



King Sean, House von Dehn <gnosticwisdom37@gmail.com>

Your weekly progress report from Fitbit!

1 message

Fitbit <noreply@fitbit.com>
To: gnosticwisdom37@gmail.com

Tue, Sep 2, 2025 at 4:32 PM

Google Fitbit

WEEKLY STATS



Hi, King Sean, H.!

Here are your stats for Aug. 25 - Aug. 31

Stay Healthy

Explore your full library of Premium resources for sleep, activity, mindfulness, and nutrition.

EXPLORE PREMIUM



Mon.



Tue.



Wed.



Thurs.



Best Day!
21,577



Sat.



Sun.



111,123 total steps

Avg. 15,875 steps per day. ▲2,621 more than last week



87.61

total km

▲ 0.70 km over last week



2,547

avg. daily calorie burn

▲ 163 cals. over last week



1020

total active zone minutes

▲ 471 min since last week



5 hrs 47 min

avg. restful sleep

▼ 0 hrs 56 min lower than last week



6 of 13 hrs

avg. hrs with 250+ steps

▲ 1 hr over last week



1.2 lb

weight loss

▼ 2.3 lb since last week

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