

Your Flex battery level is low.

Food

Activities

Weight

Sleep

Today

Week

Month

Year



Jan 01, 2012 - Jul 07, 2015

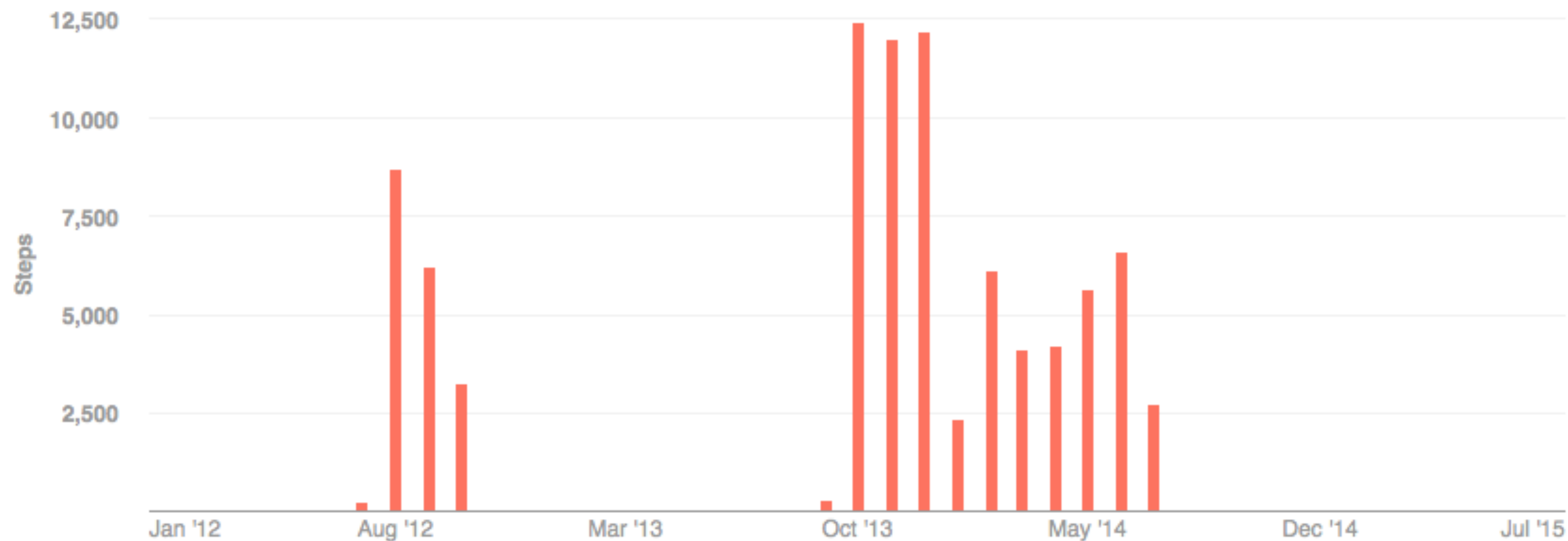


Steps

Distance

Floors

Calories burned



Totals

2,653,830 steps

1240 floors

1,822.58 km

1,422,466 calories



Hi Nat, here are your weekly stats.

12/23/2013 to 12/29/2013



WEEK'S MOST ACTIVE DAY
Sun, Dec 29



WEEK'S LEAST ACTIVE DAY
Sat, Dec 28



TOTAL STEPS

69,313



DAILY AVERAGE

9,902 steps

BEST DAY

18,561 steps



TOTAL DISTANCE

49.10 km



DAILY AVERAGE

7.01 km

BEST DAY

14.01 km



TOTAL CALS BURNED

10,686



DAILY AVERAGE

1,527 cals

BEST DAY

1,916 cals



WEIGHT CHANGE

0.0 kg

LIGHTEST

52.0 kg

HEAVIEST

52.0 kg



AVG SLEEP DURATION

4 hrs 59 min



AVG TIMES AWAKENED

12

AVG TIME TO FALL ASLEEP

0hrs 18min

Last week's step winners

1



Nat you

34,006 steps

2



keng

19,750 steps

3



Neung

5,017 steps

[See current leaderboard](#)

Last week's badges



[See all of my badges](#)



CHIANG MAI

MAKERCLUB