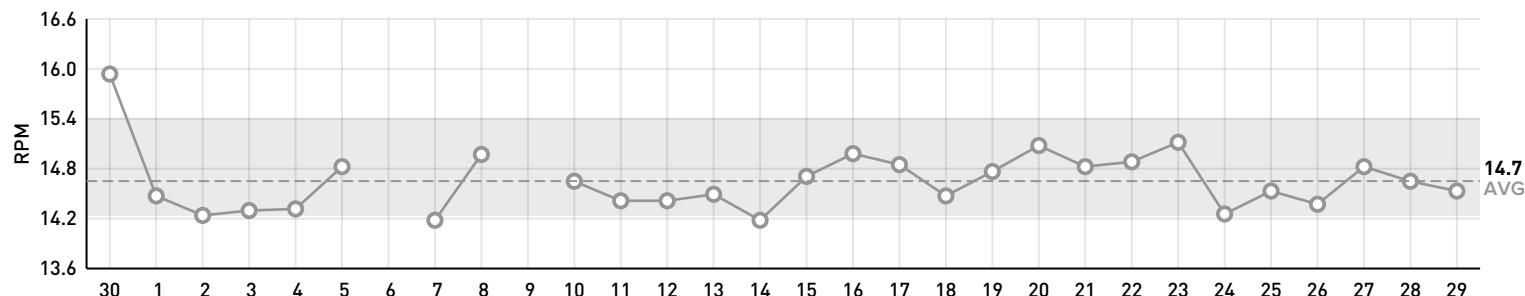


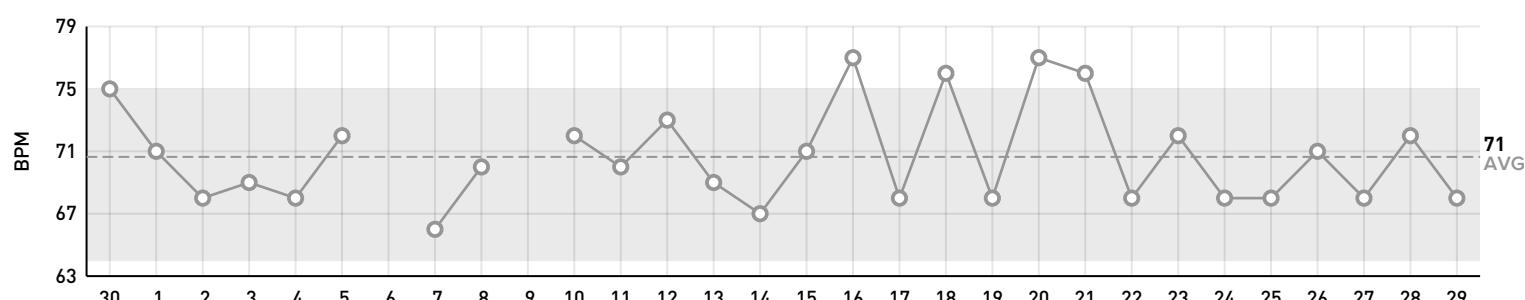
RESPIRATORY RATE

Measured as RPM (respirations per minute) during sleep.



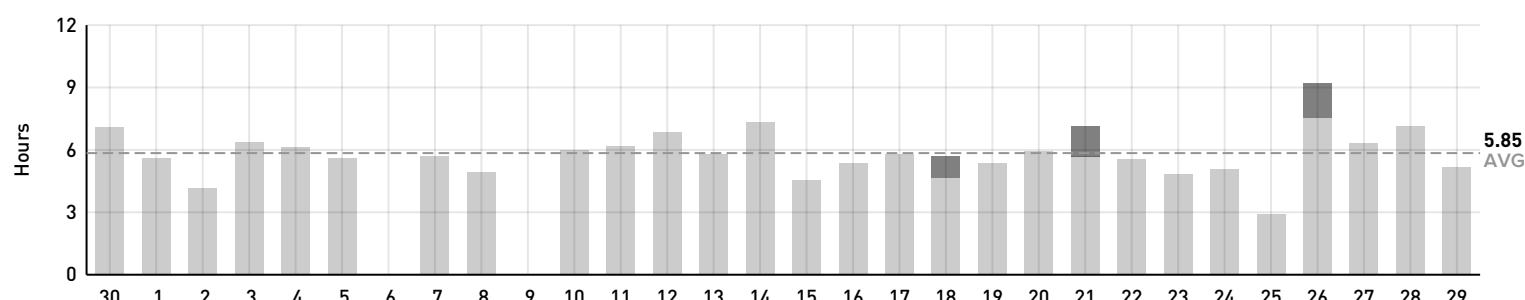
RESTING HEART RATE

Measured as BPM (beats per minute) during sleep.



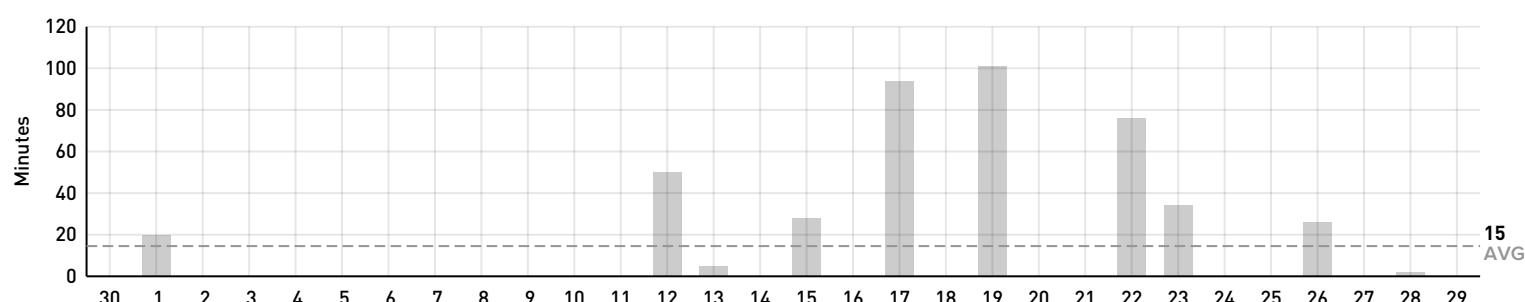
SLEEP DURATION

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



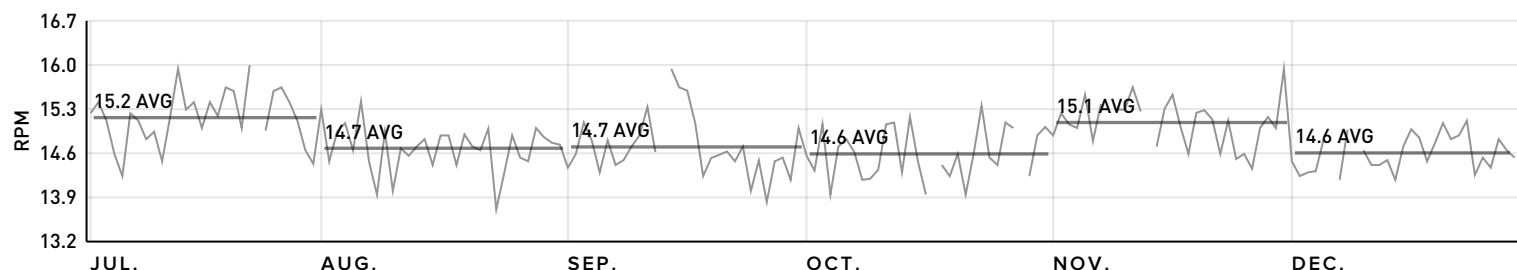
DAILY AEROBIC ACTIVITY

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.

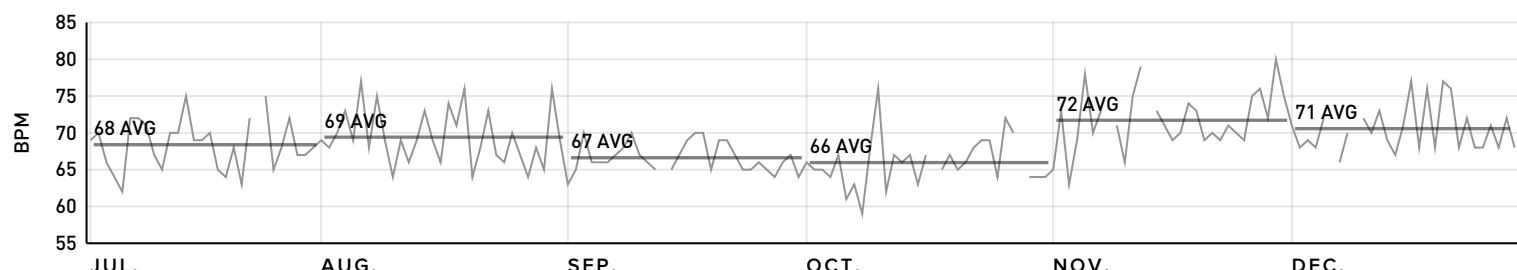


RESPIRATORY RATE

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

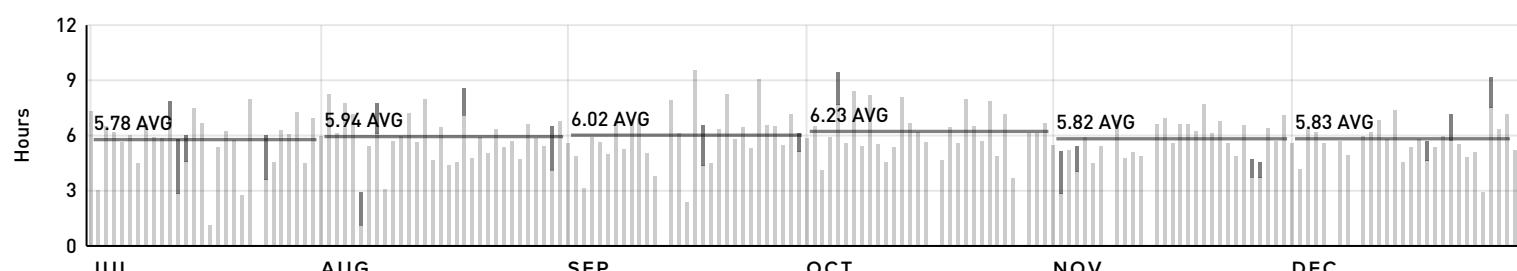
**RESTING HEART RATE**

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

**SLEEP DURATION**

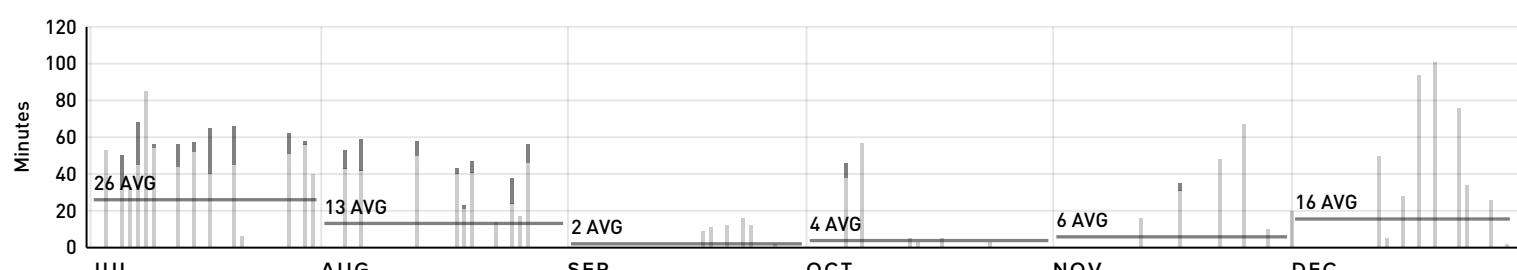
Sleep Nap

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.

