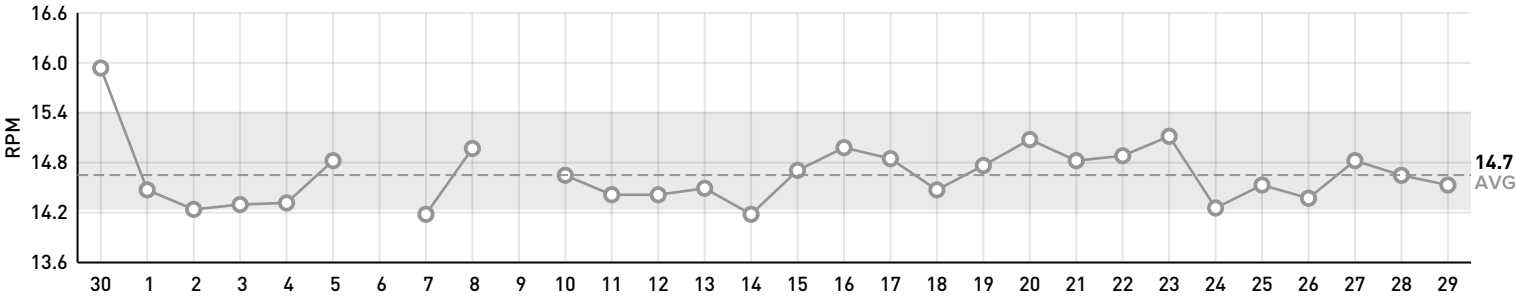


RESPIRATORY RATE

Measured as RPM (respirations per minute) during sleep.

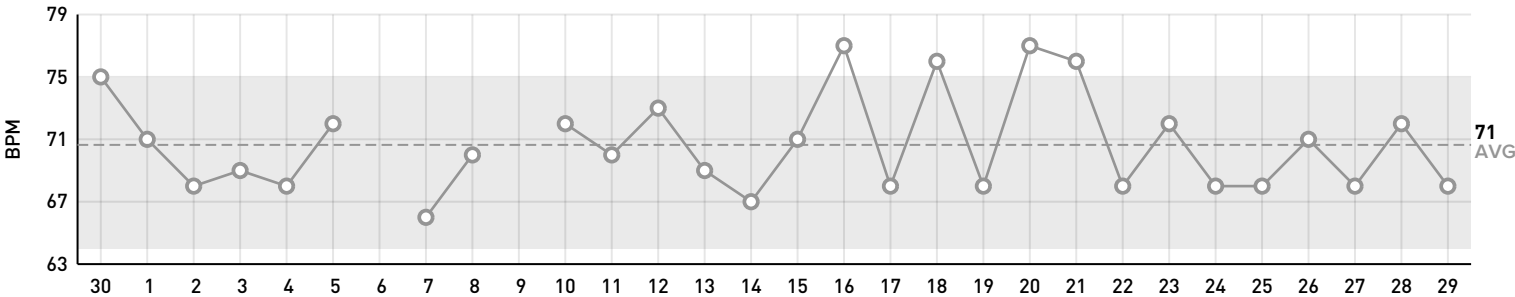
6-month personal range



RESTING HEART RATE

Measured as BPM (beats per minute) during sleep.

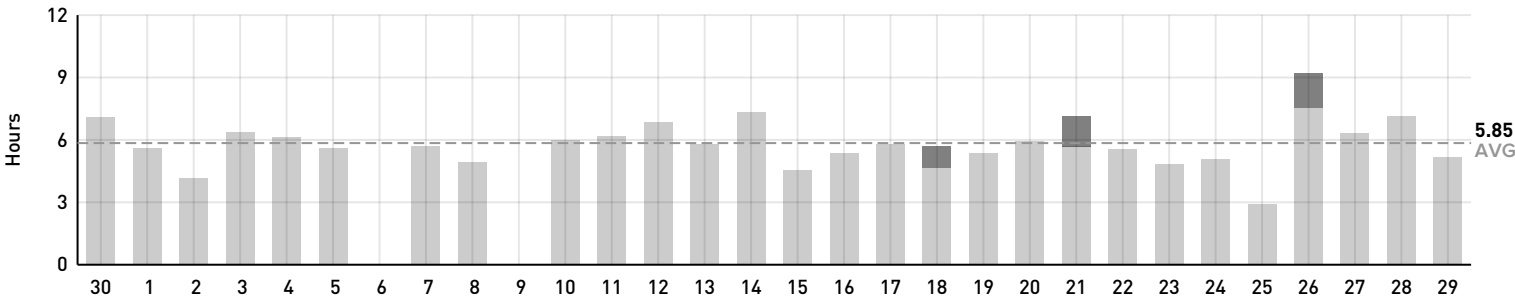
6-month personal range



SLEEP DURATION

At least 7 hours of sleep is recommended each night for this age group.

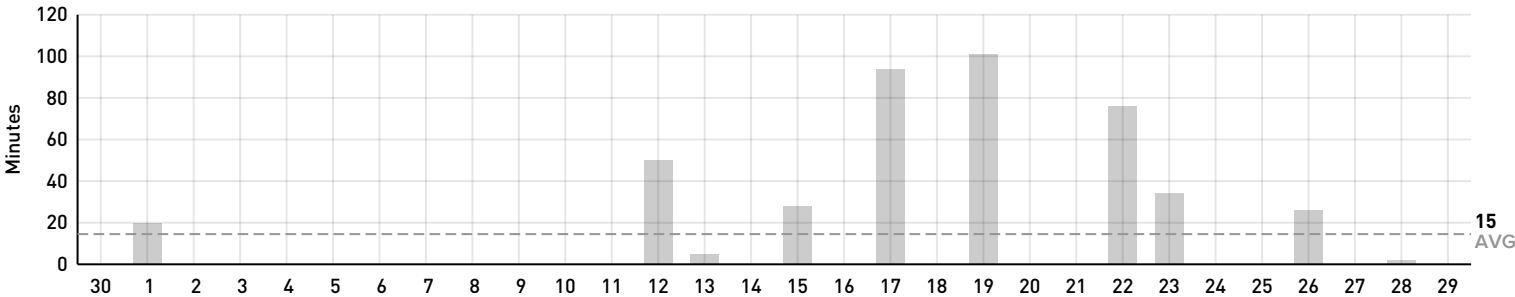
Sleep Nap



DAILY AEROBIC ACTIVITY

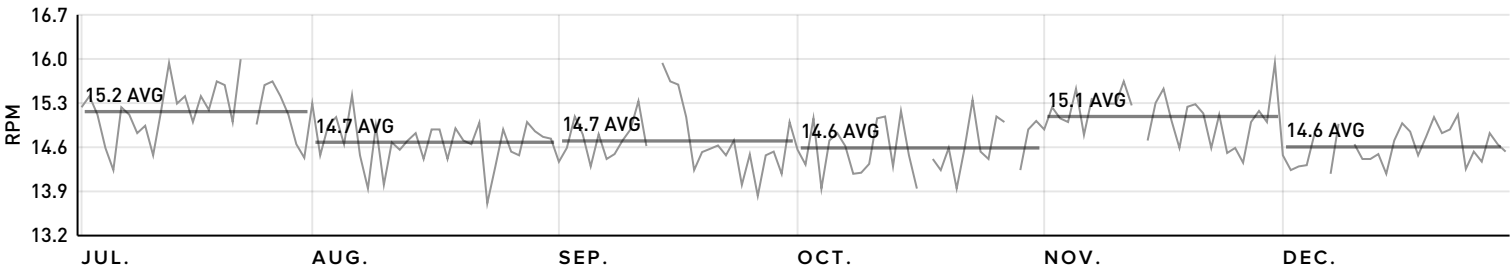
Total daily minutes spent in upper heart rate zones during logged activities. 150 minutes of moderate aerobic activity (50-80% of max HR) or 75 minutes of vigorous aerobic activity (80-100% of max HR) is recommended per week.

Moderate Vigorous



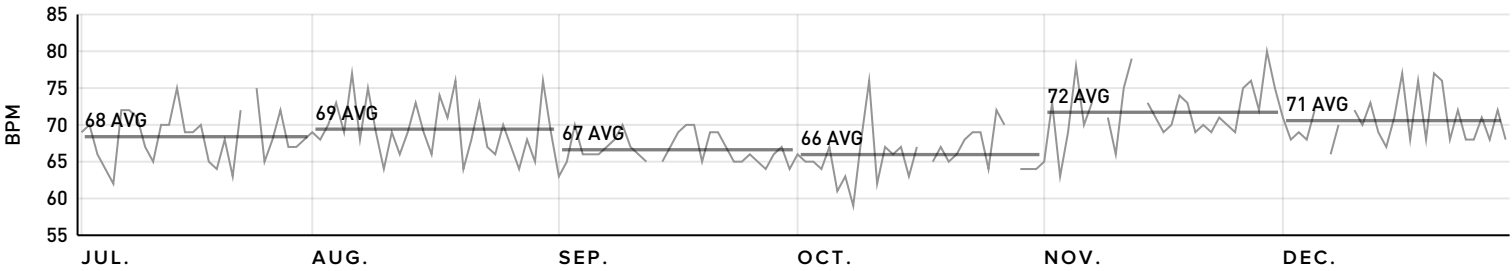
RESPIRATORY RATE

Measured as RPM (respirations per minute) during sleep, averages displayed for months with sufficient data.



RESTING HEART RATE

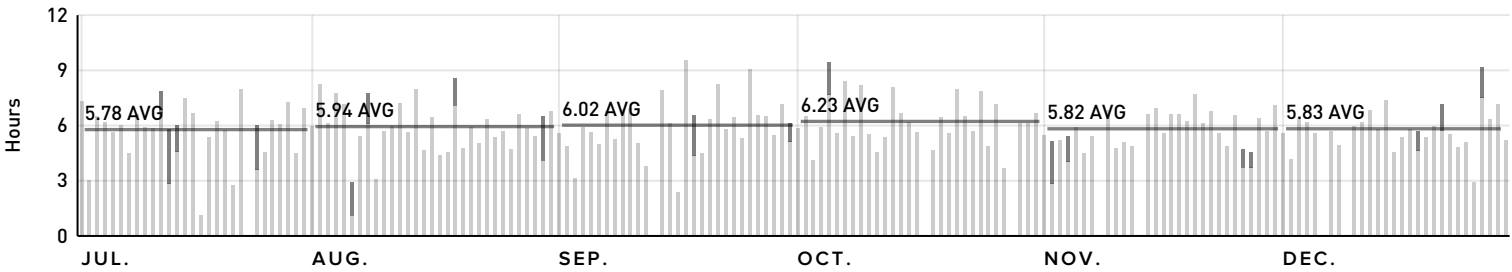
Measured as BPM (beats per minute) during sleep, averages displayed for months with sufficient data.



SLEEP DURATION

■ Sleep ■ Nap

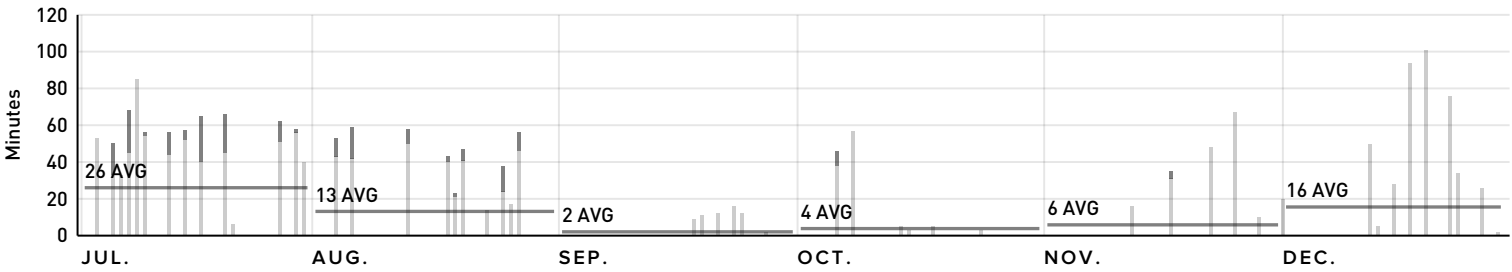
Total daily time spent asleep in hours, averages displayed for months with sufficient data. At least 7 hours of sleep is recommended each night for this age group.



DAILY AEROBIC ACTIVITY

■ Moderate ■ Vigorous

Total daily minutes spent in upper heart rate zones during logged activities, averages displayed for months with sufficient data. 150 minutes of moderate aerobic activity (50-80% of max HR) or 75 minutes of vigorous aerobic activity (80-100% of max HR) is recommended per week.



Most frequently logged activities.



23x
WALKING



13x
ACTIVITY



10x
HIIT



7x
RUNNING



7x
STRENGTH
TRAINER