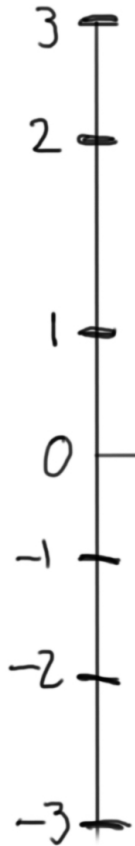


Impact Distribution(Beeswarm)

Energy Change (Morning - PostWorkout)



Low
(< 350 kcal)

Medium
($350 - 400$ kcal)

High
(> 400 kcal)

Intensity Workout (kcal)

Heart Rate



144 BPM

178 BPM

Duration min

○ 86 min

○ 107 min

○ 134 min