Bellabeat Statistics

Weight Over Time

id ● 6962181067

| 6962181067 | 8877689391 |

Weight (lbs): 138, 137, 136, 135, 134

Apr 17, Apr 24, May 01, May 08

Avg. Hours of Sleep

6.29

0.00 — 8.00
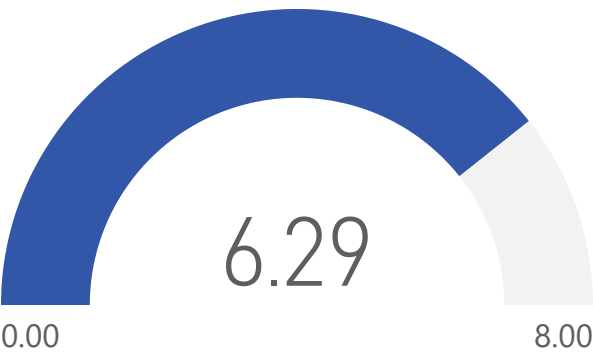
33 Total Users

24 Total Sleep Log Users

8 Total Weight Log Users

Avg. Hours Asleep vs In Bed Over Time

● Average of totalhoursinbed ● Average of totalhoursasleep

Hours: 9, 8, 7

Apr 17, Apr 24, May 01, May 08

Date
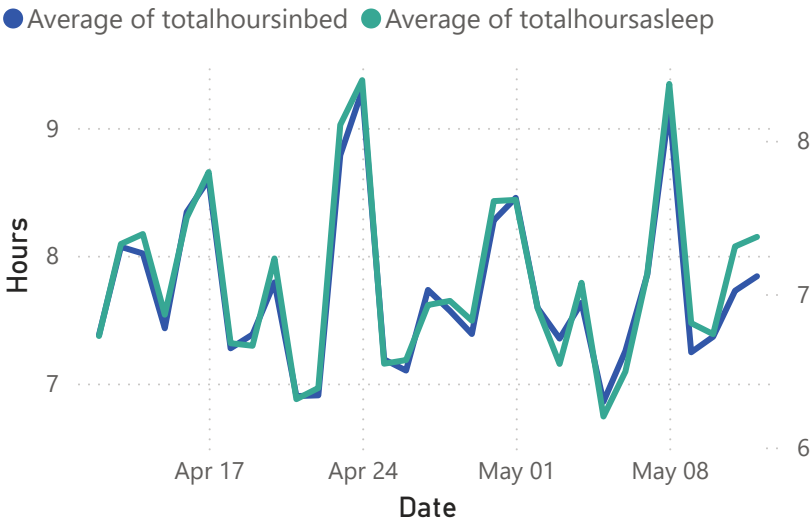
Participants By Activity Type

10 (30.3%)
3 (9.1%)
4 (12.1%)
7 (21.2%)
9 (27.3%)

Activity Levels
● Non-Active
● Fairly Active
● Lightly Active
● Active
● Very Active

Hour	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturda
12:00:00 AM							
1:00:00 AM							
2:00:00 AM							
3:00:00 AM							
4:00:00 AM							
5:00:00 AM							
6:00:00 AM							
7:00:00 AM							
8:00:00 AM							
9:00:00 AM							
10:00:00 AM							
11:00:00 AM							
12:00:00 PM							
1:00:00 PM							
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3:00:00 PM							
4:00:00 PM							
5:00:00 PM							
6:00:00 PM							
7:00:00 PM							
8:00:00 PM							
9:00:00 PM							
10:00:00 PM							
11:00:00 PM							