

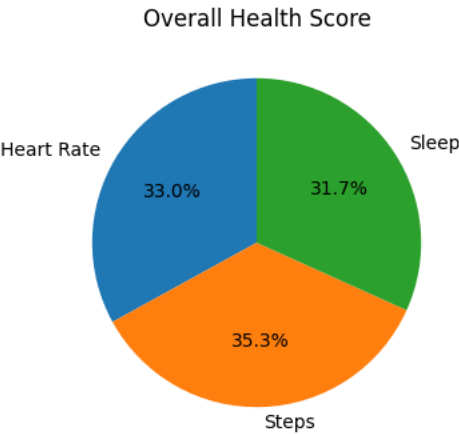
# FitPulse – Personalized Health Report

User ID: 2347167796  
Generated on: 2026-01-28 14:23

## Health Metrics

Average Heart Rate: 76.4 BPM  
Average Steps: 10500.0  
Average Sleep: 6.5 hours

## Health Score Breakdown



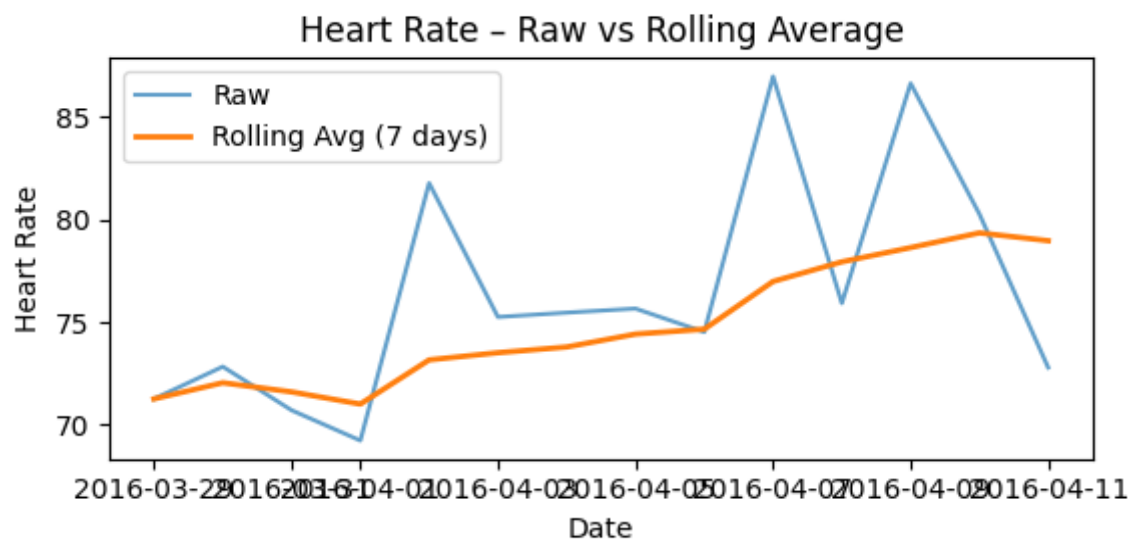
## Detected Issues & Recommendations

- **Excessive sleep duration** (Low): Excess sleep may indicate fatigue or health issues.
- **Low sleep duration** (Low): Aim for at least 7–8 hours of consistent sleep.

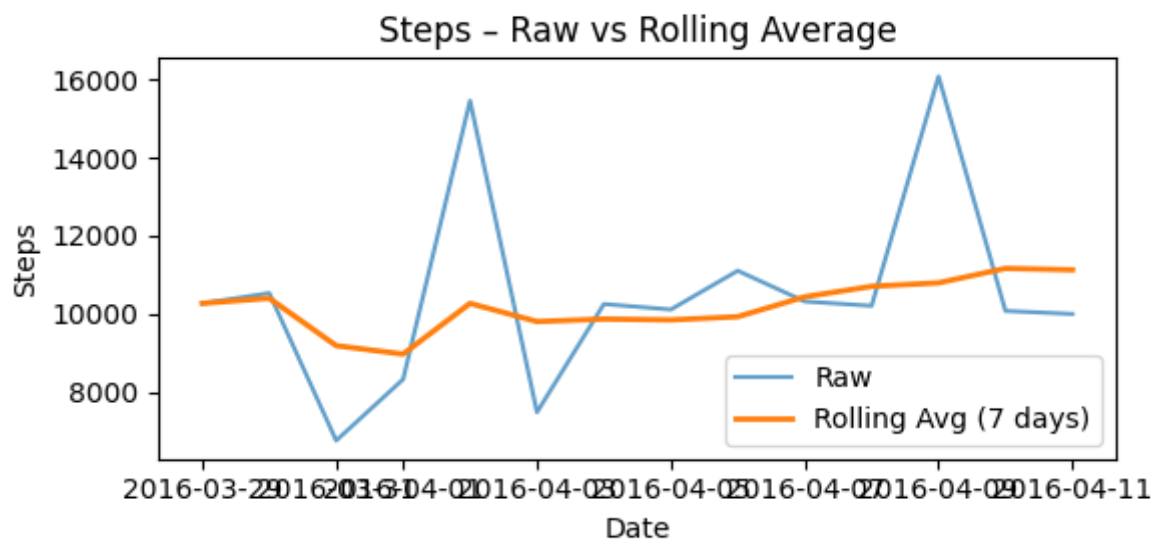
## Recent Activity Summary (Last 7 Days)

Date	Steps Walked	Heart Rate (BPM)	Sleep (Hours)	HR Status
2016-04-05 00:00:00	10114	75.66260120938813	6.6	Normal
2016-04-06 00:00:00	11107	74.52076640660853	6.2	Normal
2016-04-07 00:00:00	10320	86.9734328358209	1.2	Normal
2016-04-08 00:00:00	10209	75.92332093633779	6.3	Normal
2016-04-09 00:00:00	16081	86.63271344040575	0.3	Normal
2016-04-10 00:00:00	10078	80.26861063464837	10.0	Normal
2016-04-11 00:00:00	10001	72.79177468772095	5.9	Normal

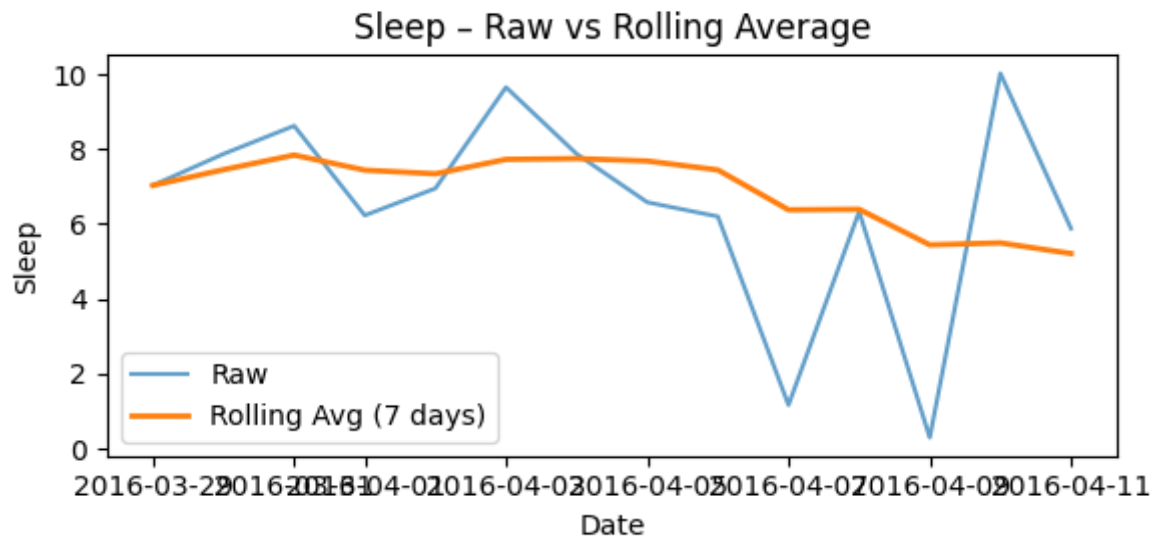
## Heart Rate Trend



## Steps Trend



## Sleep Trend



## Activity Clustering (DBSCAN)

