Wellness Report - kevin Burrell

16 October, 2025 - 23 October, 2025

Report Generated: 26 October, 2025

Resting Heart Rate 🤎



Resting heart rate (RHR) is derived from a person's average sleeping heart rate. Fitbit tracks heart rate with photoplethysmography. This technique uses sensors and green light to detect blood volume when the heart beats. If a Fitbit device isn't worn during sleep, RHR is derived from daytime sedentary heart rate. According to the American Heart Association, a normal RHR is between 60-100 beats per minute (bpm), but this can vary based upon your age or fitness level.

Daily Resting Heart Rate



Period	Average Resting Heart Rate	Max Resting Heart Rate	Min Resting Heart Rate
30 days			
3 months			
6 months			
1 year			

Steps Count

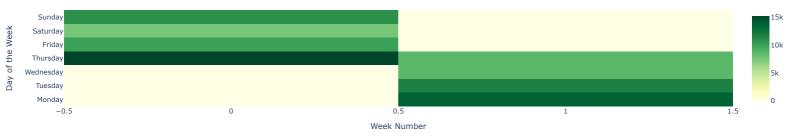
Fitbit devices use an accelerometer to track steps. Some devices track active minutes, which includes activities over 3 metabolic equivalents (METs), such as brisk walking and cardio workouts.

Daily Steps Count





Weekly Steps Heatmap



Period	Average Steps Count	Max Steps Count	Min Steps Count
30 days			
3 months			
6 months			
1 year			

Activity 🏃

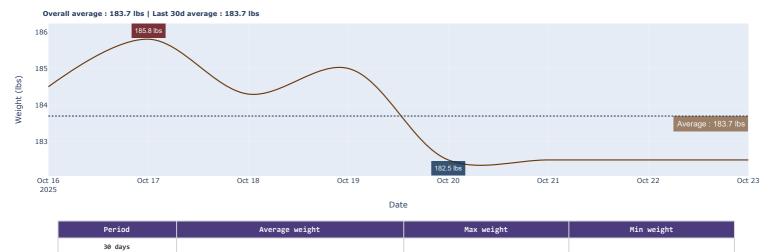
Heart Rate Zones (fat burn, cardio and peak) are based on a percentage of maximum heart rate. Maximum heart rate is calculated as 220 minus age. The Centers for Disease Control recommends that adults do at least 150-300 minutes of moderate-intensity aerobic activity each week or 75-150 minutes of vigorous-intensity aerobic activity each week.



Weight Log 🚇

Fitbit connects with the Aria family of smart scales to track weight. Weight may also be self-reported using the Fitbit app. Studies suggest that regular weigh-ins may help people who want to lose weight.

Weight



SpO2



A pulse oximeter reading indicates what percentage of your blood is saturated, known as the SpO2 level. A typical, healthy reading is 95–100%. If your SpO2 level is less than 92%, a doctor may recommend you get an ABG. A pulse ox is the most common type of test because it's noninvasive and provides quick readings.

SPO2 Percentage

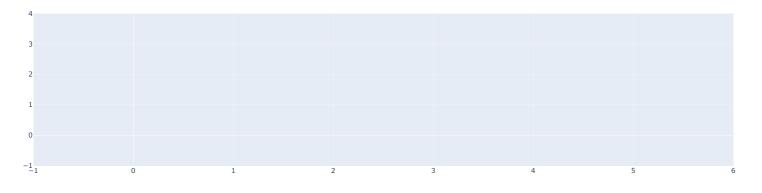
3 months 6 months 1 year



1 year

Oxygen Variation (EOV) 🧥

EOV (Estimated Oxygen Variation) measures fluctuations in blood oxygen levels during sleep. Higher EOV scores may indicate breathing disturbances or sleep apnea. Lower, more stable scores indicate healthier breathing patterns.



No EOV data available for this period

Heart Rate Variability (HRV) 💗

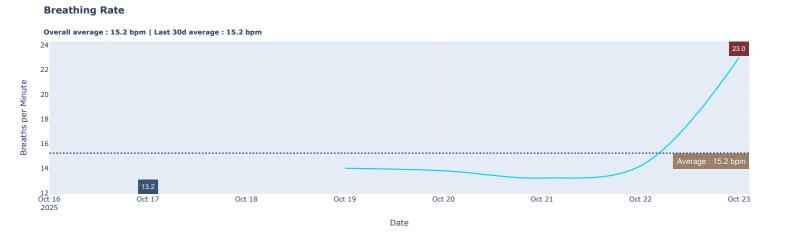
Heart Rate Variability measures the variation in time between heartbeats. Higher HRV generally indicates better cardiovascular fitness and stress resilience. HRV is measured in milliseconds (ms) and varies by age, fitness level, and individual factors.

Heart Rate Variability (HRV) Overall average: 20.8 ms | Last 30d average: 20.8 ms 23 22.52 HRV (ms) 20 19 Oct 17 Oct 18 Oct 19 Oct 20 Oct 22 Oct 16 Oct 23 Date Period Min HRV 30 days 3 months 1 year

Breathing Rate 🧥



Breathing rate is the number of breaths per minute during sleep. A normal breathing rate for adults is typically between 12-20 breaths per minute. Fitbit calculates this using movement and heart rate sensors during sleep.



Period	Average Breathing Rate	Max Breathing Rate	Min Breathing Rate
30 days			
3 months			
6 months			
1 year			

Cardio Fitness Score (VO2 Max) 🏃



Cardio Fitness Score estimates your VO2 Max - the maximum amount of oxygen your body can use during exercise. Higher scores indicate better cardiovascular fitness. Scores are personalized based on your age, sex, and fitness data.

Cardio Fitness Score (VO2 Max)



Period	Average Cardio Fitness Score	Max Cardio Fitness Score	Min Cardio Fitness Score
30 days			
3 months			
6 months			
1 year			

Temperature %



Skin temperature variation from your personal baseline. Temperature changes can indicate illness, stress, or menstrual cycle changes. Measured in degrees relative to your baseline (available on supported devices like Fitbit Sense, Versa 3, Charge 5).

Temperature Variation



Period	Average Temperature	Max Temperature	Min Temperature
30 days			
3 months			
6 months			
1 year			

Active Zone Minutes +



Active Zone Minutes track time spent in fat burn, cardio, or peak heart rate zones. The American Heart Association recommends at least 150 Active Zone Minutes per week for health benefits.

Active Zone Minutes



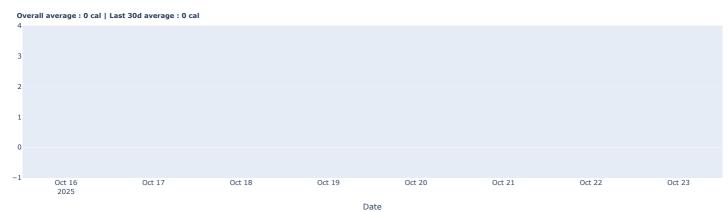
Period	Average Active Zone Minutes	Max Active Zone Minutes	Min Active Zone Minutes
30 days			
3 months			
6 months			
1 year			

Calories & Distance

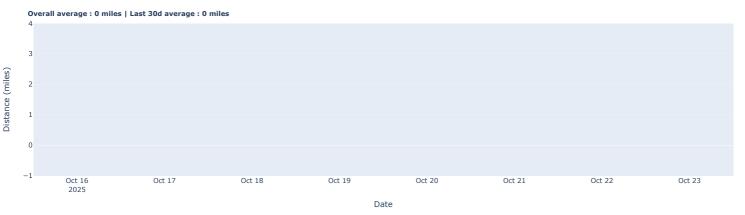


Calories burned includes your basal metabolic rate (BMR) plus calories from activity. Distance is calculated from steps and stride length. These metrics help track daily energy expenditure.

Daily Calories Burned



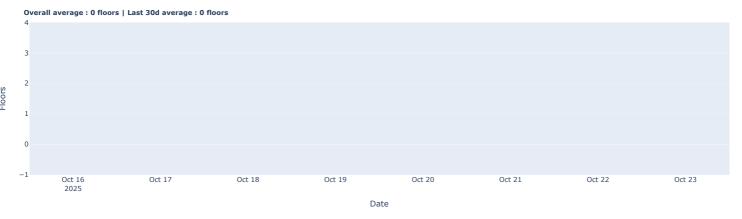
Daily Distance



Period	Average Calories	Max Calories	Min Calories
30 days			
3 months			
6 months			
1 year			

Floors Climbed **[**

Daily Floors Climbed



Period	Average Floors	Max Floors	Min Floors
30 days			
3 months			
6 months			
1 year			

Exercise Log 🏋

Logged exercises and workouts tracked by your Fitbit device. Includes activity type, duration, calories burned, and average heart rate for each session.

No exercise activities logged in this period.

Workout Details

Select a date to view detailed heart rate zones for that workout:

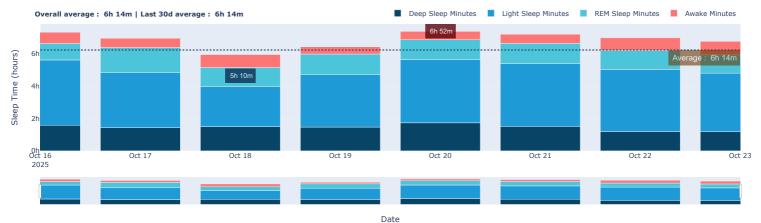
Select a workout date... ▼

Select a workout date to view details

Sleep 2

Fitbit estimates sleep stages (awake, REM, light sleep and deep sleep) and sleep duration based on a person's movement and heart-rate patterns. The National Sleep Foundation recommends 7-9 hours of sleep per night for adults





Sleep Data Overview

Detailed sleep metrics for each night including Reality Score (primary), Proxy Score (Fitbit match), and sleep stage durations.

EXPORT

\$	Date	Reality Score	Rating	Proxy Score	\$ Efficiency %	Deep Sleep (min)	REM Sleep (min)	<pre></pre>	<pre>Awake (min)</pre>
AA	filter data								AA
	2025-10-16	85	Good	83	91	95	61	242	41
	2025-10-17	85	Good	83	92	86	93	204	34
	2025-10-18	73	Fair	71	86	90	70	149	48
	2025-10-19	85	Good	82	93	88	76	195	27
	2025-10-20	89	Good	87	93	104	74	234	31
	2025-10-21	87	Good	84	92	91	75	232	34
	2025-10-22	80	Good	78	89	72	70	230	47
	2025-10-23	78	Fair	76	87	71	68	217	50

Sleep Regularity

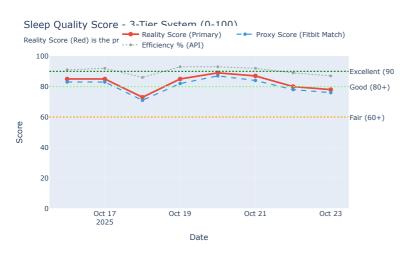
The chart time here is always in local time (Independent of timezone changes)

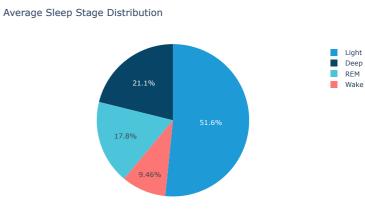


Period	Average Total Sleep Minutes	Max Total Sleep Minutes	Min Total Sleep Minutes
30 days			
3 months			
6 months			
1 year			

Sleep Quality Analysis 😴

Comprehensive sleep metrics including sleep score, stage distribution, and consistency patterns.





Sleep Night Details

Select a date to view detailed sleep stages and timeline for that night:







92%
(API Baseline)

Total Sleep: 6h 24m

Sleep Start: 2025-10-16T23:00

Sleep Stages Distribution

olecp olages bistrik

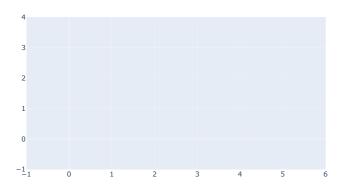
Deep Sleep

86 min - 220

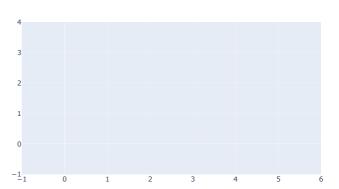
Exercise ← **Sleep Correlations Ø**

Discover how your workouts impact your sleep quality and next-day recovery.

Exercise-Sleep Correlation (No Exercise Data)



AZM-Sleep Correlation (Insufficient Data)



No exercise activities found in this period.