



Stress



REST	10h 10m
LOW	1h 27m
MEDIUM	1h 1m
HIGH	35m



Intensity Minutes



18 / WEEK

GOAL	150
MODERATE	4
VIGOROUS	7 x2



Steps



15,504

GOAL
5,750



Calories



1,769

RESTING	1,375	ACTIVE	394
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Sleep



DEEP	1h 17m
LIGHT	5h 37m

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