



John Doe

Date of birth Jan 3, 1976

Blood type -

Sex Male

Heart Rate Report

From Jan 1, 2021 to Jan 31, 2021

Average heart rate

80 bpm

Resting average

64 bpm

Average variability

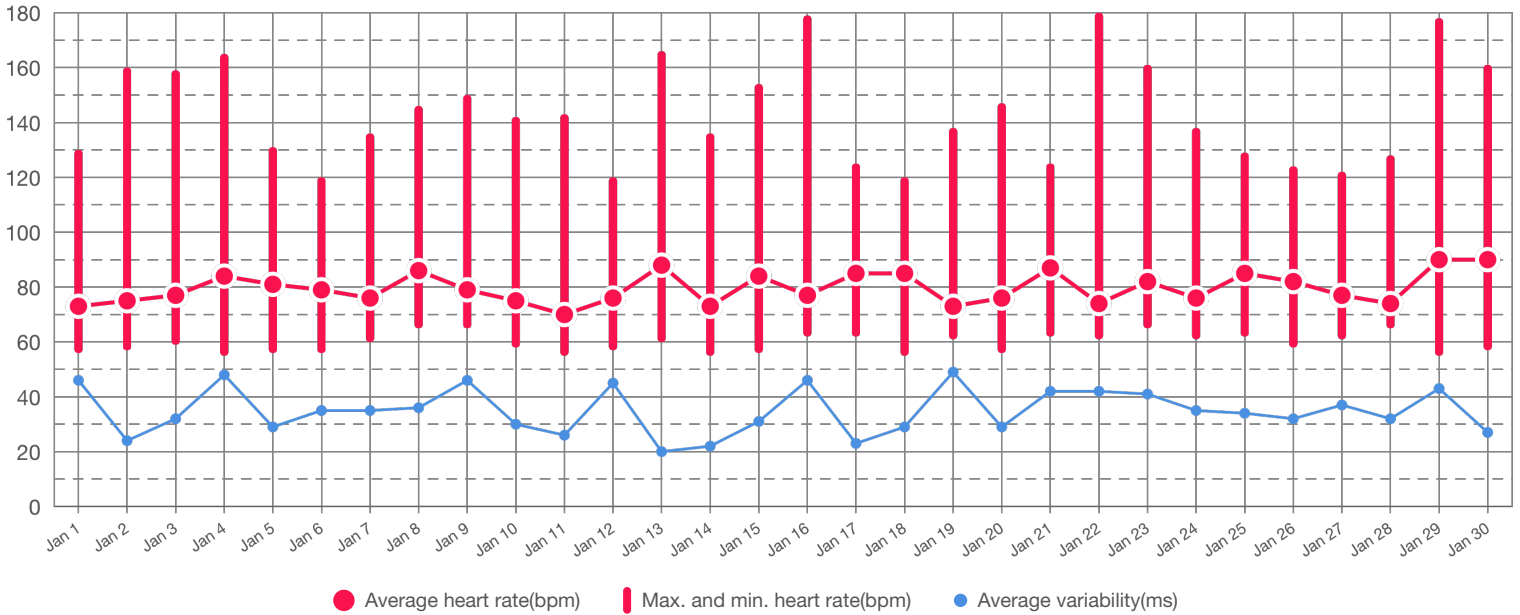
35 ms

Average steps

9796

Average burned calories

2389 kcal



● Average heart rate(bpm) | Max. and min. heart rate(bpm) | ● Average variability(ms)

Date	Heart rate					Variability (ms)	Steps	Calories burned (kcal)
	Minimum	Maximum	Average	Resting avg.	Active avg.			
Jan 1, 2021	56	130	73 ▼	64 ●	113 ●	46 ▲	11280 ▲	2,074 ▼
Jan 2, 2021	57	160	75 ▼	62 ▼	105 ▼	24 ▼	9494 ▼	2,055 ▼
Jan 3, 2021	59	159	77 ▼	68 ▲	112 ▼	32 ▼	11630 ▲	2,420 ▲
Jan 4, 2021	55	165	84 ▲	65 ▲	116 ▲	48 ▲	8505 ▼	2,476 ▲
Jan 5, 2021	56	131	81 ▲	60 ▼	113 ●	29 ▼	11478 ▲	2,061 ▼
Jan 6, 2021	56	120	79 ▼	70 ▲	121 ▲	35 ●	8110 ▼	2,953 ▲
Jan 7, 2021	60	136	76 ▼	66 ▲	115 ▲	35 ●	8357 ▼	2,131 ▼
Jan 8, 2021	65	146	86 ▲	62 ▼	104 ▼	36 ▲	10462 ▲	2,713 ▲
Jan 9, 2021	65	150	79 ▼	63 ▼	108 ▼	46 ▲	11769 ▲	2,264 ▼
Jan 10, 2021	58	142	75 ▼	61 ▼	129 ▲	30 ▼	11851 ▲	2,400 ▲
Jan 11, 2021	55	143	70 ▼	67 ▲	103 ▼	26 ▼	11158 ▲	2,296 ▼
Jan 12, 2021	57	120	76 ▼	69 ▲	108 ▼	45 ▲	11099 ▲	2,375 ▼
Jan 13, 2021	60	166	88 ▲	60 ▼	102 ▼	20 ▼	8686 ▼	2,304 ▼
Jan 14, 2021	55	136	73 ▼	60 ▼	100 ▼	22 ▼	7722 ▼	2,125 ▼
Jan 15, 2021	56	154	84 ▲	64 ●	128 ▲	31 ▼	11372 ▲	2,670 ▲
Jan 16, 2021	62	179	77 ▼	68 ▲	111 ▼	46 ▲	10628 ▲	2,027 ▼

Jan 17, 2021	62	125	85 ▲	60 ▼	100 ▼	23 ▼	7253 ▼	2,153 ▼
Jan 18, 2021	55	120	85 ▲	63 ▼	125 ▲	29 ▼	8800 ▼	2,854 ▲
Jan 19, 2021	61	138	73 ▼	68 ▲	112 ▼	49 ▲	8223 ▼	2,146 ▼
Jan 20, 2021	56	147	76 ▼	61 ▼	109 ▼	29 ▼	8472 ▼	2,061 ▼
Jan 21, 2021	62	125	87 ▲	60 ▼	114 ▲	42 ▲	12056 ▲	2,680 ▲
Jan 22, 2021	61	180	74 ▼	63 ▼	103 ▼	42 ▲	11138 ▲	2,235 ▼
Jan 23, 2021	65	161	82 ▲	62 ▼	126 ▲	41 ▲	8648 ▼	2,361 ▼
Jan 24, 2021	61	138	76 ▼	66 ▲	130 ▲	35 ●	9425 ▼	2,593 ▲
Jan 25, 2021	62	129	85 ▲	70 ▲	101 ▼	34 ▼	7674 ▼	2,100 ▼
Jan 26, 2021	58	124	82 ▲	61 ▼	111 ▼	32 ▼	6450 ▼	2,451 ▲
Jan 27, 2021	61	122	77 ▼	60 ▼	126 ▲	37 ▲	10702 ▲	2,930 ▲
Jan 28, 2021	65	128	74 ▼	64 ●	105 ▼	32 ▼	9834 ▲	2,832 ▲
Jan 29, 2021	55	178	90 ▲	70 ▲	124 ▲	43 ▲	9939 ▲	2,150 ▼
Jan 30, 2021	57	161	90 ▲	67 ▲	113 ●	27 ▼	11677 ▲	2,779 ▲

▲ ▼ ● Compared to average