



# Health Care



Today ▾

Device connected

Hello, **Guy Hawkins**

It's look like you have not completed today's exercises

History >



102 bpm

## Heart Rate

Your heart rate is normal



1500 Steps

## Steps

need 3500 steps to complete 5000



98 mmHg

## Blood Pressure

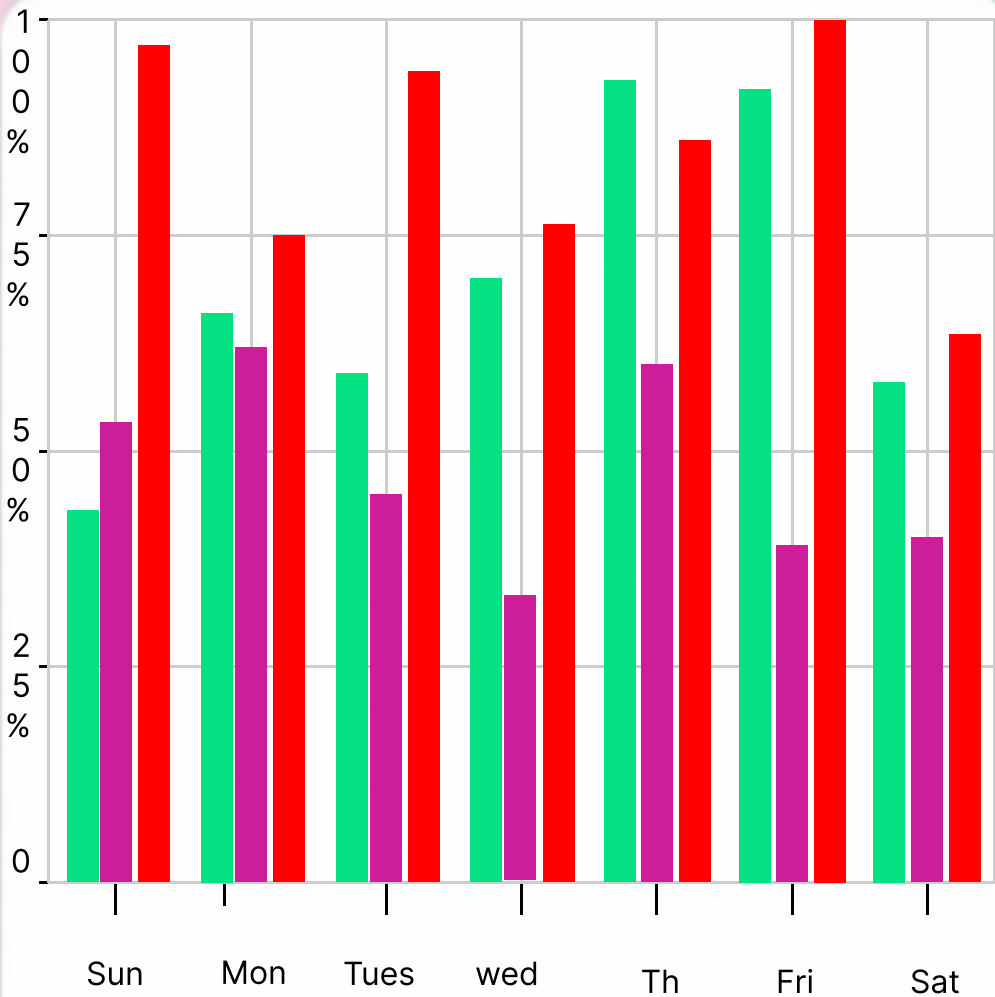
Your BP is normal



6 Hours

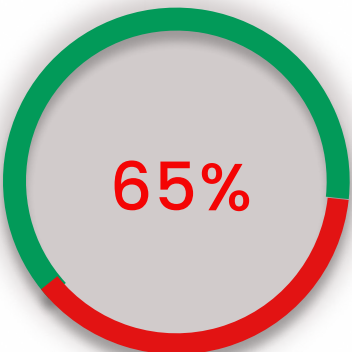
## Sleep Condition

you have less sleep time



## Overall Condition

%2 greater than previous week



Guy Hawkins  
20 years



Weight  
57KG



Height  
180CM



Sign Out

OCTOBER 2024



27	28	29	30	1	2
3	4	5	6	7	8
9	10	11	12	13	14
15	16	17	18	19	20
21	22	23	24	25	26
27	28	29	30	31	1

8AM  
Break Fast  
  
1PM  
Lunch

+ Add/Edit Event

8PM  
Dinner  
  
10PM  
Bed Time