



History



■ Goal Achieved

PA goal: reached/goal (hour)

MCI goal: reached/goal (min)

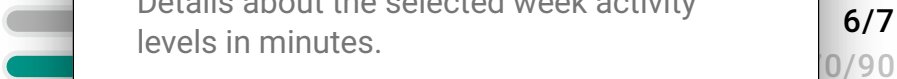
This week



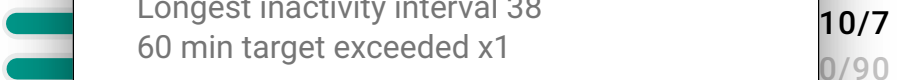
6 - 12 Feb



30



23



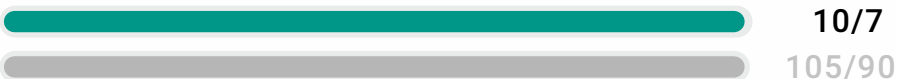
16



9 - 15 Jan



2 - 8 Jan



26 Dec - 1 January



Week details

Details about the selected week activity levels in minutes.

Average inactivity interval 29

Longest inactivity interval 38

60 min target exceeded x1

OK

Daily

Weekly