NOBULL

Athletic Analytics | 2021

Dashboard Creation | Jacqueline Ann DeStefano, CPA, CFE, MBA

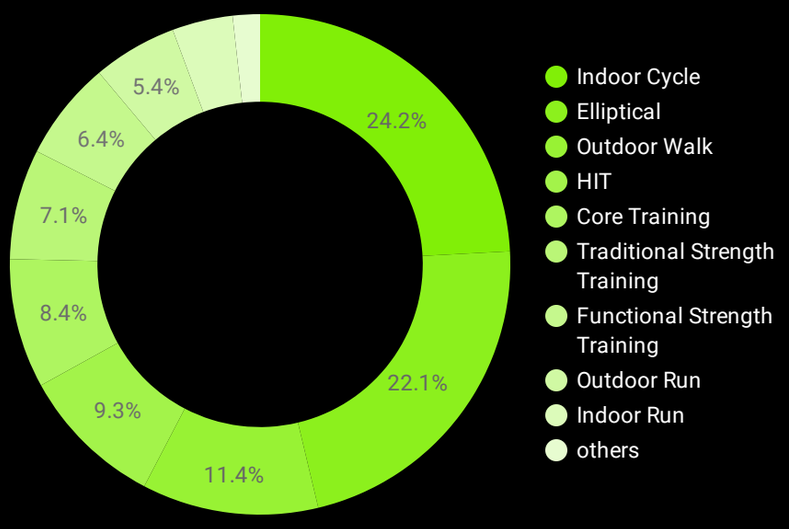
Average Heart Rate (BPM)
135
No data from previous 109 days

Total Calories Burned
48,981
No data from previous 109 days

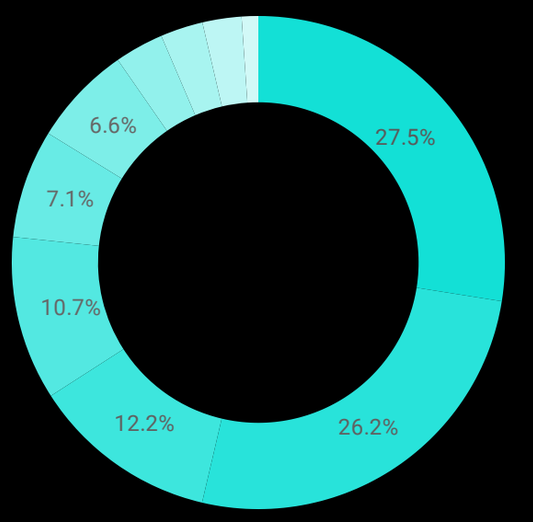
Active Calories
40,064
No data from previous 109 days

Exercise Type | Day of the Week | Mar 1, 2021 - Jun 17, 2021

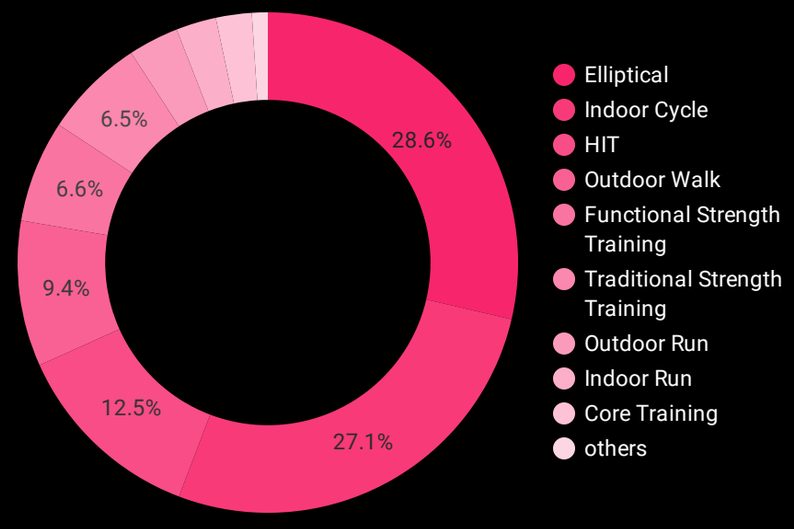
Heart Rate

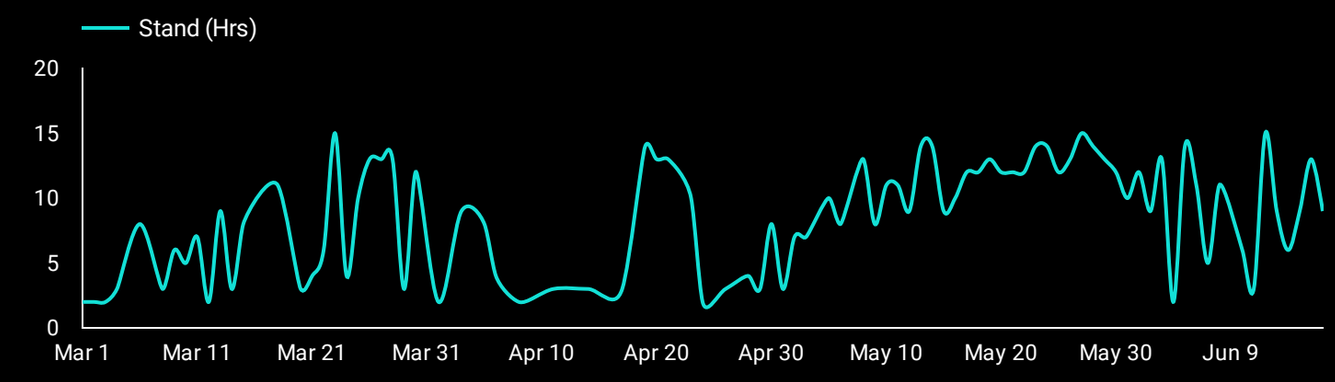
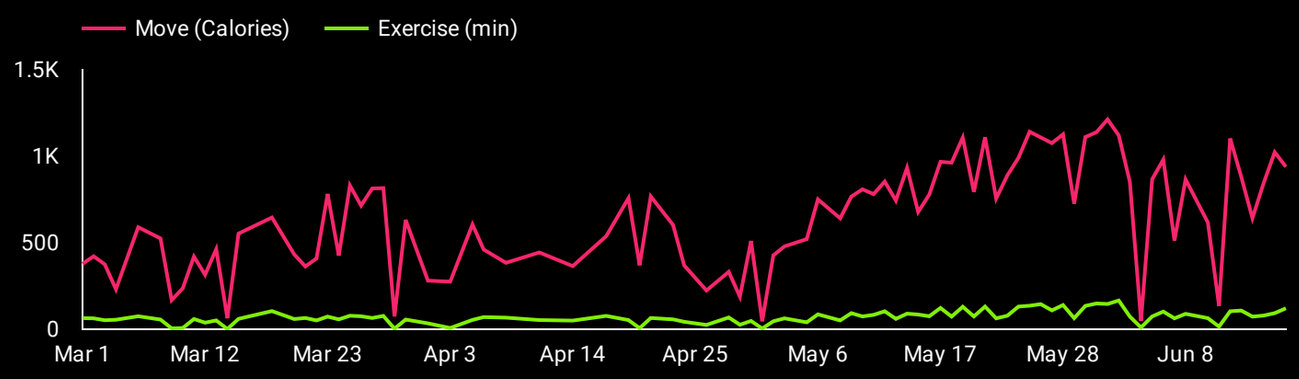
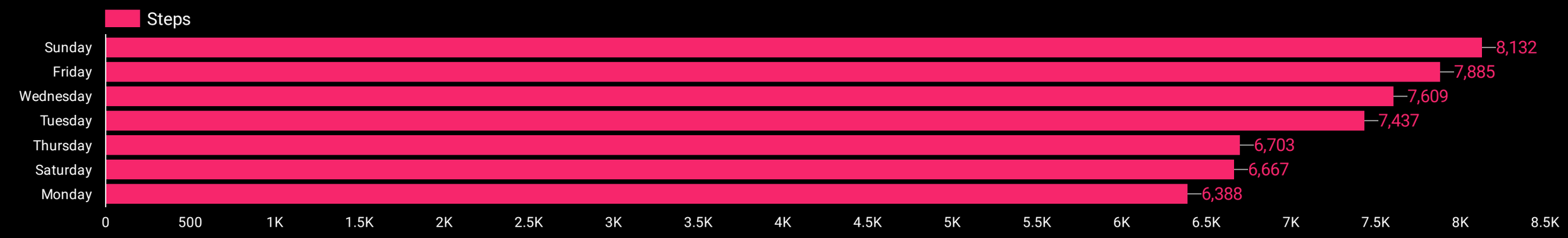
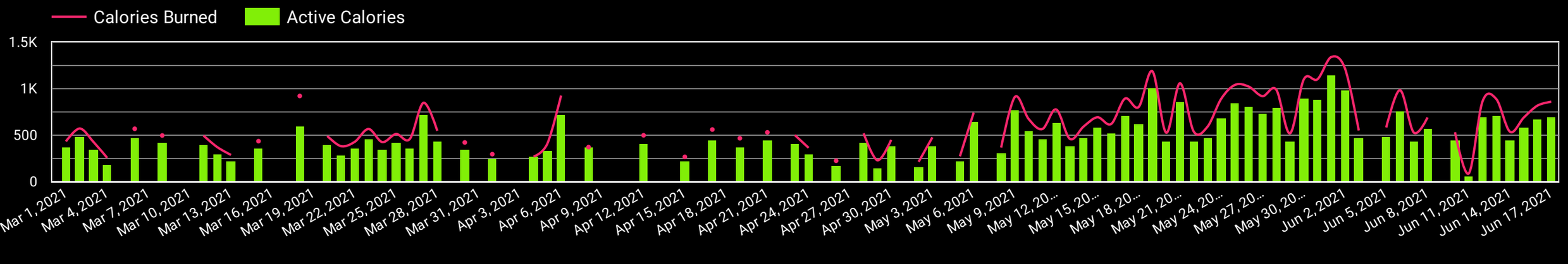


Total Calories Burned



Active Calories





Exercise Type	Calories Burned	% Δ	Average Heart Rate (BPM)	% Δ
Elliptical	13,474	-	155.82	-
Indoor Cycle	12,811	-	148	-
HIT	5,999	-	144.53	-
Outdoor Walk	5,264	-	98.22	-
Functional Strength Training	3,486	-	124.42	-
Traditional Strength Training	3,220	-	127.62	-
Outdoor Run	1,574	-	158.38	-
Core Training	1,368	-	108.11	-
Indoor Run	1,254	-	152	-
Dance	484	-	151	-
Outdoor Walk	47	-	107	-
No Exercise Recorded	null	-	null	-
Grand total	**48,981**	-	**134.52**	-