

Long-term activity report

2025-10-26 to 2026-10-26, monthly view

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

Step Count

2025-10: 8116 per day (5 recorded days)
2025-11: 8339 per day (30 recorded days)
2025-12: 9341 per day (31 recorded days)
2026-01: 10034 per day (31 recorded days)
2026-02: 9506 per day (28 recorded days)
2026-03: 9335 per day (24 recorded days)
2026-04: 8705 per day (30 recorded days)
2026-05: 7414 per day (31 recorded days)
2026-06: 6224 per day (30 recorded days)
2026-07: 6407 per day (31 recorded days)
2026-08: 6597 per day (31 recorded days)
2026-09: 7026 per day (30 recorded days)
2026-10: 7145 per day (26 recorded days)

Recorded on 358 days across 12 months.



2025-10 to 2026-10

Apple Exercise Time

2025-10: 24.8 min per day (5 recorded days)
2025-11: 32.9 min per day (30 recorded days)
2025-12: 37.7 min per day (31 recorded days)
2026-01: 39.2 min per day (31 recorded days)
2026-02: 42.2 min per day (28 recorded days)
2026-03: 34.9 min per day (24 recorded days)
2026-04: 30.7 min per day (30 recorded days)
2026-05: 27.8 min per day (31 recorded days)
2026-06: 24.1 min per day (30 recorded days)
2026-07: 19.2 min per day (31 recorded days)
2026-08: 23.6 min per day (31 recorded days)
2026-09: 24.9 min per day (30 recorded days)
2026-10: 29 min per day (26 recorded days)

Recorded on 358 days across 12 months.



2025-10 to 2026-10

Walking Running Distance

2025-10: 6.6 km per day (5 recorded days)

2025-11: 6.5 km per day (30 recorded days)

2025-12: 7.3 km per day (31 recorded days)

2026-01: 7.5 km per day (31 recorded days)

2026-02: 7.4 km per day (28 recorded days)

2026-03: 7.4 km per day (24 recorded days)

2026-04: 6.3 km per day (30 recorded days)

2026-05: 5.5 km per day (31 recorded days)

2026-06: 5.3 km per day (30 recorded days)

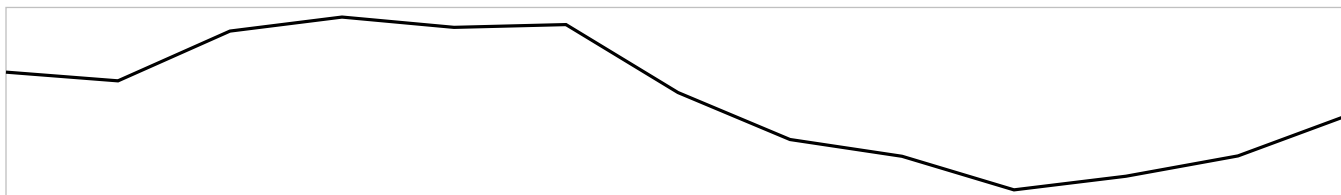
2026-07: 4.7 km per day (31 recorded days)

2026-08: 4.9 km per day (31 recorded days)

2026-09: 5.3 km per day (30 recorded days)

2026-10: 5.9 km per day (26 recorded days)

Recorded on 358 days across 12 months.



2025-10 to 2026-10