Stay Strong

Your resting heart rate average is 72bpm. The Mayo Clinic says that’s normal for a healthy and active adult. Keep your heart strong to achieve all your goals.

Learn more

Take a Stand

Smart Coach noticed a lot of activity this week. Based on your data, it seems like you enjoy running. Staying active can do great things for your mood. You racked up 8h 11m of total active time. That’s got to make you smile.

Learn more
You moved
1,457 steps

SMART COACH

A Slower Start
You typically take about 2,611 steps in the morning during the week. Smart Coach noticed that you are behind pace today. Listen to your body. If you need to rest today, enjoy.

1h ago

Being UP, is more fun ☺️ with friends!
SMART COACH

5% Less

You took 17,893 steps yesterday. Smart Coach noticed it was a 5% decrease from last Tuesday’s steps. Shake it off. You can always make up for it tomorrow.

Learn more