# Wellness Report - Cached User

### 15 October, 2025 - 27 October, 2025

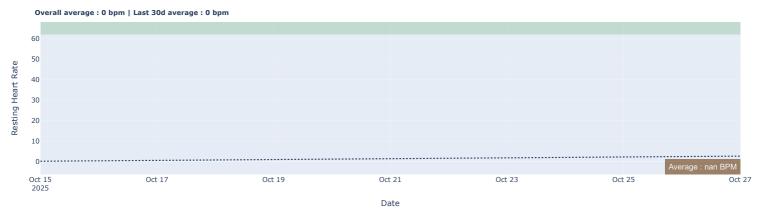
Report Generated: 28 October, 2025

### 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			

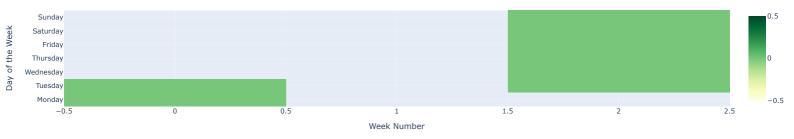
## Steps Count

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**



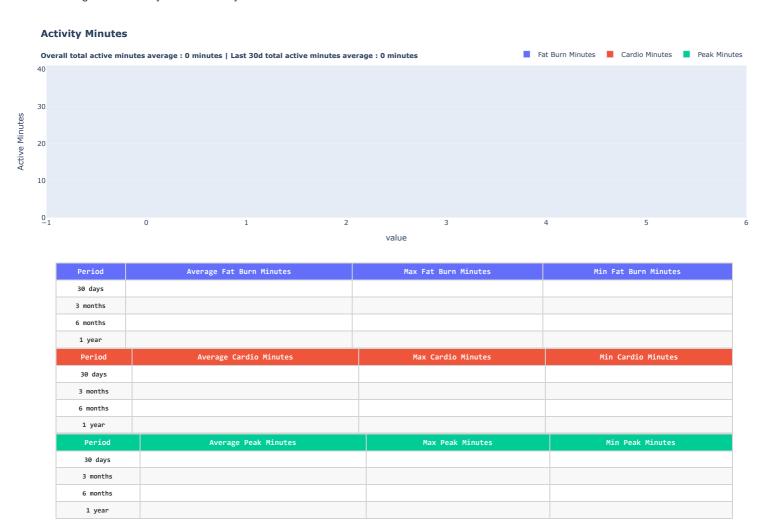
#### **Weekly Steps Heatmap**



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

# Activity 🏃

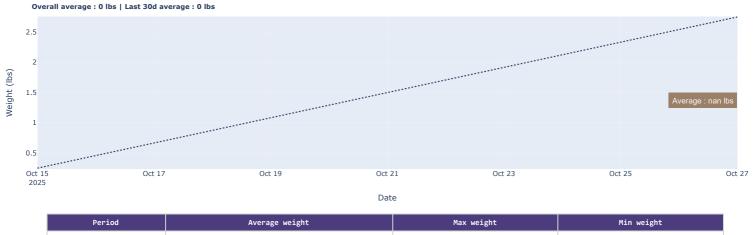
Heart Rate Zones (fat burn, cardio and peak) are based on a percentage of maximum heart rate. Maximum heart rate is calculated as 220 minus age. The Centers for Disease Control recommends that adults do at least 150-300 minutes of moderate-intensity aerobic activity each week or 75-150 minutes of vigorous-intensity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



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

## 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.

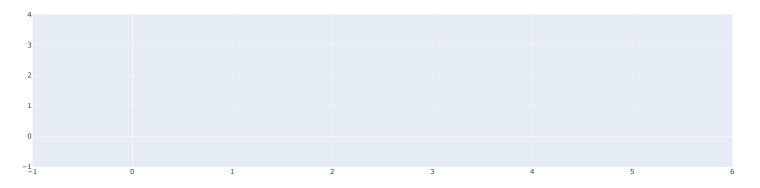
### **SPO2 Percentage**



Period	Average SP02	Max SPO2	Min SPO2
30 days			
3 months			
6 months			
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) 💗

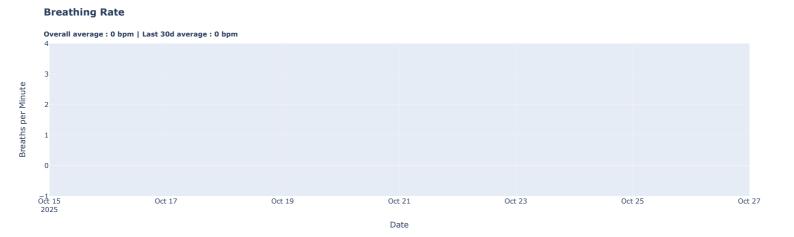
Heart Rate Variability measures the variation in time between heartbeats. Higher HRV generally indicates better cardiovascular fitness and stress resilience. HRV is measured in milliseconds (ms) and varies by age, fitness level, and individual factors.

# 

Period	Average HRV	Max HRV	Min HRV
30 days			
3 months			
6 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.



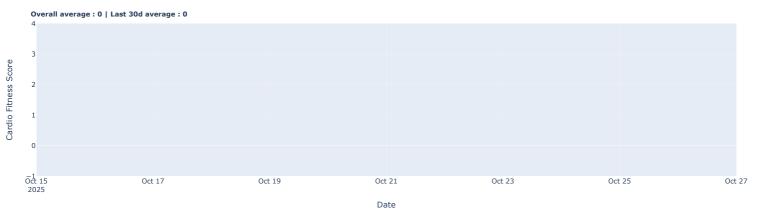
Period	Average Breathing Rate	Max Breathing Rate	Min Breathing Rate
30 days			
3 months			
6 months			
1 year			

## 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)



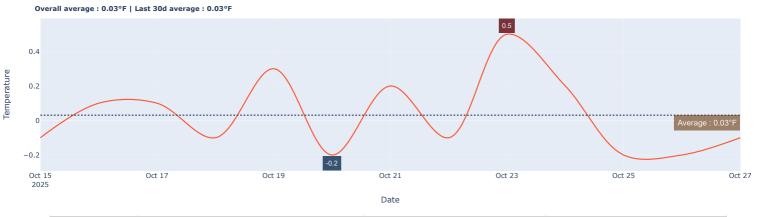
Period	Average Cardio Fitness Score	Max Cardio Fitness Score	Min Cardio Fitness Score
30 days			
3 months			
6 months			
1 year			

### 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**

Overall average: 58.8 minutes | Last 30d average: 58.8 minutes



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

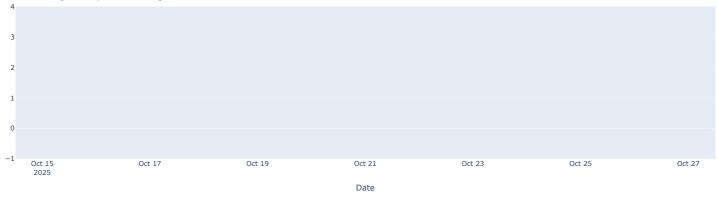
### Calories & Distance



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**

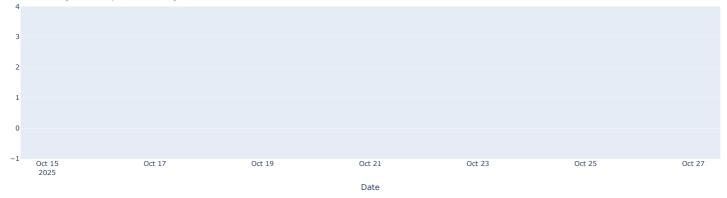
Overall average: 0 cal | Last 30d average: 0 cal



### **Daily Distance**

Distance (miles)

Overall average : 0 miles | Last 30d average : 0 miles

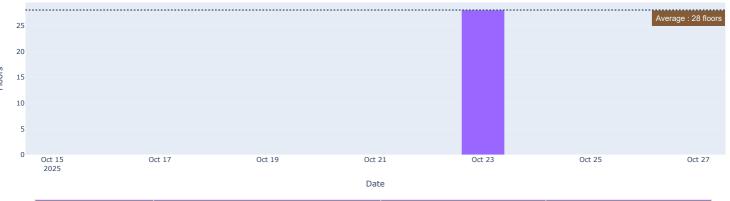


Period	Average Calories	Max Calories	Min Calories
30 days			
3 months			
6 months			
1 year			

# Floors Climbed **[**

#### **Daily Floors Climbed**

Overall average: 28 floors | Last 30d average: 28 floors



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.

EXPORT						
Date	Activity	Duration (min)	Calories	Avg HR	Steps	Distance (mi)
2025-10-15	Strength training	34	162	109	764	N/A
2025-10-16	Treadmill run	30	315	127	3789	1.88
2025-10-17	Strength training	33	134	105	879	N/A
2025-10-17	Weights	0	7	111	0	N/A
2025-10-19	Walk	13	74	95	850	0.33
2025-10-19	Strength training	103	450	110	1607	N/A
2025-10-21	Treadmill run	34	334	125	4367	2.13
2025-10-22	Strength training	43	293	129	1254	N/A
2025-10-24	Treadmill run	30	320	134	3859	2.12
2025-10-25	Strength training	45	270	117	1155	N/A
2025-10-26	Treadmill run	38	434	136	4984	2.93
2025-10-27	Strength training	59	352	118	1376	N/A

#### **Workout Details**

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

2025-10-15 - Strength train... × ▼

### Strength training - 2025-10-15

Duration: 34 min Calories: 162 cal Cardio Load: N/A Zone Minutes: 0 min Avg HR: 109 bpm Steps: 764 Distance: N/A

HR zone data not available

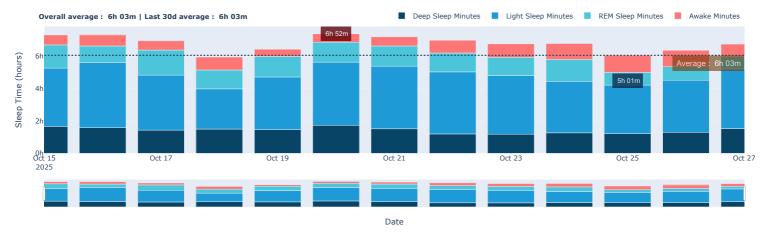
Intraday HR data not available (requires Personal scope)

HR zone chart not available

## 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 Stages



### Sleep Data Overview

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

EX	KPORT								
<b>\$</b>	Date	<b>♦</b> Reality Score	<b>♦</b> Rating	Proxy Score	<b>\$</b> Efficiency %	Deep Sleep (min)	REM Sleep (min)	tight Sleep (min)	<pre>\$ Awake (min)</pre>
AA	filter data								AA
2	2025-10-15	87	Good	84	92	100	86	216	37
2	2025-10-16	85	Good	83	91	95	61	242	41
2	2025-10-17	85	Good	83	92	86	93	204	34
2	2025-10-18	73	Fair	71	86	90	70	149	48
2	2025-10-19	85	Good	82	93	88	76	195	27
2	2025-10-20	89	Good	87	93	104	74	234	31
2	2025-10-21	87	Good	84	92	91	75	232	34
2	2025-10-22	80	Good	78	89	72	70	230	47
2	2025-10-23	78	Fair	76	87	71	68	217	50
2	2025-10-24	74	Fair	73	86	76	81	191	59

### **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			

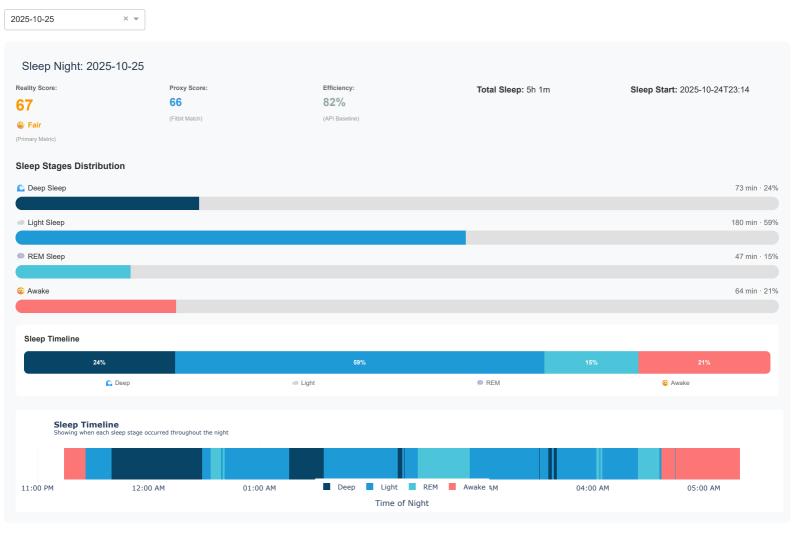
## Sleep Quality Analysis 😴

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



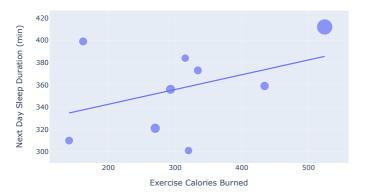
## Sleep Night Details

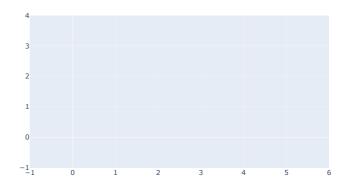
Select a date to view detailed sleep stages and timeline for that night:



# **Exercise** ↔ **Sleep Correlations** Ø

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





Insights:

📊 Correlation between exercise and next-day sleep: 0.40 (Positive - More exercise correlates with better sleep!)

▲ Average sleep after workout days: 357 minutes

→ Best practice: Your data suggests exercising in the morning/afternoon for optimal sleep quality.