

Reading Impact on Heart Health

2023

2024

Total Books Read to Goal



Average Resting Heart Rate

Before: prior to August 2023

66

Before Aug'23

63

After Aug'23

Pages Read

38,010



Avg. # Pages: 359

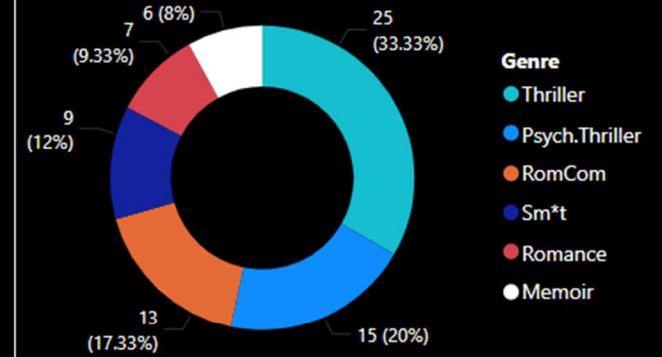
Books Read

106

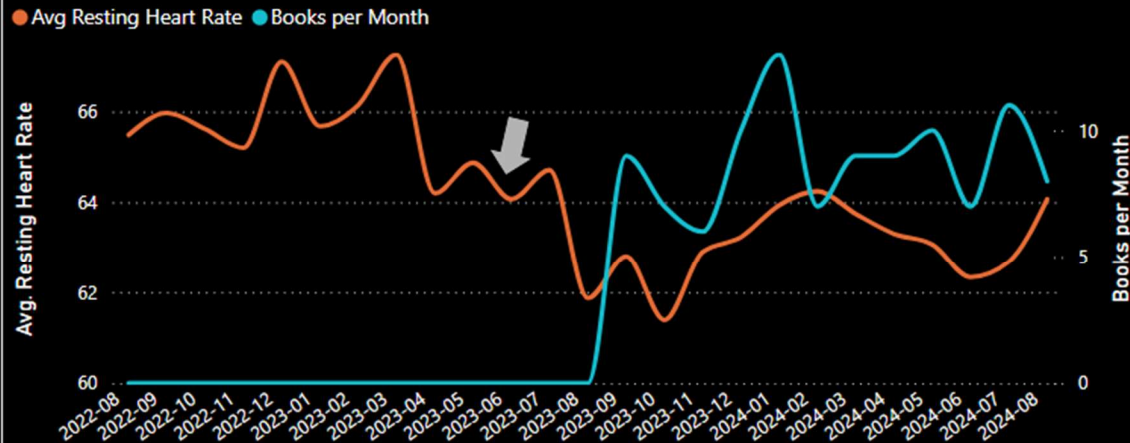


Avg. Reads/Mo: 8.8

Top Genres



Average Heart Rate



Top 10 Authors by Page Count

