

Health Report for ch, Age: 30

Anomalies Detected:

Date	Steps	Heart Rate (bpm)	Calories Burned	Sleep Duration (hours)
2024-08-05 00:00:00	14964	96	1701	7.8453678109946
2024-08-09 00:00:00	3466	98	2794	7.604308102007778

Risks and Recommendations:

Date: 2024-08-05 00:00:00

Recommendations:

- Ensure you're consuming an adequate amount of calories based on your activity level.

Date: 2024-08-09 00:00:00

Recommendations:

- Consider increasing daily steps. Aim for at least 10,000 steps per day.
- Ensure you're consuming an adequate amount of calories based on your activity level.

