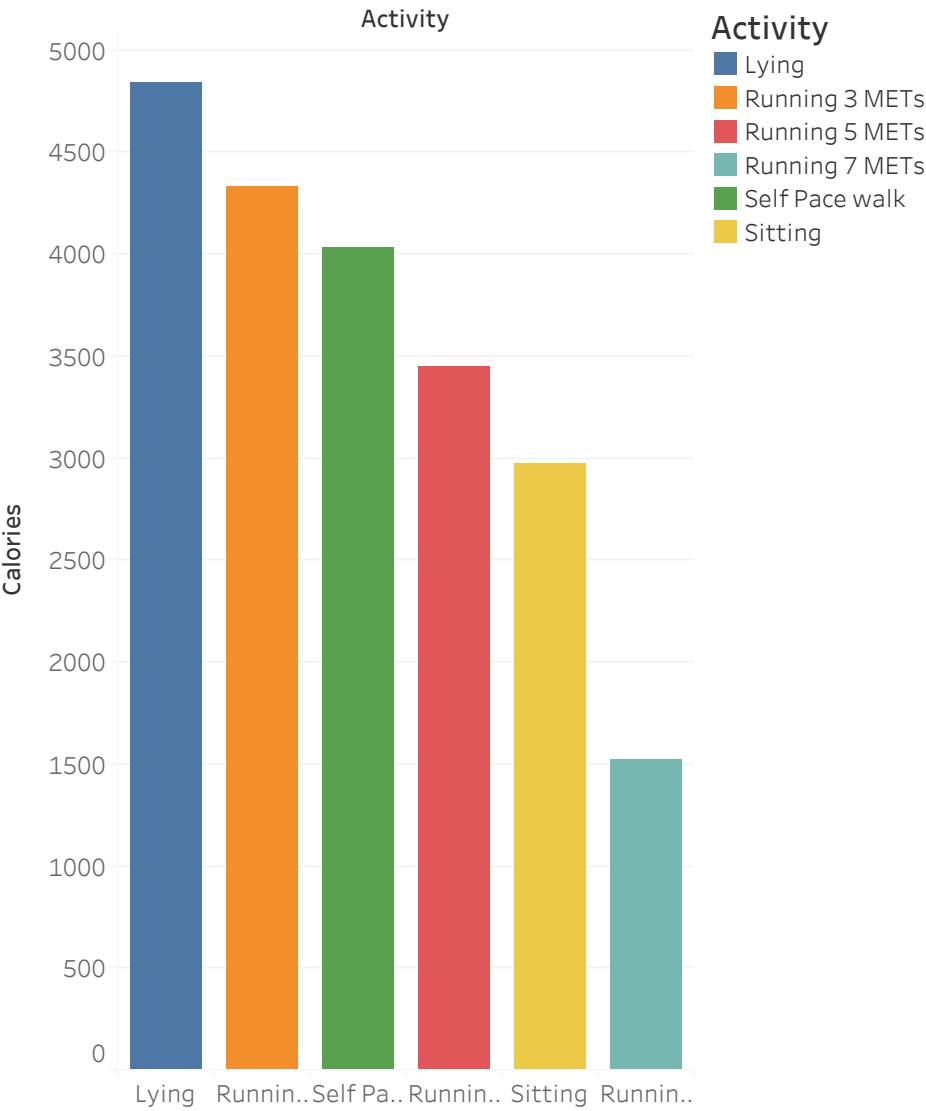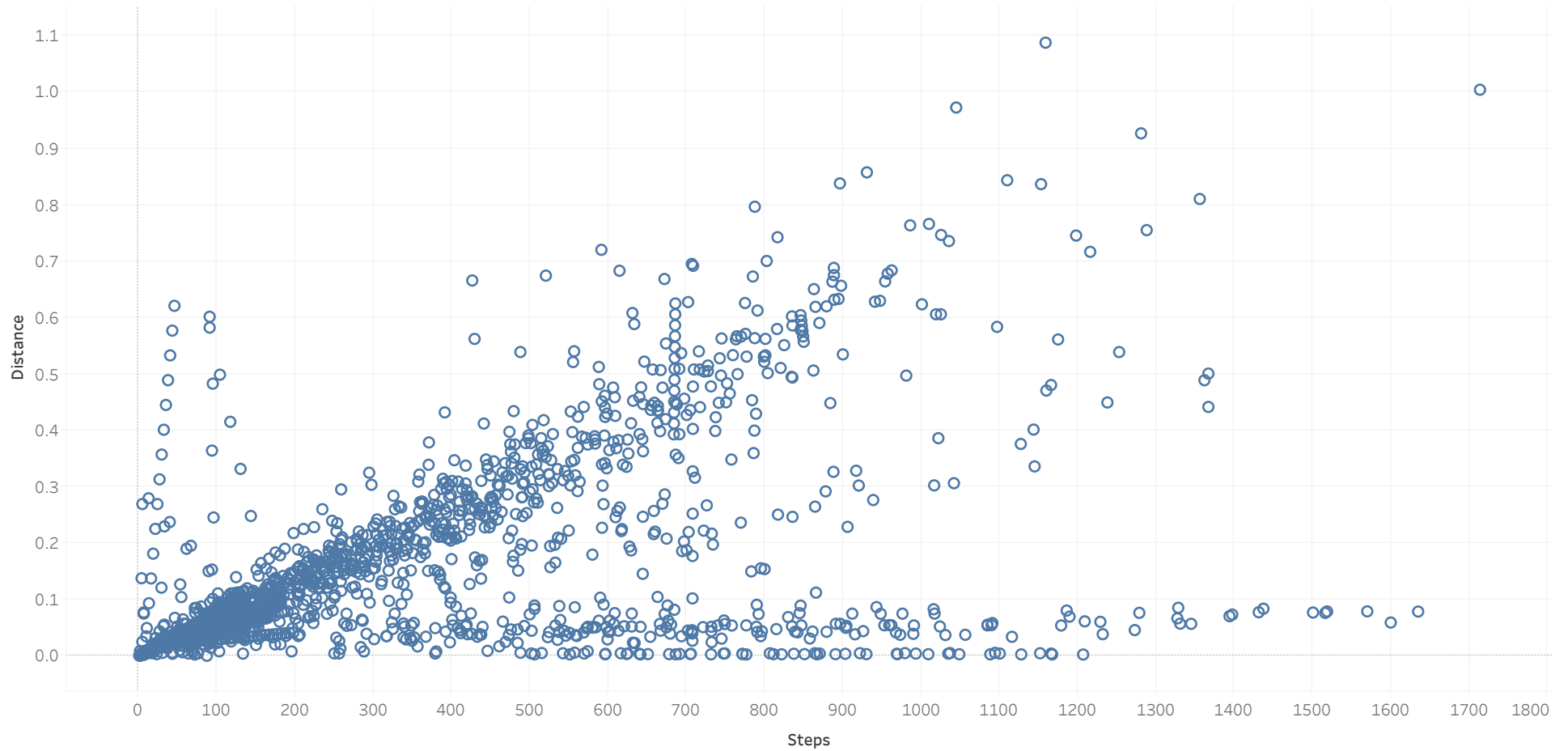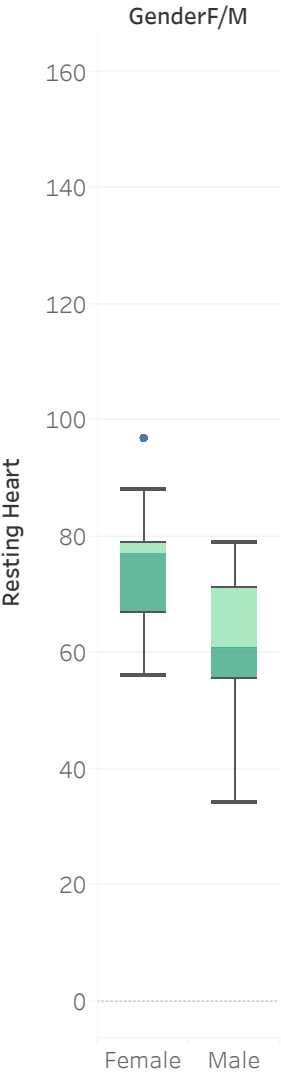# Calories Burned by Activity

Sum of Calories for each Activity. Color shows details about Activity. The data is filtered on Age and Device. The Age filter ranges from 18 to 56. The Device filter keeps apple watch.
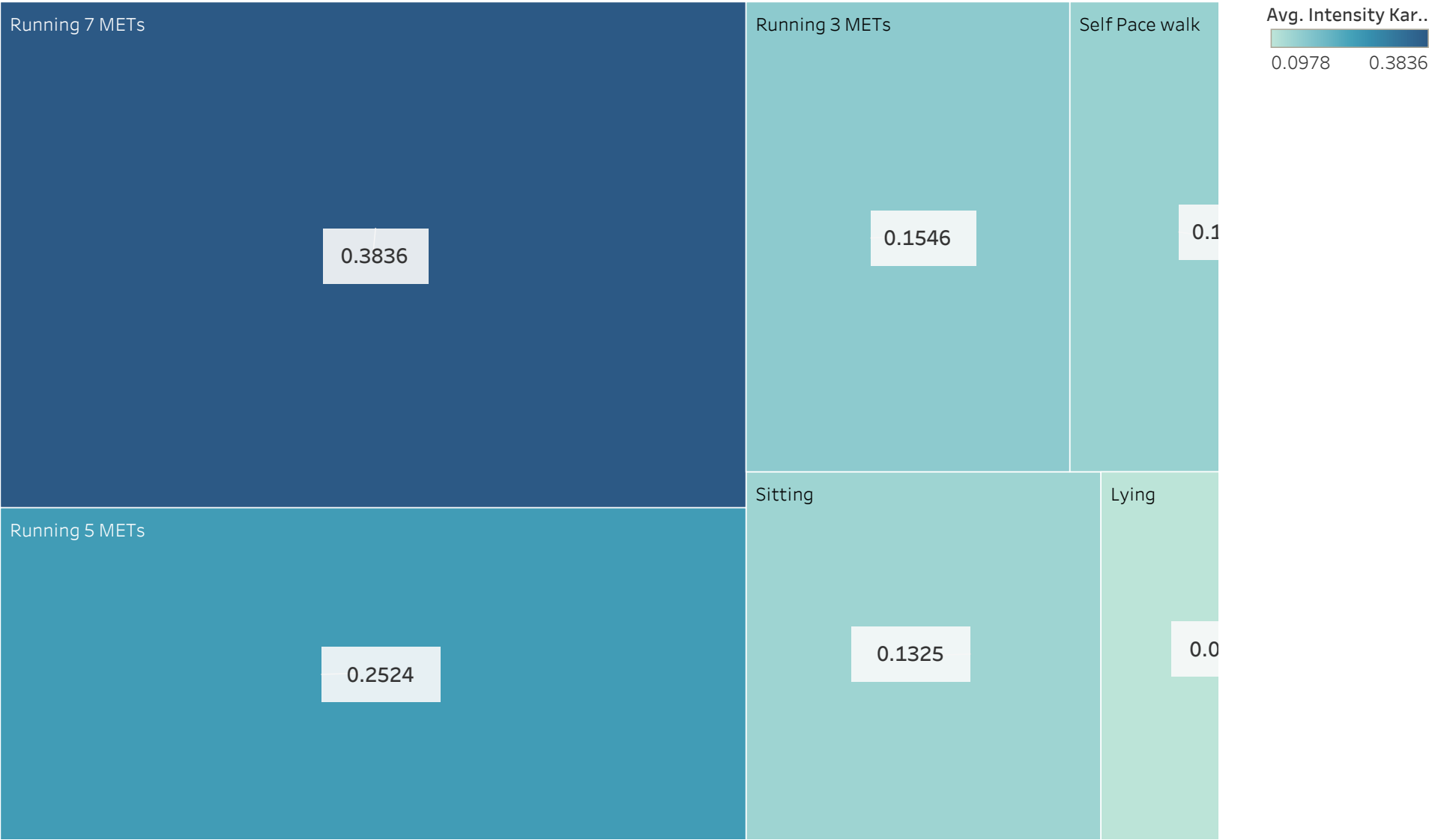
Steps vs Distance

Steps vs. Distance. The data is filtered on Age and Device. The Age filter ranges from 18 to 56. The Device filter keeps apple watch.

Resting Heart
Rate Box Plot

GenderF/M

Resting Heart for each
GenderF/M. The data is
filtered on Device and Age.
The Device filter keeps
apple watch. The Age
filter ranges from 18 to
56.

Average Intensity of the Physical Activity

Running 7 METs		Running 3 METs	Self Pace walk
	0.3836	0.1546	0.1

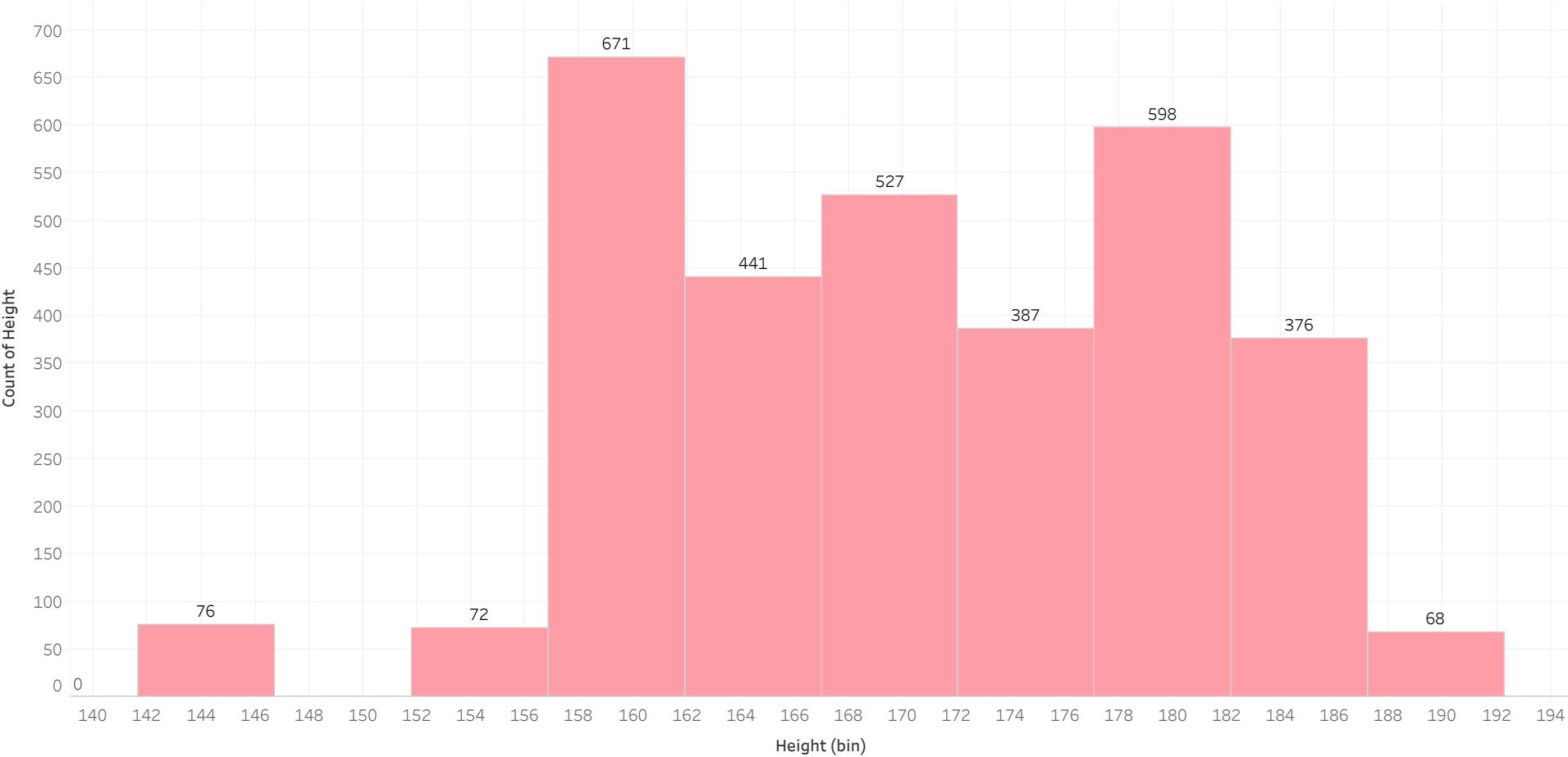| Running 5 METs		Sitting	Lying
	0.2524	0.1325	0.0

Activity. Color shows average of Intensity Karvonen. Size shows average of Intensity Karvonen. The marks are labeled by Activity. The data is filtered on Device and Age. The Device filter keeps apple watch. The Age filter ranges from 18 to 56.

Average Intensity of the Physical Activity

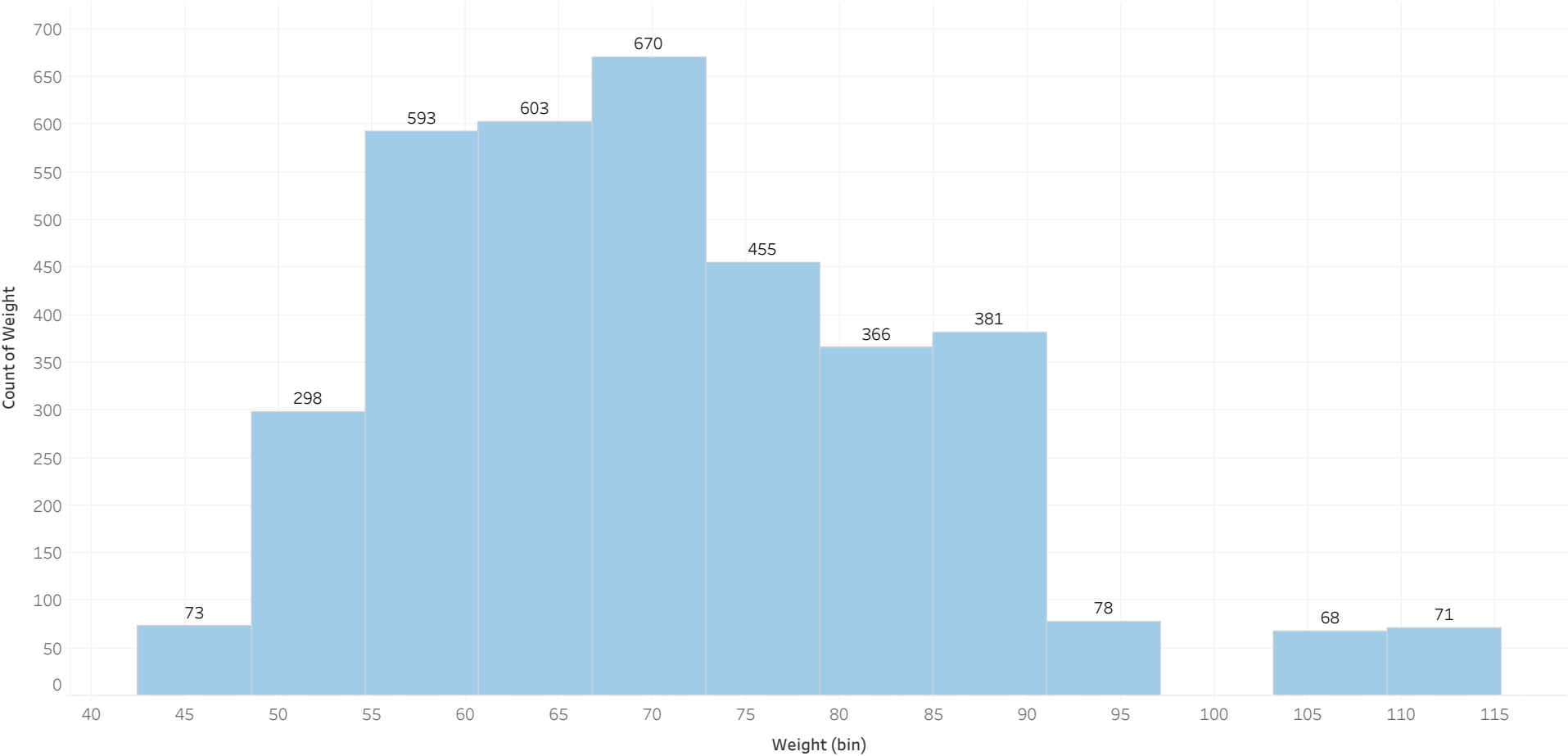Avg. Intensity Kar..

0.0978   0.3836

.400

978

Activity. Color shows average of Intensity Karvonen. Size shows average of Intensity Karvonen. The marks are labeled by Activity. The data is filtered on Device and Age. The Device filter keeps apple watch. The Age filter ranges from 18 to 56.

Height Distribution

The trend of count of Height for Height (bin). The data is filtered on Device and Age. The Device filter keeps apple watch. The Age filter ranges from 18 to 56. The view is filtered on Height (bin), which keeps non-Null values only.

Weight Distribution

The trend of count of Weight for Weight (bin). The data is filtered on Device and Age. The Device filter keeps apple watch. The Age filter ranges from 18 to 56.

Avg Calories

Average Calories Burnt

5.784

Avg Calories Burnt . Color shows Avg
Calories Burnt . The data is filtered on Device
and Age. The Device filter keeps apple watch.
The Age filter ranges from 18 to 56.

Avg Calories Burnt

5.784

Correlation between Heart Rate and Steps

Correlation b/w Heart Rate & Steps
0.006167

Avg. Corr Heart St..

0.006167

Average of Corr Heart Steps. Color shows average of Corr Heart Steps. The data is filtered on Device and Age. The Device filter keeps apple watch. The Age filter ranges from 18 to 56.

Heart Rate Variability

6.124

Entropy Heart

22,389

Average of Entropy Heart. Color shows sum of Entropy Heart. The data is filtered on Device and Age. The Device filter keeps apple watch. The Age filter ranges from 18 to 56.

Activity Tracker Dashboard

Average Calories Burnt
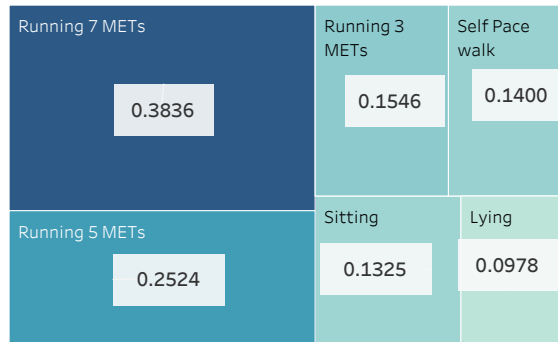5.784

Correlation b/w Heart Rate & Steps
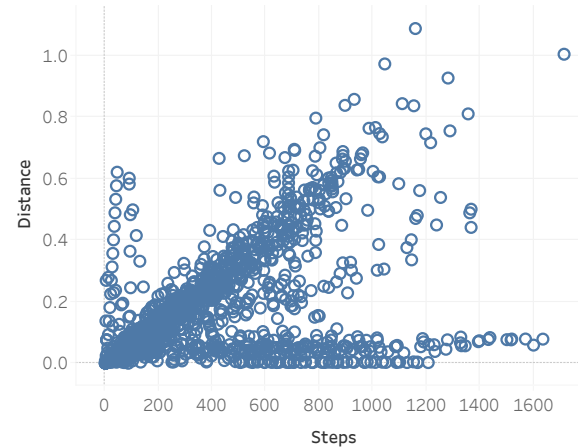0.006167

Heart Rate Variability
6.124

Average Intensity of the Physical Activity
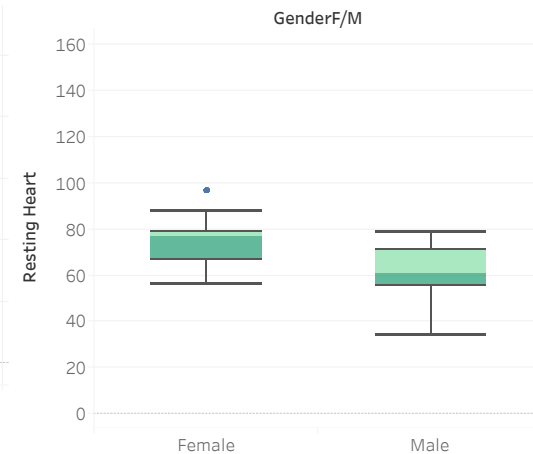
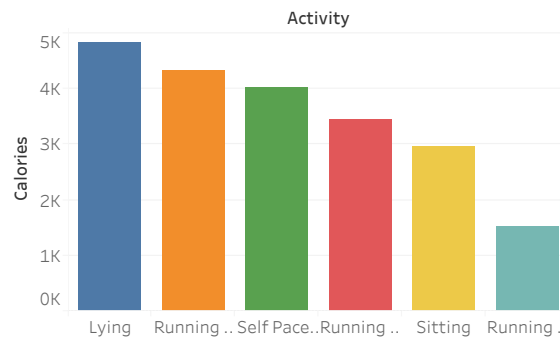| Running 7 METs			
0.3836	Running 3 METs	Self Pace walk	
	0.1546	0.1400	
Running 5 METs	Sitting	Lying	
0.2524	0.1325	0.0978	

Steps vs Distance

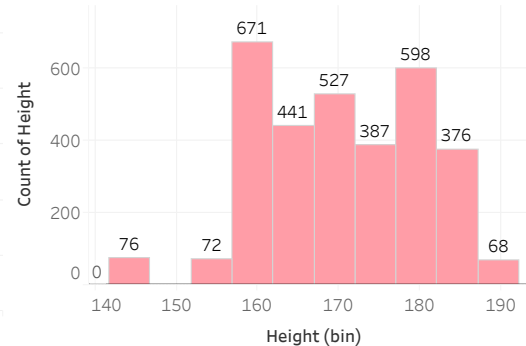## Resting Heart Rate Box Plot

GenderF/M

Activity
- Lying
- Running 3 METs
- Running 5 METs
- Running 7 METs
- Self Pace walk
- Sitting

Calories Burned by Activity

Activity

Height Distribution

Weight Distribution