



**Let's start your
health journey
today with us!**

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TUES 11 JUL

Overview

[All data](#)

Health Score

78

Based on your overview health tracking, your score is 78 and consider good..

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Highlights

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Steps

11,857

updated 15 min ago



Cycle tracking

12 days before period

updated 30m ago



Sleep

7 h 31 min

updated a day ago



Nutrition

960 kcal

updated 5 min ago

This week report

[View more](#)

Steps

697,978



Workout

6h 45min



Water

10,659 ml



Sleep

29h 17min

Blogs

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Nutrition

More about Apples: Benefits, nutrition, and tips

[78 votes](#)[Tell me more](#)

Lifestyle

The side to max

[54 votes](#)

Overview



Explore



Sharing



All Health Data



Double Support Time

**29.7** %

Steps

**11,875** steps

Cycle tracking

**08 April**

Sleep

**7 hr 31** min

Heart

**68** BPM

Burned calories

**850** kcal

Body mass index

**18,69** BMI

Overview



Explore

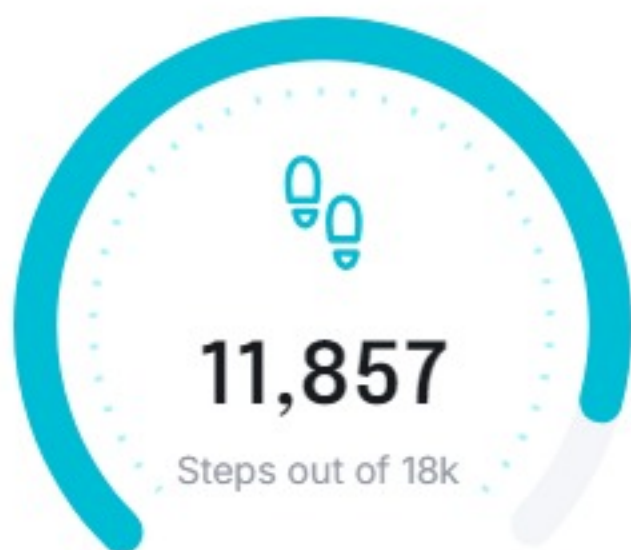


Sharing



Steps

You have achieved
80% of your goal
today



850 kcal



5 km

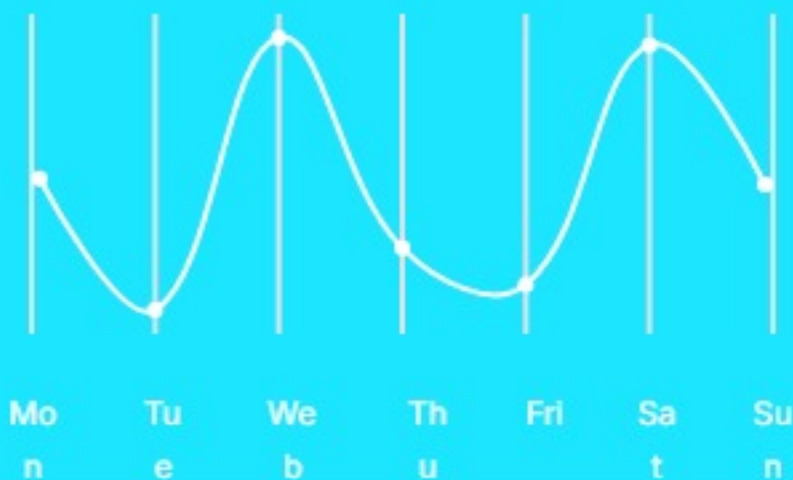


120 min

Today

Weekly

Monthly





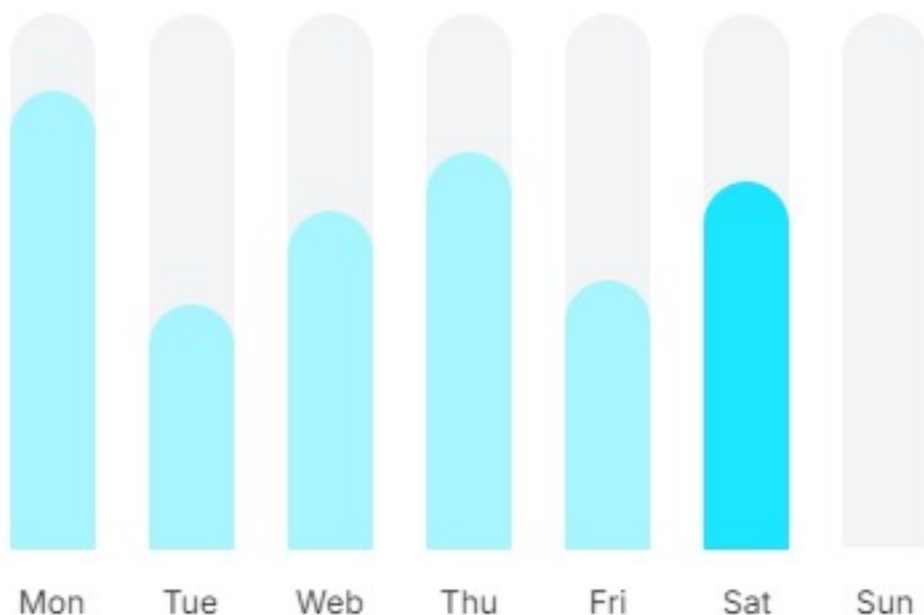
Sleep

Your average time of
sleep a day is **7h 31
min**

Today

Weekly

Monthly



Sleep rate

82%

Deepsleep

1h 3min

Set your schedule

[Edit](#)

Bedtime

22:00 pm

Wake up

07:30 am



Cycle tracking

M

T

W

T

F

S

S

06

07

08

09

10

11

12

Period in
12 days

Low chance of getting pregnant

Edit period dates

How are you feeling today?



Share your
symptoms with us



Here's your daily
insights

Menstrual health

[View more >](#)



Craving sweets on
your period? Here's
why & what to do
about it



Is birth control
for your men
health?



Nutrition

You have
consumed **960 kcal**
today



Fat

80g

40%



Protein

160g

56%



Carbs

230g

62%



Add meals

 Search topic

For you



Nutrition



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Nutrition

**More about Apples:
Benefits, nutrition, and
tips**


 78 votes

[Tell me more >](#)



Lifestyle

**The sie
to max**

 54 votes

Collection

[View more >](#)



Overview



Explore



Sharing

Sharing



Keep your health in check

Keep loved ones informed about your condition.



Protect your privacy

Share key conclusions. Stop anytime.



Notifications

Get notified of updates to shared dashboards.



Start sharing



Setting



Overview



Explore



Sharing