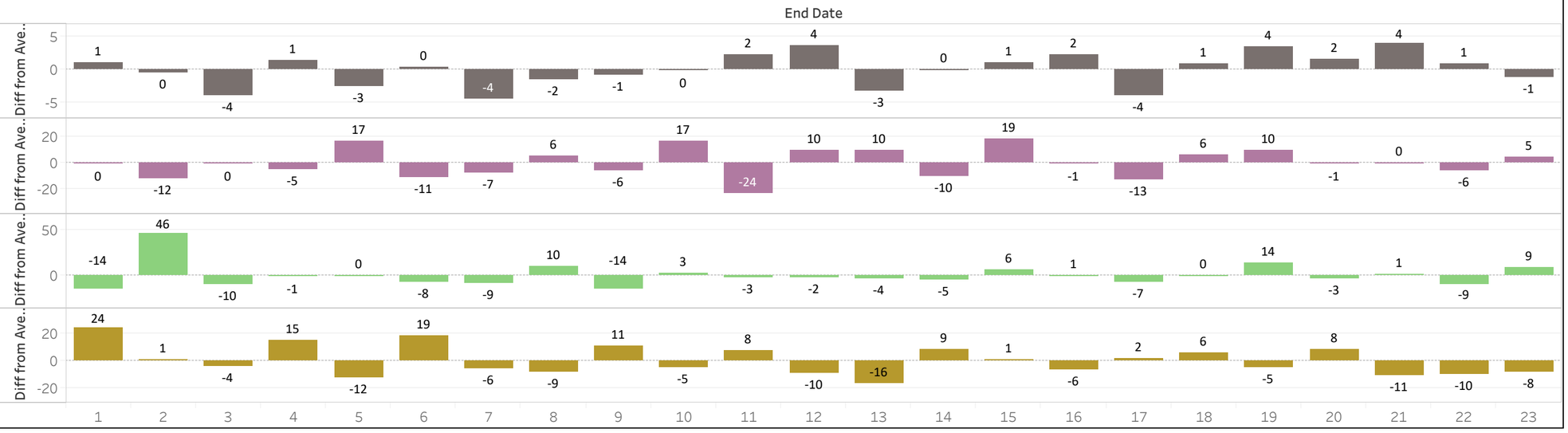
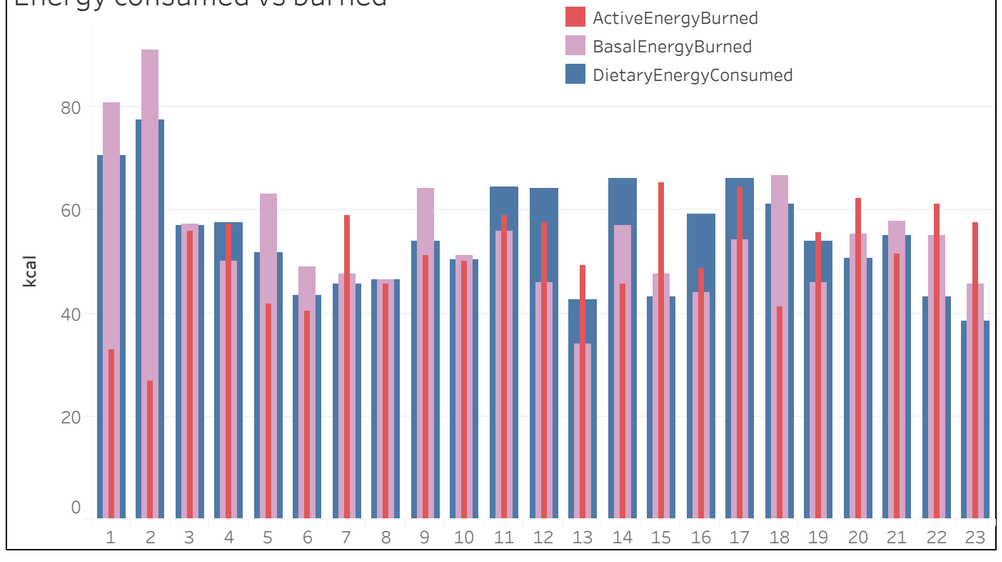
Activity Dashboard

Difference from Average

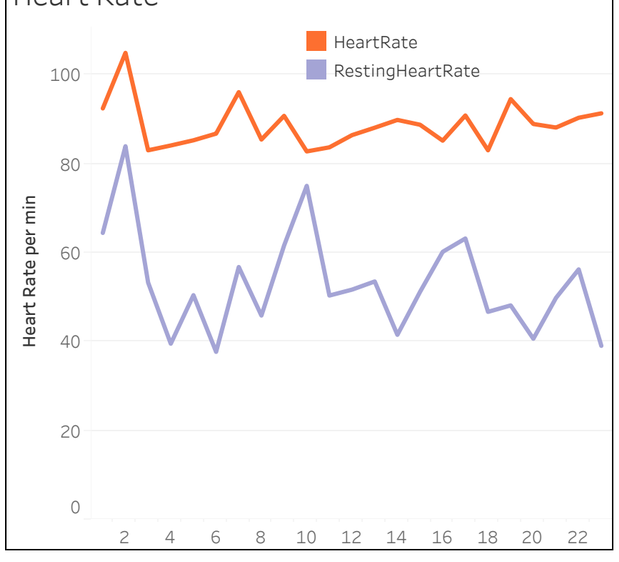
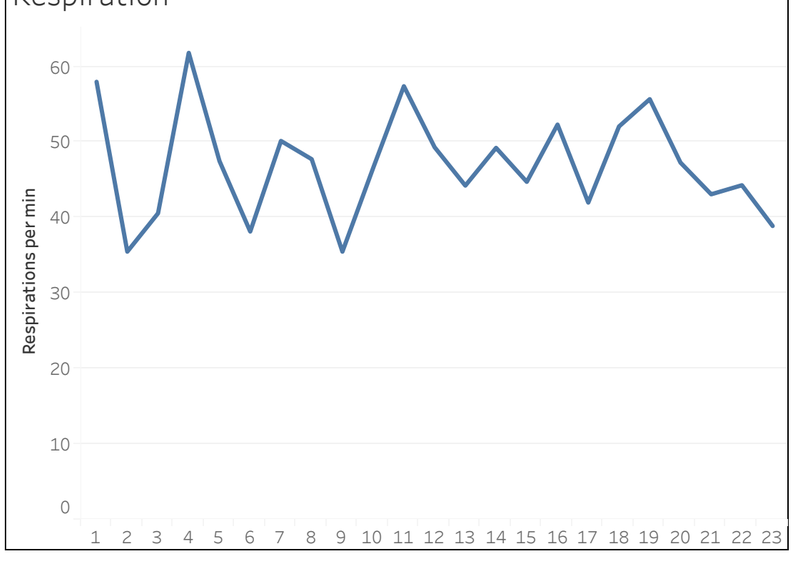
Type	Average of ..	Unit
DistanceSwimming	16.50	yd
FlightsClimbed	49.99	count
StepCount	50.29	count
SwimmingStrokeCount	50.51	count



Energy consumed vs burned



Heart Rate



Respiration