



# History



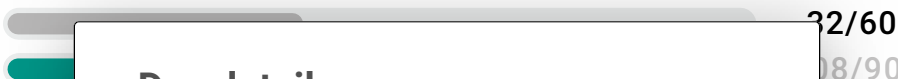
■ Goal Achieved

PA goal: reached/goal (min)  
MCI goal: reached/goal (min)

## Yesterday



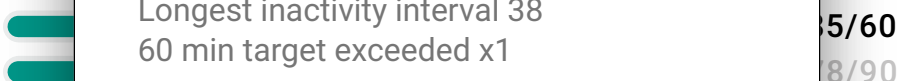
## 6 February



## 5 February



## 4 February



## 3 February



## 2 February



## 1 February



## 31 January



Daily

Weekly



### Day details

Details about the selected day activity levels in minutes.

Average inactivity interval 29  
Longest inactivity interval 38  
60 min target exceeded x1

OK