**Calories file** ----not required

**Distance file** ---not required

**Exercise**

1. Steps
2. Distance
3. Average active heart rate---avg heart rate
4. Dates
5. Times
6. Active duration
7. Calories

**Sleep**

**1)** minutesAsleep

2) date of sleep

3) Remove duplicate logid

**Resting heart rate**

1. dateTime
2. Value—value--bpm