







Fitbit

WEEKLY STATS

Hi, Doug L.
Here are your stats for Nov. 12 - Nov. 18

Mon. Tue. Wed. Thurs. Fri. Sat. **Best Day!**
27,061

119,113 total steps
Avg. 17,016 steps per day. ▲108,259 more than last week

 204 total floors ▲203 floors over last week	 55.84 total miles ▲50.81 miles over last week	 3,833 avg daily calorie burn ▲1,820 cal. over last week
 1350 total active minutes	 5 of 5 days exercising this week	 4:40 hrs avg. restful sleep