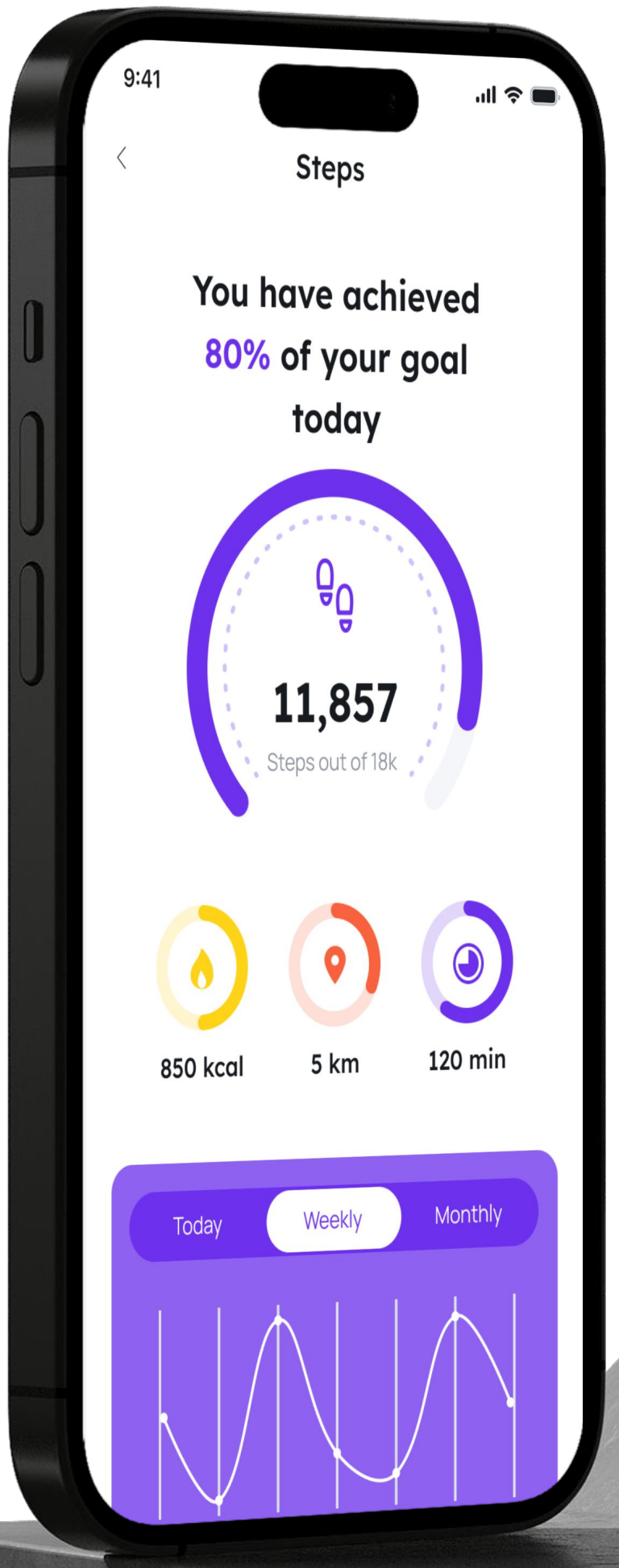
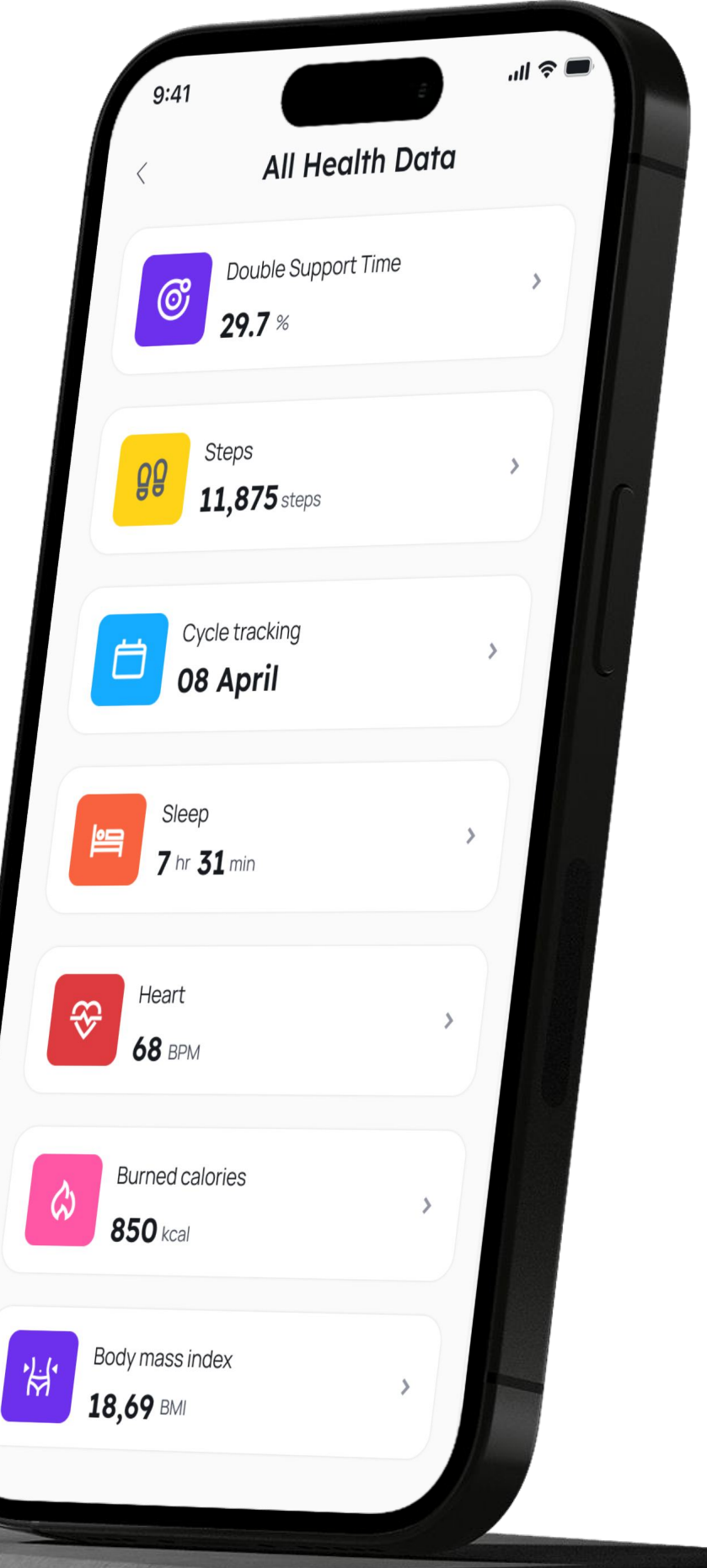

9:41
Steps
You have achieved
80% of your goal
today
11,857
Steps out of 18k
850 kcal
5 km
120 min
Today
Weekly
Monthly

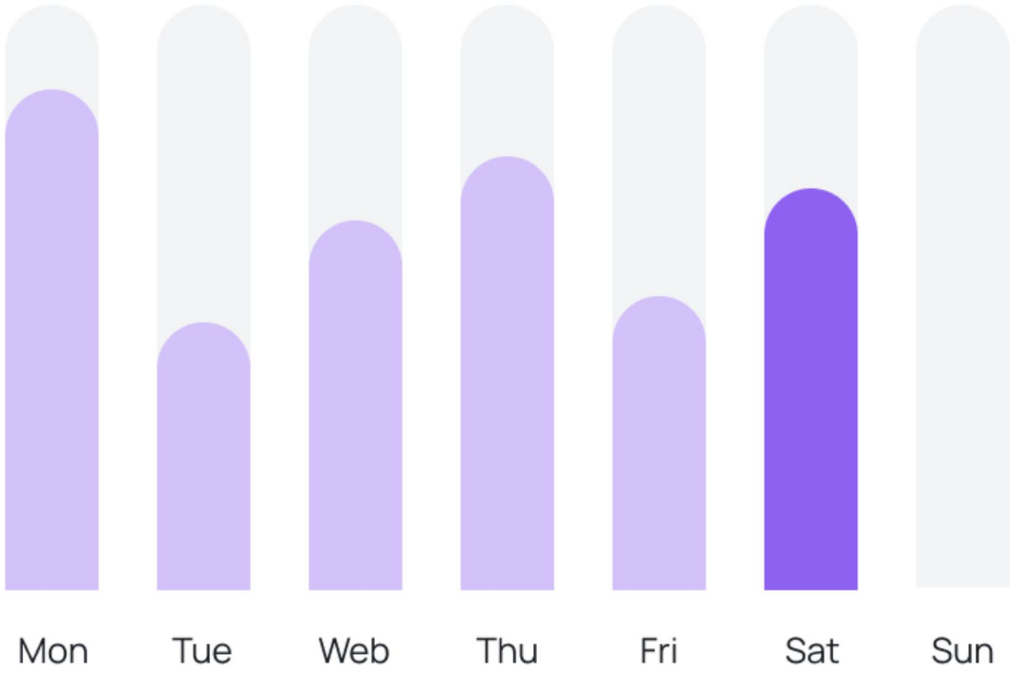

9:41
All Health Data
Double Support Time
29.7 %
Steps
11,875 steps
Cycle tracking
08 April
Sleep
7 hr 31 min
Heart
68 BPM
Burned calories
850 kcal
Body mass index
18,69 BMI

9:41

Sleep

Your average time of sleep a day is 7h 31 min

Today | Weekly | Monthly



Sleep rate
82%

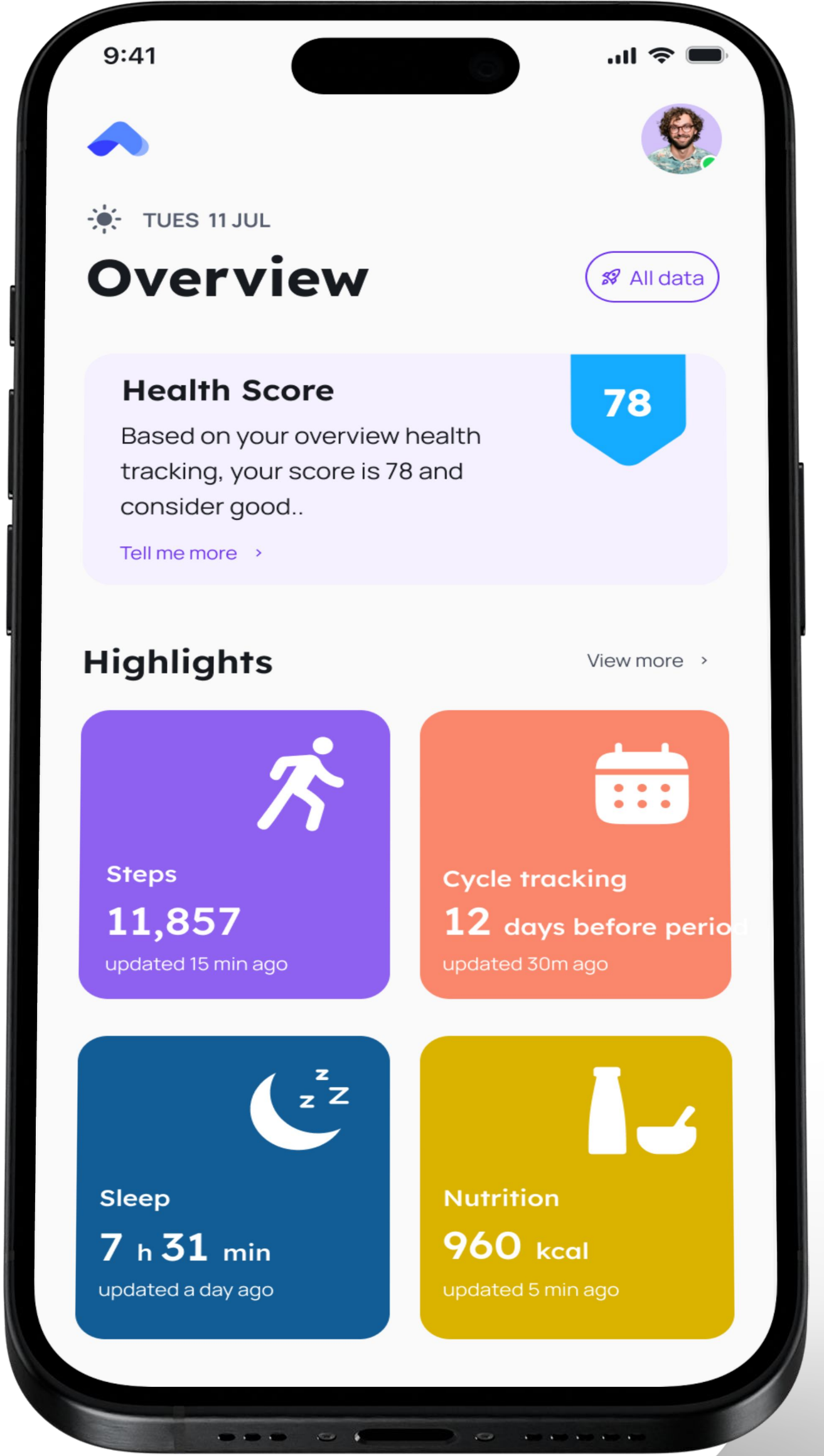
Deepsleep
1h 3min

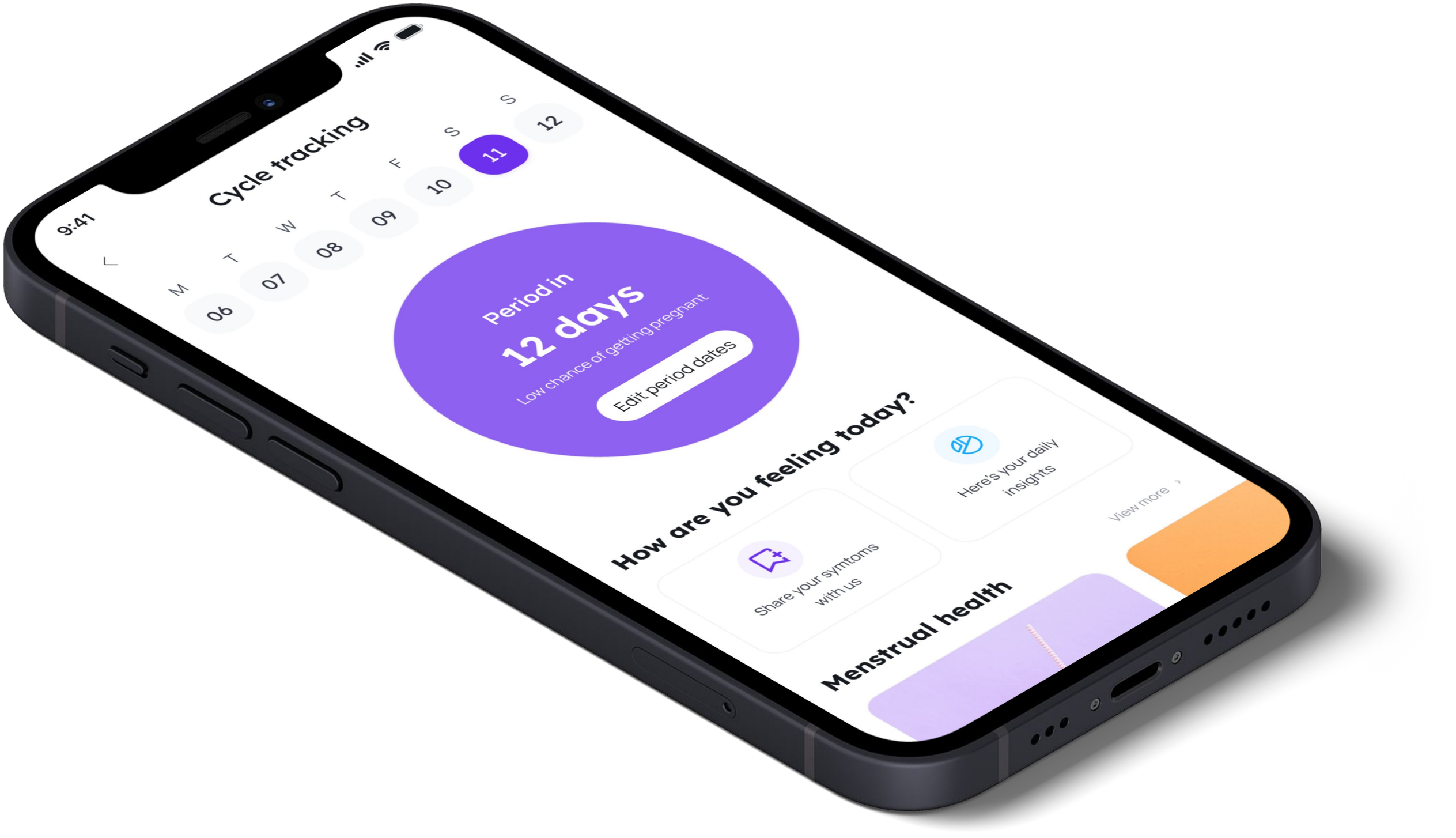
Set your schedule

Edit

Bedtime
22:00 pm

Wake up
07:30 am


9:41
TUES 11 JUL
Overview
All data
Health Score
Based on your overview health tracking, your score is 78 and consider good..
78
Tell me more
Highlights
View more
Steps
11,857
updated 15 min ago
Cycle tracking
12 days before period
updated 30m ago
Sleep
7 h 31 min
updated a day ago
Nutrition
960 kcal
updated 5 min ago


9:41
Cycle tracking
M T W T F S S
06 07 08 09 10 11 12
Period in
12 days
Low chance of getting pregnant
Edit period dates
How are you feeling today?
Here's your daily insights
View more
Share your symtoms with us
Menstrual health