

Health data summary

2026-07-29 to 2026-10-26 (90 days)

SAMPLE with synthetic data, made by MetricBridge's report code. Not a real person's health data.

Blood Pressure Systolic

Latest: 121 mmHg on 2026-10-25

7-day mean: 119 mmHg (2 recorded days)

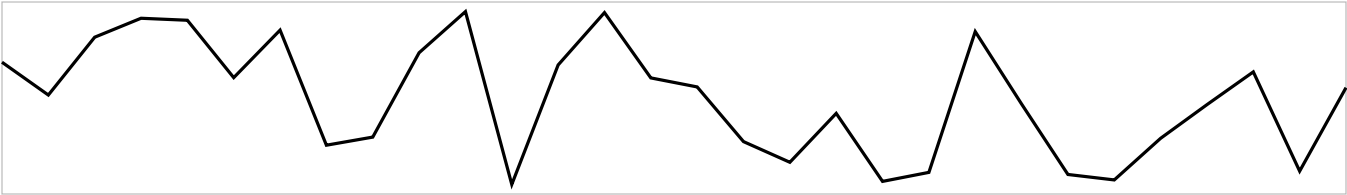
30-day mean: 120 mmHg (10 recorded days)

90-day mean: 121 mmHg (30 recorded days)

Range: 116 mmHg to 126 mmHg

Recorded on 30 of 90 days in this window.

Logged during this window: Started evening walks (2026-10-05). Averages that span such a change can be misleading.



2026-07-30 to 2026-10-25

Blood Pressure Diastolic

Latest: 81.8 mmHg on 2026-10-25

7-day mean: 80.7 mmHg (2 recorded days)

30-day mean: 79.7 mmHg (10 recorded days)

90-day mean: 79 mmHg (30 recorded days)

Range: 76.2 mmHg to 82 mmHg

Recorded on 30 of 90 days in this window.

Logged during this window: Started evening walks (2026-10-05). Averages that span such a change can be misleading.



2026-07-30 to 2026-10-25

Resting Heart Rate

Latest: 58.7 bpm on 2026-10-26

7-day mean: 57.9 bpm (7 recorded days)

30-day mean: 59 bpm (30 recorded days)

90-day mean: 59.8 bpm (90 recorded days)

Range: 56.2 bpm to 62.7 bpm

Recorded on 90 of 90 days in this window.

Logged during this window: Started evening walks (2026-10-05). Averages that span such a change can be misleading.



2026-07-29 to 2026-10-26

Heart Rate

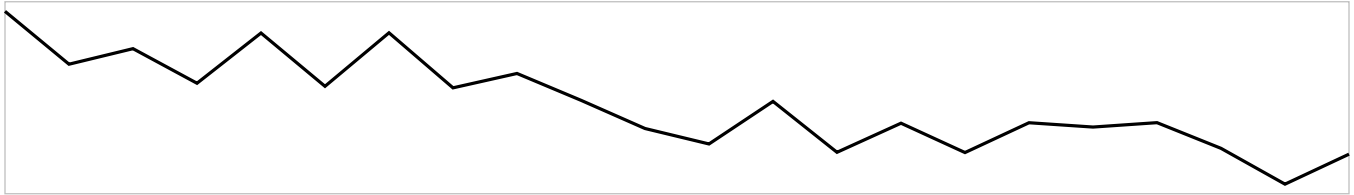
Latest: 72.4 bpm on 2026-10-26
7-day mean: 73.5 bpm (7 recorded days)
30-day mean: 74 bpm (30 recorded days)
90-day mean: 73.8 bpm (90 recorded days)
Range: 70 bpm to 78 bpm
Recorded on 90 of 90 days in this window.
Logged during this window: Started evening walks (2026-10-05). Averages that span such a change can be misleading.



2026-07-29 to 2026-10-26

Weight Body Mass

Latest: 75.4 kg on 2026-10-23
7-day mean: 75.4 kg (1 recorded days)
30-day mean: 75.5 kg (7 recorded days)
90-day mean: 75.8 kg (22 recorded days)
Range: 75.1 kg to 76.7 kg
Recorded on 22 of 90 days in this window.
Logged during this window: Started evening walks (2026-10-05). Averages that span such a change can be misleading.



2026-07-31 to 2026-10-23

Sleep

Latest: 6.5 hr on 2026-10-26
7-day mean: 7.1 hr (7 recorded days)
30-day mean: 7 hr (27 recorded days)
90-day mean: 7.1 hr (82 recorded days)
Range: 6.4 hr to 7.7 hr
Recorded on 82 of 90 days in this window.
Logged during this window: Started evening walks (2026-10-05). Averages that span such a change can be misleading.

Consumer wearable and phone data, self-recorded. Shows association only, not causation. Not a medical record and not a diagnosis.



2026-07-29 to 2026-10-26

Step Count

Latest: 7343 on 2026-10-26
7-day mean per day: 7823 (7 recorded days)
30-day mean per day: 7311 (30 recorded days)
90-day mean per day: 6904 (90 recorded days)
Range: 4364 to 10026
Recorded on 90 of 90 days in this window.
Logged during this window: Started evening walks (2026-10-05). Averages that span such a change can be misleading.



2026-07-29 to 2026-10-26

Blood Oxygen Saturation

Latest: 97.9 % on 2026-10-25
7-day mean: 97.4 % (3 recorded days)
30-day mean: 96.9 % (15 recorded days)
90-day mean: 97 % (45 recorded days)
Range: 96 % to 98 %
Recorded on 45 of 90 days in this window.
Logged during this window: Started evening walks (2026-10-05). Averages that span such a change can be misleading.



2026-07-29 to 2026-10-25

Change since your visit on 2026-09-21 (compared with the 34 days before it)

Blood Pressure Systolic (average): 121 mmHg (11 days) -> 119 mmHg (12 days)
Blood Pressure Diastolic (average): 78.4 mmHg (11 days) -> 79.6 mmHg (12 days)
Resting Heart Rate (average): 60.2 bpm (35 days) -> 59 bpm (36 days)
Heart Rate (average): 74 bpm (35 days) -> 73.9 bpm (36 days)
Weight Body Mass (average): 75.9 kg (9 days) -> 75.5 kg (9 days)
Sleep (average): 7.1 hr (32 days) -> 7 hr (33 days)
Step Count (per day): 6729 (35 days) -> 7065 (36 days)
Blood Oxygen Saturation (average): 97.3 % (18 days) -> 96.9 % (18 days)

Consumer wearable and phone data, self-recorded. Shows association only, not causation. Not a medical record and not a diagnosis.