# Wellness Report - Cached User

### 01 October, 2025 - 26 October, 2025

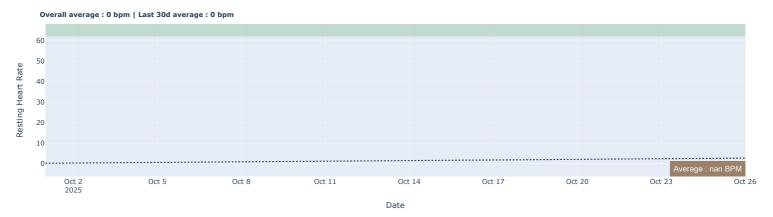
Report Generated: 28 October, 2025

## 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**

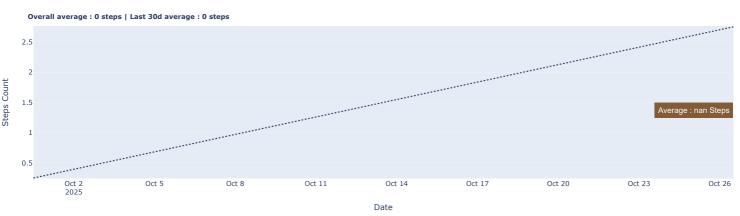


Period	Average Resting Heart Rate	Max Resting Heart Rate	Min Resting Heart Rate
30 days			
3 months			
6 months			
1 year			

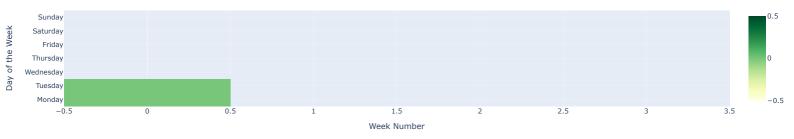
## Steps Count

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**



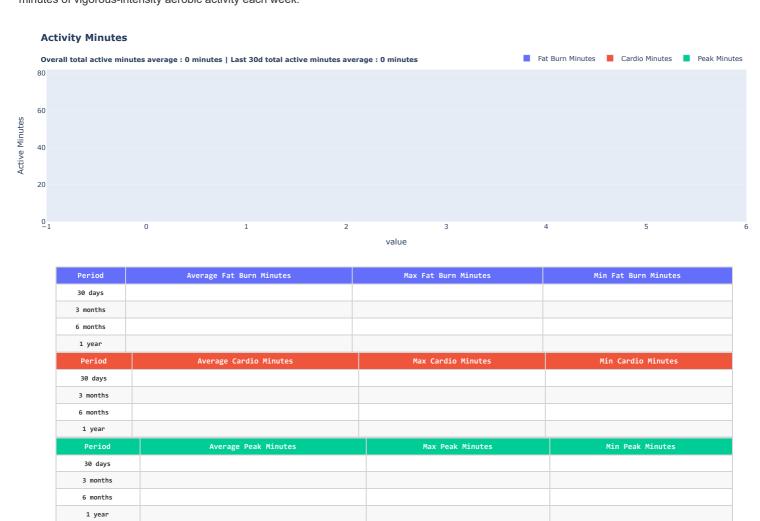
#### **Weekly Steps Heatmap**



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.

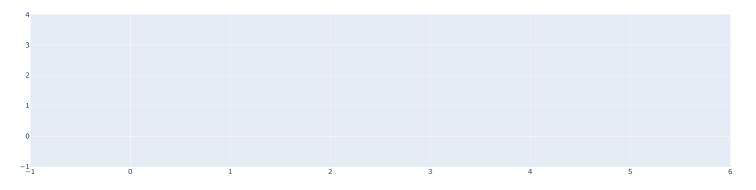
### **SPO2 Percentage**



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 : 45.0 minutes | Last 30d average : 45.0 minutes



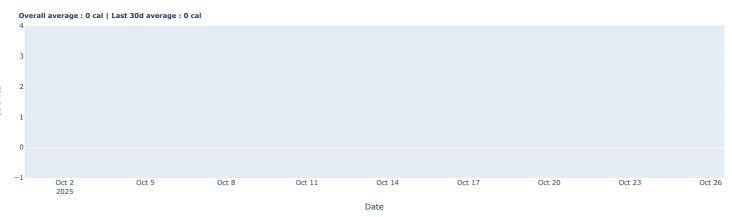
Period	Average Active Zone Minutes	Max Active Zone Minutes	Min Active Zone Minutes
30 days			
3 months			
6 months			
1 year			

### Calories & Distance

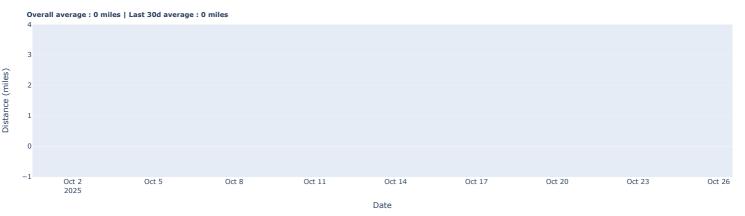


Calories burned includes your basal metabolic rate (BMR) plus calories from activity. Distance is calculated from steps and stride length. These metrics help track daily energy expenditure.

#### **Daily Calories Burned**



#### **Daily Distance**

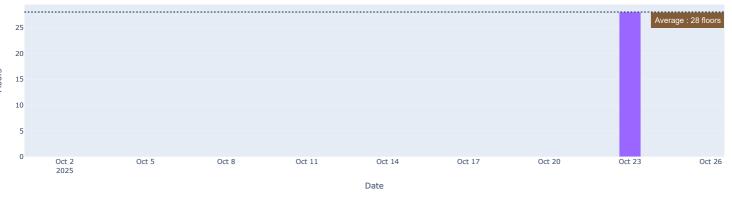


Period	Average Calories	Max Calories	Min Calories
30 days			
3 months			
6 months			
1 year			

# Floors Climbed **[**

#### **Daily Floors Climbed**

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.

Filter by Activity Type: All × 🔻

2025-10-01 2025-10-01 2025-10-02 2025-10-02	Spinning Walk	14				
2025-10-02	Walk		119	86	1690	N/A
		25	205	104	2884	1.31
2025-10-02	Spinning	15	120	137	1755	N/A
	Walk	25	203	125	3007	1.38
2025-10-06	Treadmill run	40	322	92	4589	2.07
2025-10-07	Strength training	41	229	117	960	N/A
2025-10-09	Strength training	8	41	118	377	N/A
2025-10-09	Walk	17	111	101	1437	0.67
2025-10-10	Strength training	35	233	119	1038	N/A
2025-10-10	Interval Workout	5	51	143	473	0.22
2025-10-10	Walk	16	115	119	937	0.39
2025-10-11	Walk	11	55	79	601	0.26
2025-10-11	Walk	8	51	73	767	0.34
2025-10-14	Treadmill run	42	369	107	5101	2.31
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



#### **Workout Details**

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

2025-10-19 - Walk × ▼

Walk - 2025-10-19

Duration: 13 min Calories: 74 cal Cardio Load: N/A Zone Minutes: 0 min Avg HR: 95 bpm Steps: 850 Distance: 0.33 mi

HR zone data not available

### Strength training - 2025-10-19

Duration: 103 min Calories: 450 cal Cardio Load: N/A Zone Minutes: 0 min Avg HR: 110 bpm Steps: 1607 Distance: N/A

HR zone data not available

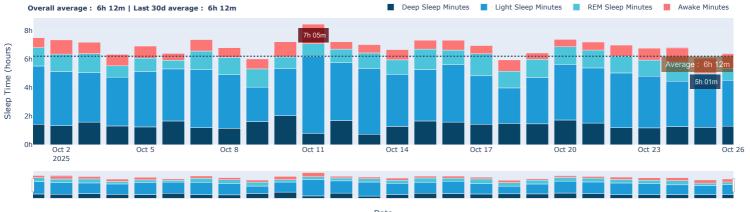
Intraday HR data not available (requires Personal scope)

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**



Date

## Sleep Data Overview

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

EXPORT								
<b>♦</b> Date	<pre>Reality Score</pre>	<b>♦</b> Rating	Proxy Score	<b>♦</b> Efficiency %	Deep Sleep (min)	REM Sleep (min)	<pre></pre>	<pre>\$ Awake (min)</pre>
filter data								AA
2025-10-01	86	Good	84	91	86	77	245	42
2025-10-02	77	Fair	76	86	80	73	228	60
2025-10-03	81	Good	79	89	95	79	209	48
2025-10-04	76	Fair	74	87	79	48	205	48
2025-10-05	78	Fair	77	88	75	56	233	51
2025-10-06	84	Good	81	92	100	36	219	29
2025-10-07	82	Good	81	89	72	78	244	48
2025-10-08	82	Good	79	90	69	72	226	41
2025-10-09	83	Good	80	90	97	77	145	42
2025-10-10	75	Fair	74	85	122	48	199	64



#### Sleep Regularity

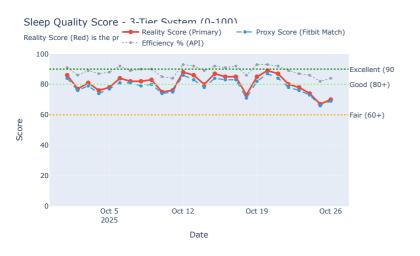
The chart time here is always in local time ( Independent of timezone changes )



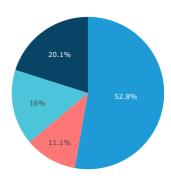
Period	Average Total Sleep Minutes	Max Total Sleep Minutes	Min Total Sleep Minutes
30 days			
3 months			
6 months			
1 year			

## Sleep Quality Analysis 😴

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





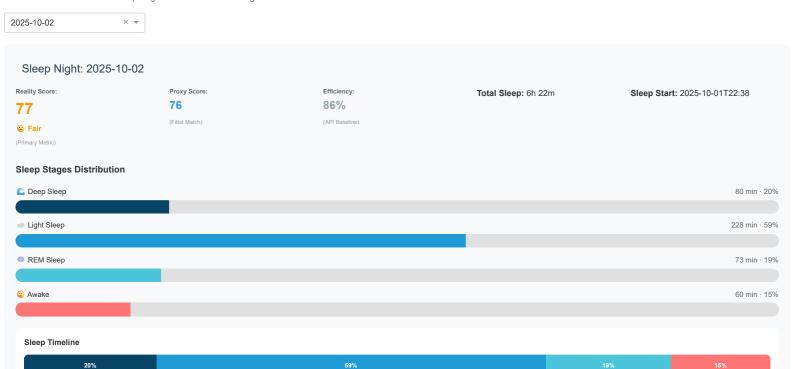


Deep REM

Wake

#### Sleep Night Details

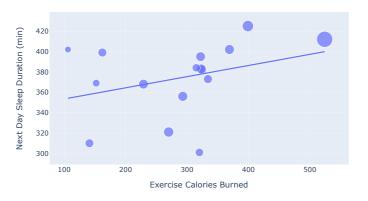
Select a date to view detailed sleep stages and timeline for that night:



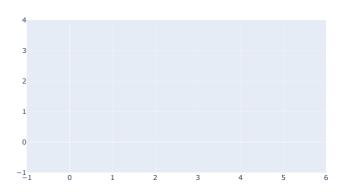
# **Exercise** ← **Sleep Correlations** *⊗*

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

Exercise Impact on Next Day Sleep







Q Insights:
■ Correlation between exercise and next-day sleep: 0.33 (Positive - More exercise correlates with better sleep!)
▲ Average sleep after workout days: 374 minutes
→ Best practice: Your data suggests exercising in the morning/afternoon for optimal sleep quality.