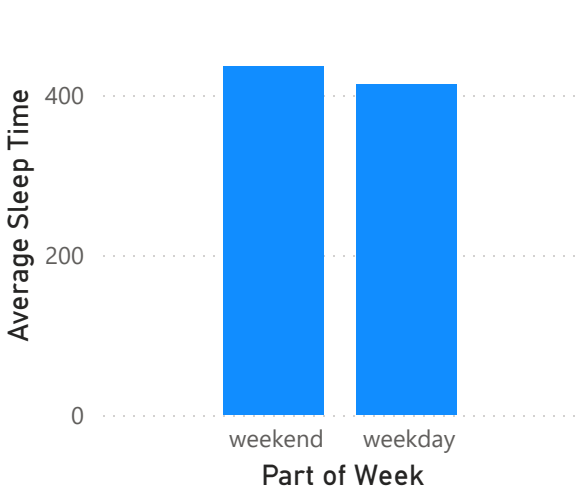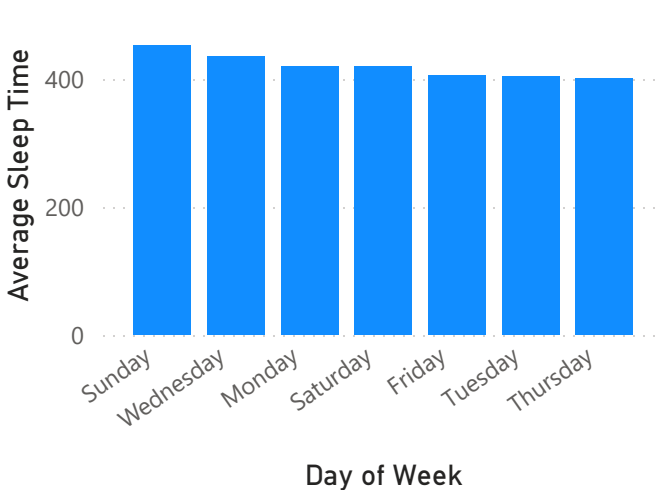## Sleep Time by Part of Week
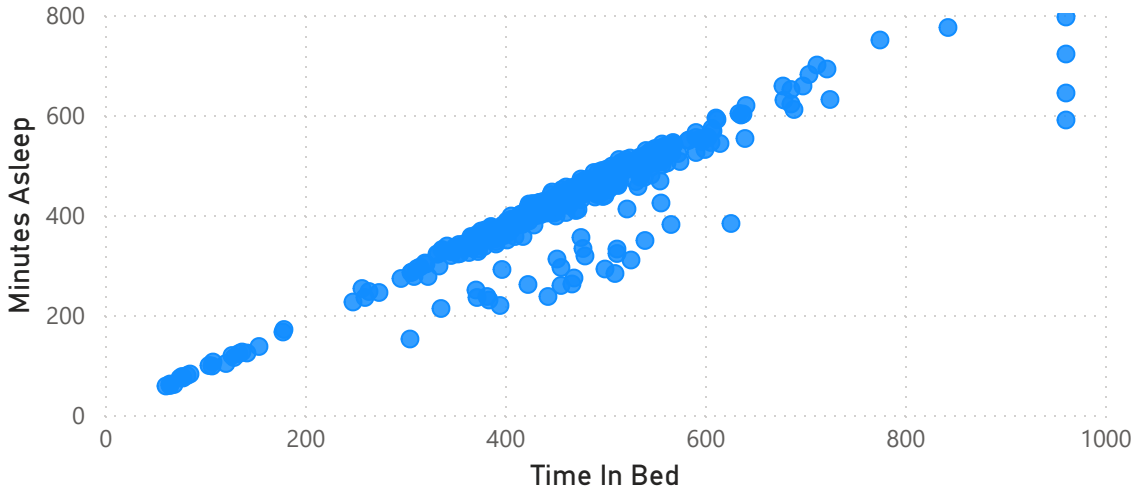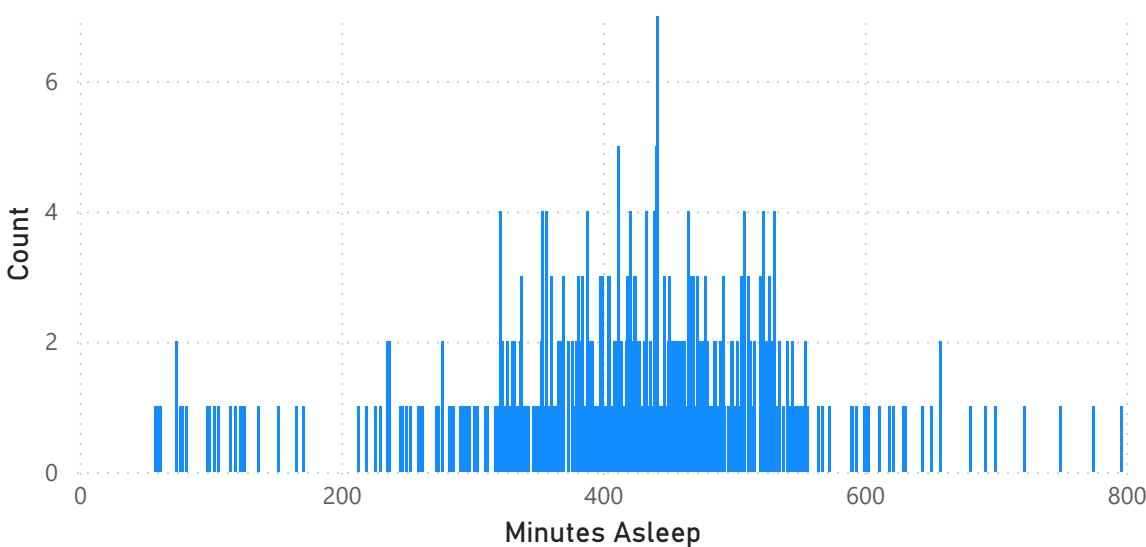
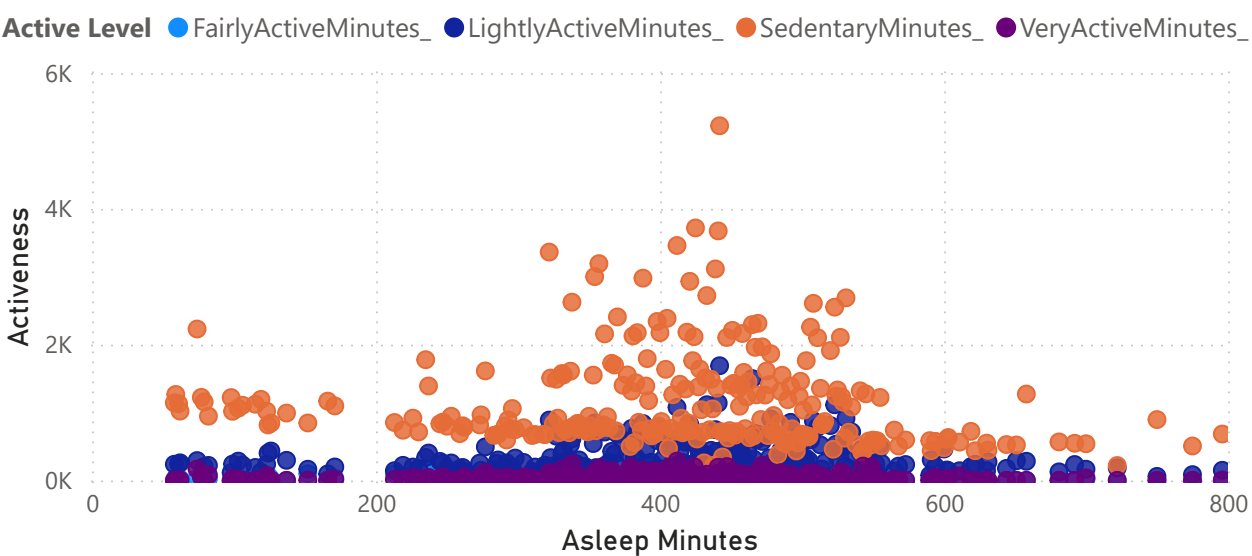

Sleep Time by Day of Week

Time In Bed vs Minutes Asleep
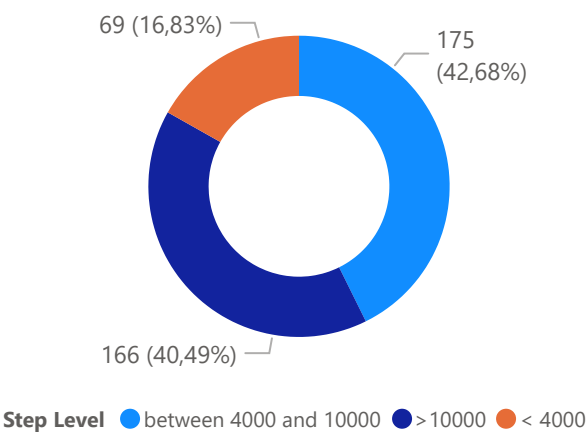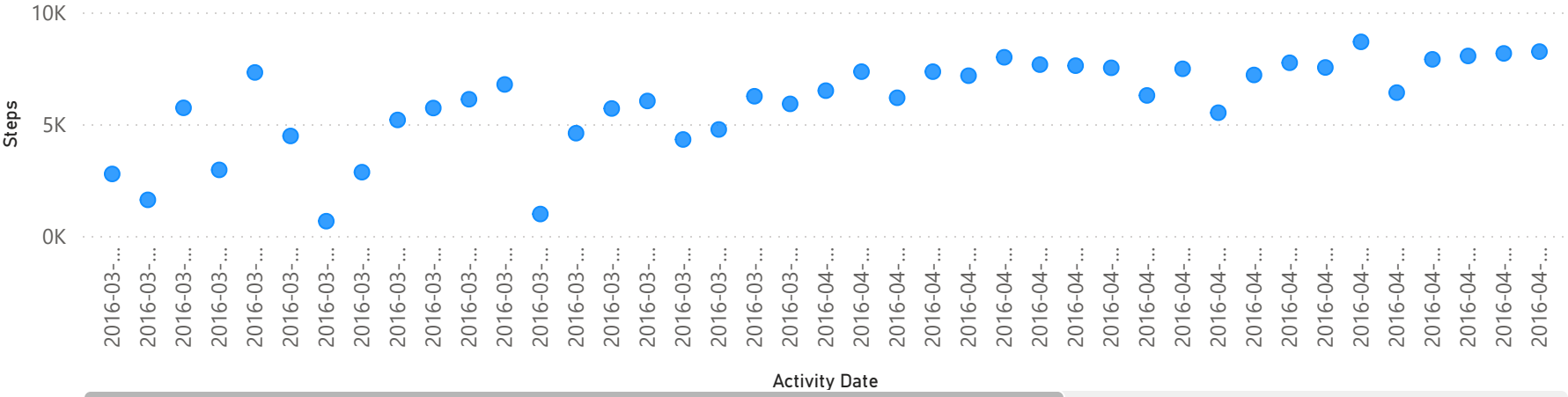

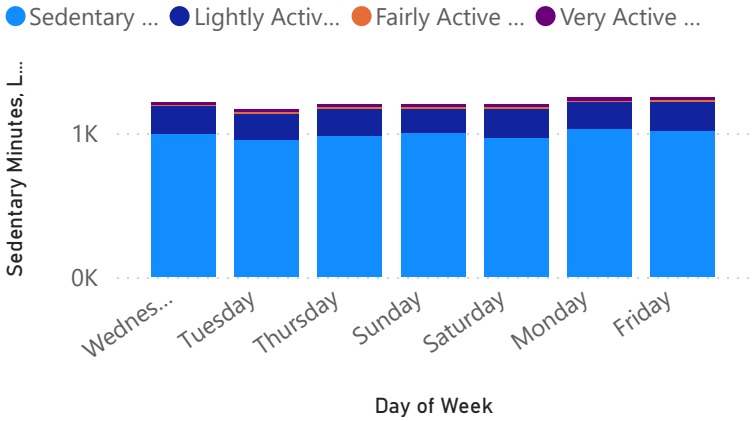## Minutes Asleep Distribution

Sleep vs Activeness

Active Level ● FairlyActiveMinutes_ ● LightlyActiveMinutes_ ● SedentaryMinutes_ ● VeryActiveMinutes_

Total Steps by Step Level

69 (16,83%)
175 (42,68%)
166 (40,49%)

Step Level ● between 4000 and 10000 ● >10000 ● < 4000

Steps by Activity Date

Active Level by Day of Week

● Sedentary ... ● Lightly Activ... ● Fairly Active ... ● Very Active ...
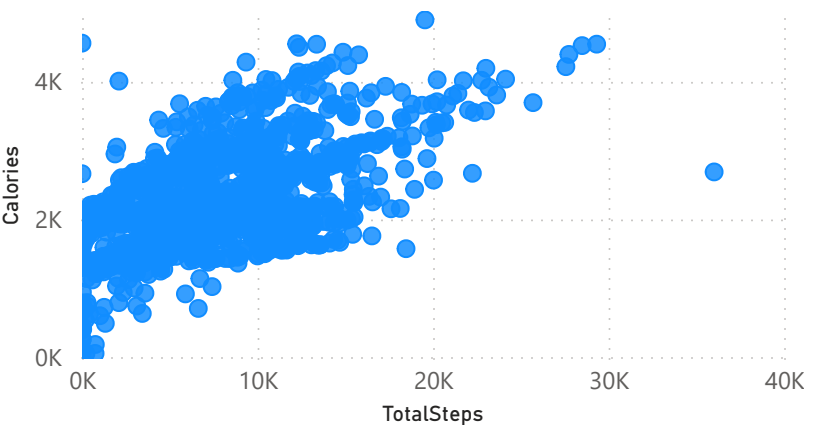
Steps vs Distance
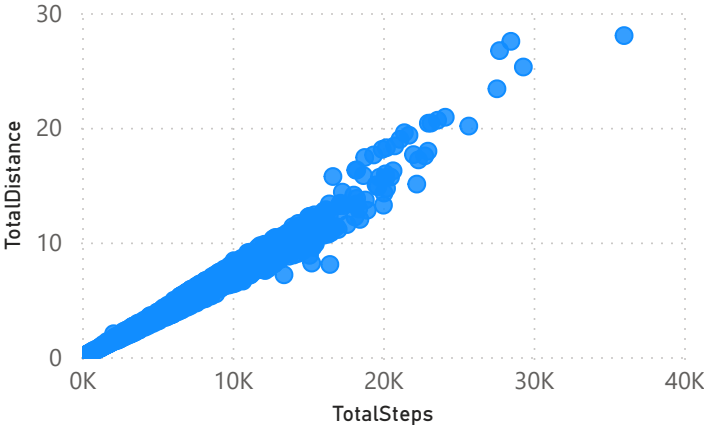
Steps vs Calories

63,76
Average Weight (Kg) by Mannually Reported
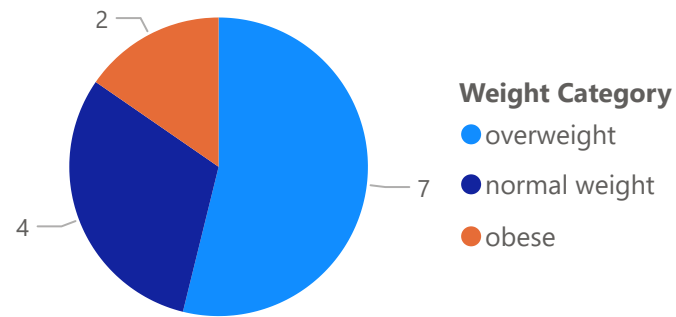
88,03
Average Weight (Kg) by Automatically Reported

24,56
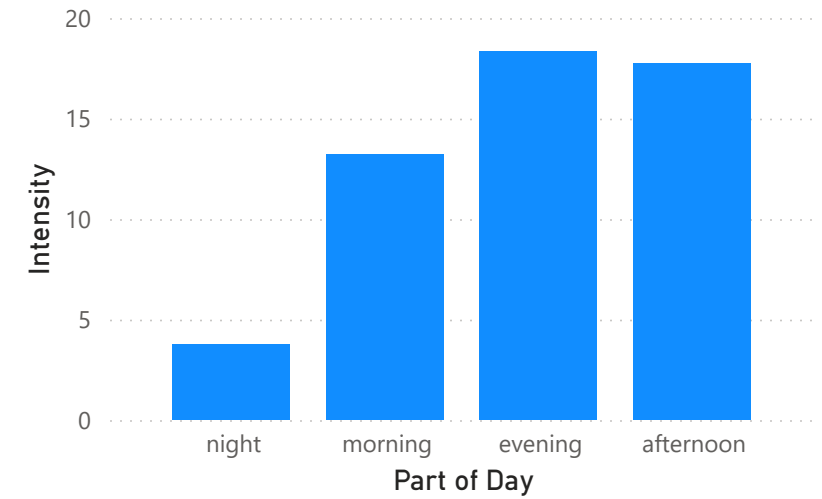Average BMI by Mannually Reported
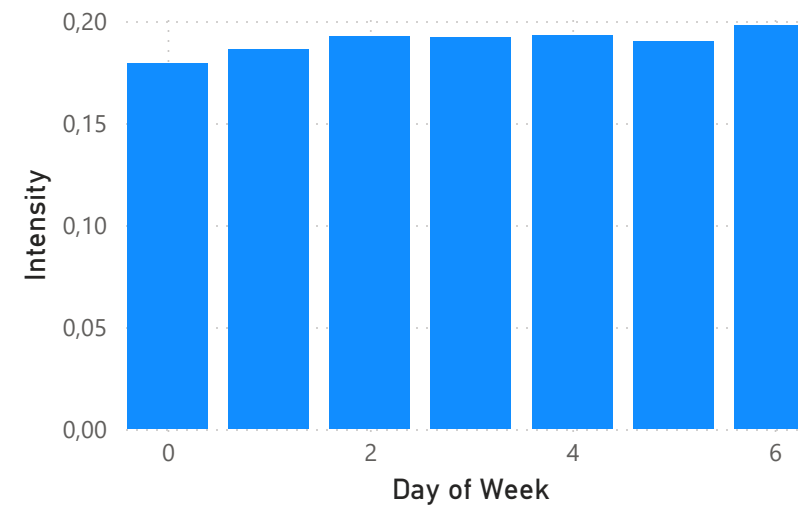
25,37
Average BMI by Automatically Reported

Population by Weight Category

Weight Category
- overweight
- normal weight
- obese

7

4

2

Intensity by Part of Day

Intensity

20

15

10

5

0

night · morning · evening · afternoon

Part of Day

Intensity by Day of Week

Intensity

0,20

0,15

0,10

0,05

0,00

0 · 2 · 4 · 6

Day of Week

Intensity by Hour

Average Intensity

0,3

0,2

0,1

0,0

0 · 10 · 20

Hour