INTRODUCTION

Verve turns passive fitness tracking into an active story about how I move.

OVERVIEW

GOOGLE FITNESS DATA
Mix of real and synthetic data

STEPS
Daily steps visualisations

CALORIES BURNED
Amount of calories burned

HEART POINTS
Exercise intensity tracking by google

DISTANCE
Distance covered

EXERCISE DURATION
Walking, paced walking, running and cycling
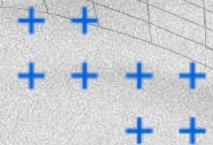
WHAT IT SHOWS & WHO IT'S FOR

- **What it visualizes**
  - Long-term fitness metrics over time
  - Daily, weekly, and hourly activity patterns
  - Goal achievement and streaks (10k steps, heart points)
  - Exercise distribution by type
  - Geographic activity hotspots
- **Who it's for**
  - Anyone with a fitness tracking device who wants insights beyond default app summaries

WHY IT MATTERS

01 RAW DATA, LIMITED INSIGHT

02 WEEKDAY VS WEEKEND ACTIVITY

03 PEAK EXERCISE HOURS
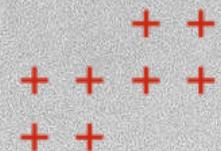
04 FREQUENT WORKOUT LOCATIONS
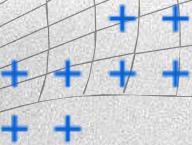
05 HIGHEST CALORIE ACTIVITIES

06 SELF-REFLECTION OVER TRACKING
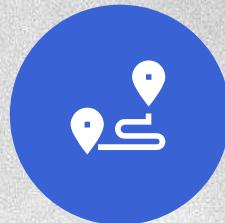
LIMITATIONS

SINGLE-USER FOCUSED
No social comparison

LOCATION
Precision reduced for anonymization and fast loading

STATIC DATA
Data is not synced in real time

EXERCISE TYPES
Only displays 4 exercise types

DEMO

https://fitnessdashboardapp.streamlit.app/