



Overview

[Overview](#)[Exercise](#)[Sleep](#)

Start

4/1/2024

End

8/20/2025



Daily Calories

1,414



Average Steps

13,870



Workouts

189



Average Sleep

7.6H

Health Activity Score

Step Goal

10,000

Sleep Goal (hr)

8

Active Calories Goal

400

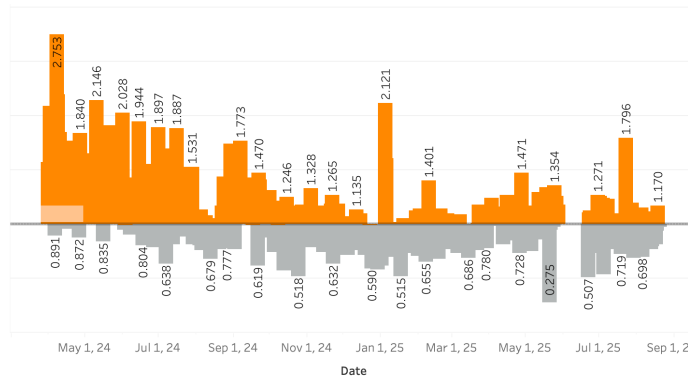
Step Weight

0.2

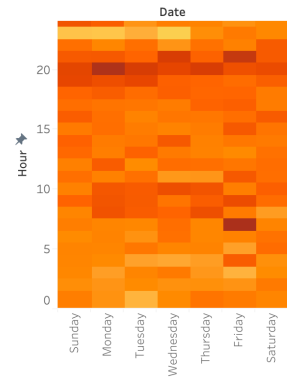
Sleep Weight

0.5

Kcal Type

☐ Active Calories☒ Basal Calories

Calories Heatmap



Exercise

[Overview](#)[Exercise](#)[Sleep](#)

Minimum Activity D...

4/1/2024

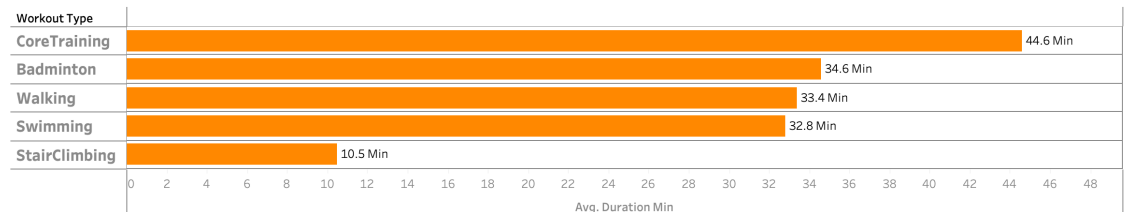
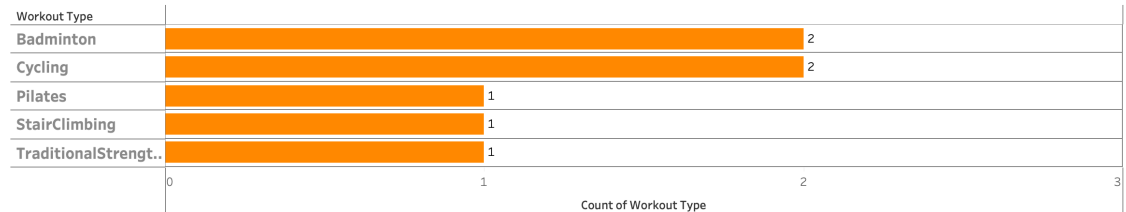
Maximum Activity D...

8/20/2025

Frequency of Workouts

[Choose Period](#)[Choose Month](#)

Select Top or B...

☐ Top 5☒ Bottom 5



Exercise

[Overview](#)[Exercise](#)[Sleep](#)

Select Month

Apr 2024

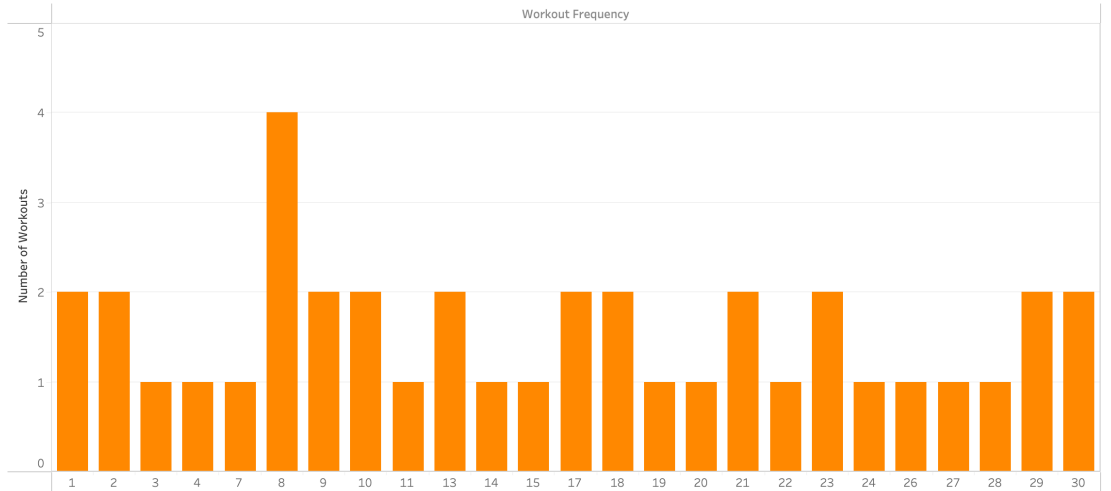


Monthly View for Apr 2024

[Choose Period](#)[Choose Month](#)

Workout Type

- ☒ All
- ☐ Badminton
- ☐ CardioDance
- ☐ CoreTraining
- ☐ Cycling
- ☐ FunctionalSt...
- ☐ Kickboxing
- ☐ Pilates
- ☐ StairClimbing
- ☐ Swimming
- ☐ TraditionalSt...
- ☐ Walking



Sleep

[Overview](#)[Exercise](#)[Sleep](#)

Measure Names

- ☒ Avg. Duration
- ☐ Avg. total

Start

4/1/2024

End

8/20/2025

Sleep State

- ☐ core
- ☐ deep
- ☒ rem

Weekday of..

