**Steps** – healthy range – about 10,000 steps per day

Distance traveled

* Overall distance traveled
* Distance at different activity levels

**Calories Burned** – per day, per hour

**Time at activity levels** - minutes spent in each activity level

* Very Active Minutes
* Moderately Active Minutes
* Light Active Minutes
* Sedentary Active Minutes

**Pulse** - healthy range – 60-100 beats per minute

Age and fitness level dependent

If you’re looking to hit average exertion during your workout or are just beginning a fitness journey, look to hit between 50% to 70% of your maximum heart rate. For more advanced fitness junkies, hitting 70-85% of your maximum heart rate should give you a vigorous workout.

**Heart rate variability** - A heart rate monitor measures the variation of beat-to-beat intervals. High variability is indicative of good health and a high level of fitness.

**Healthy Range:** 18 — 44 percent variability while resting

**Sleep** - Sensitive 3-D accelerometers detect small body movement during the night. When paired with continuous heart rate monitoring, it offers a rough idea of sleep stages — light, deep, and REM.

The data that I have only covers 3 “states” of sleep - 1 = asleep, 2 = restless, 3 = awake

**Healthy Range:** 7– 9 hours of sleep