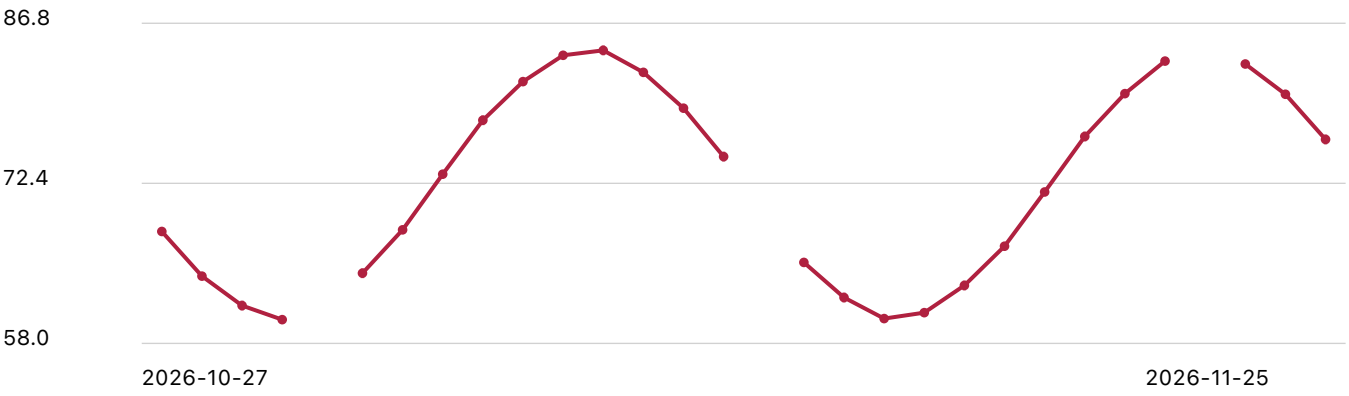
Heart at a glance

27 Oct 2026 – 25 Nov 2026 · Europe/London

Heart-rate average: 72.2 bpm

Ranges and averages use recorded readings. Active means samples marked active by Apple Health; a dash means unavailable.



Range lines show daily minimum and maximum; dots show the daily average (bpm).

Date	Min	Avg	Max	Rest avg	Active avg	Oxygen %	Steps
2026-10-27	67.9	68.1	68.2	63.8	—	97.1	6,459
2026-10-28	63.8	64.1	64.4	62.9	—	97.5	7,192
2026-10-29	61.0	61.4	61.9	61.7	—	97.8	7,859
2026-10-30	60.0	60.2	60.3	59.7	—	98.0	8,352
2026-10-31	—	—	—	—	—	—	—
2026-11-01	63.9	64.3	64.8	57.3	—	97.8	8,526
2026-11-02	68.1	68.2	68.4	56.3	—	97.5	8,178
2026-11-03	72.9	73.2	73.5	56.4	—	97.2	7,603
2026-11-04	77.6	78.1	78.5	57.1	—	96.7	6,894
2026-11-05	81.4	81.5	81.7	58.0	—	96.4	6,170
2026-11-06	83.6	83.9	84.2	59.6	—	96.1	5,550
2026-11-07	83.9	84.3	84.8	61.4	—	96.0	5,137
2026-11-08	82.2	82.3	82.5	62.6	—	96.1	5,000
2026-11-09	78.8	79.1	79.4	63.8	—	96.3	5,162

PulsePrécis

Heart at a glance

DEMO DATA · GENERATED EXAMPLES

Date	Min	Avg	Max	Rest avg	Active avg	Oxygen %	Steps
2026-11-10	74.3	74.8	75.2	64.4	—	96.6	5,594
2026-11-11	—	—	—	—	—	—	—
2026-11-12	65.0	65.3	65.6	63.3	—	97.4	6,955
2026-11-13	61.7	62.1	62.6	62.1	—	97.7	7,657
2026-11-14	60.1	60.2	60.4	60.3	—	97.9	8,217
2026-11-15	60.5	60.8	61.1	58.8	—	98.0	8,542
2026-11-16	62.8	63.2	63.7	57.6	—	97.9	8,578
2026-11-17	66.6	66.7	66.9	56.4	—	97.6	8,320
2026-11-18	71.3	71.6	71.9	56.3	—	97.3	7,810
2026-11-19	76.1	76.6	77.0	56.8	—	96.9	7,132
2026-11-20	80.3	80.4	80.6	57.5	—	96.5	6,399
2026-11-21	83.1	83.4	83.7	59.1	—	96.2	5,733
2026-11-22	—	—	—	—	—	—	—
2026-11-23	82.9	83.1	83.2	62.1	—	96.0	5,012
2026-11-24	80.1	80.4	80.7	63.5	—	96.2	5,077
2026-11-25	75.9	76.3	76.8	64.3	—	96.5	5,428

Heart and resting/active values are bpm; oxygen is percent; steps are daily totals. Active averages use only samples explicitly marked active and may be incomplete. Oxygen and other averages describe recorded samples, not continuous monitoring.

Made with PulsePrecis

Health data report

DEMO DATA — generated examples, not personal measurements

27 Oct 2026 – 25 Nov 2026

Report time zone: Europe/London

Generated: 2026-11-25T00:44:25.216Z

This report describes recorded data. Missing measurements are shown as unavailable; no missing values are replaced with zero. A partial result can contain valid measurements while having incomplete retrieval or interpretation.

Full-period summaries

Sleep: 7h 45m

Mean recorded sleep across 27 dates with classified sleep. Status: Available. 27 of 30 dates have retrieved records.

Heart rate: 72.2 bpm

Arithmetic mean of synthetic readings. Status: Available. 27 of 30 dates have retrieved records.

Resting heart rate: 60.2 bpm

Arithmetic mean of synthetic readings. Status: Available. 27 of 30 dates have retrieved records.

Walking heart rate: 93.2 bpm

Arithmetic mean of synthetic readings. Status: Available. 27 of 30 dates have retrieved records.

Heart rate variability · SDNN: 44.3 ms

Arithmetic mean of synthetic readings. Status: Available. 27 of 30 dates have retrieved records.

Steps: 184,535 count

Total of synthetic readings. Status: Available. 27 of 30 dates have retrieved records.

Active energy: 11,309 kcal

Total of synthetic readings. Status: Available. 27 of 30 dates have retrieved records.

Resting energy: 45,373 kcal

Total of synthetic readings. Status: Available. 27 of 30 dates have retrieved records.

Weight: 76.7 kg

Latest synthetic reading. Status: Available. 27 of 30 dates have retrieved records.

Daily tables and source records describe different levels of detail. A daily average is not an individual

measurement. An empty query cannot establish whether data are absent or read access is restricted. Event absence does not establish that no event occurred.

Sleep

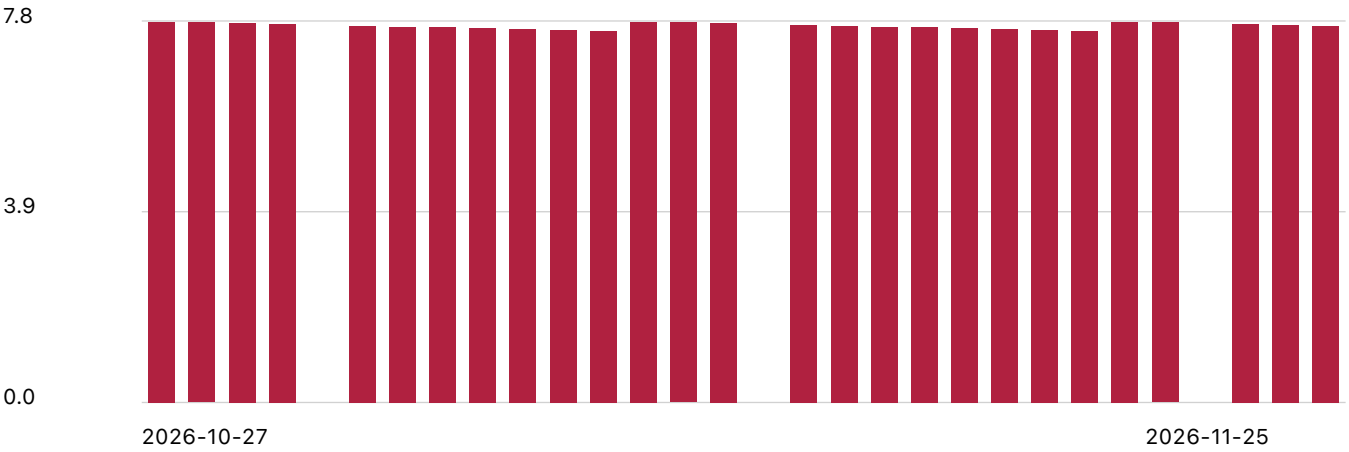
27 Oct 2026 – 25 Nov 2026 · Europe/London

7h 45m

Mean recorded sleep across 27 dates with classified sleep

Status: Available · 157 retrieved records · 27/30 dates with records

Daily values (h)



Gaps mean unavailable values. Dates use the report time zone. The vertical axis labels show the actual displayed range.

Daily table

Date	Value	Unit	Records	Status
2026-10-27	7.83	h	7	Available
2026-10-28	7.82	h	5	Available
2026-10-29	7.80	h	6	Available
2026-10-30	7.78	h	6	Available
2026-10-31	Unavailable	h	0	Unavailable
2026-11-01	7.75	h	5	Available
2026-11-02	7.73	h	7	Available
2026-11-03	7.72	h	5	Available

Sleep

DEMO DATA · GENERATED EXAMPLES

Date	Value	Unit	Records	Status
2026-11-04	7.70	h	6	Available
2026-11-05	7.68	h	6	Available
2026-11-06	7.67	h	6	Available
2026-11-07	7.65	h	5	Available
2026-11-08	7.83	h	7	Available
2026-11-09	7.82	h	5	Available
2026-11-10	7.80	h	6	Available
2026-11-11	Unavailable	h	0	Unavailable
2026-11-12	7.77	h	6	Available
2026-11-13	7.75	h	5	Available
2026-11-14	7.73	h	7	Available
2026-11-15	7.72	h	5	Available
2026-11-16	7.70	h	6	Available
2026-11-17	7.68	h	6	Available
2026-11-18	7.67	h	6	Available
2026-11-19	7.65	h	5	Available
2026-11-20	7.83	h	7	Available
2026-11-21	7.82	h	5	Available
2026-11-22	Unavailable	h	0	Unavailable
2026-11-23	7.78	h	6	Available
2026-11-24	7.77	h	6	Available
2026-11-25	7.75	h	5	Available

Sleep sessions

Whole sessions are assigned to their local end date. Recorded sleep excludes unknown gaps and awake/asleep conflicts. In a partial session, recorded sleep may be a lower bound. Missing in-bed records remain unavailable.

2026-10-27 · Recorded asleep: 7h 50m

2026-10-26T23:00:00.000Z to 2026-10-27T07:00:00.000Z

In bed: 8h 0m · Awake: 0h 10m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 50m · Deep: 0h 50m · REM: 1h 10m

Selected sleep source: Example sleep tracker. 6 retained source records; 1 alternative records excluded. In-bed records can have a separate source.

This whole session starts before the reporting period and is included because it ends within the period.

Time in bed is the independent union of the attached in-bed records, not the session span or time asleep.

More specific stage/awake records take precedence over fully overlapping generic records.

2026-10-28 · Recorded asleep: 7h 49m

2026-10-27T23:00:00.000Z to 2026-10-28T07:00:00.000Z

In bed: Unavailable · Awake: 0h 11m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 47m · Deep: 0h 51m · REM: 1h 11m

Selected sleep source: Example sleep tracker. 5 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

No readable in-bed record overlaps this session; time in bed is unavailable, not zero.

2026-10-29 · Recorded asleep: 7h 48m

2026-10-28T23:00:00.000Z to 2026-10-29T07:00:00.000Z

In bed: 8h 0m · Awake: 0h 12m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 44m · Deep: 0h 52m · REM: 1h 12m

Selected sleep source: Example sleep tracker. 6 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

Time in bed is the independent union of the attached in-bed records, not the session span or time asleep.

2026-10-30 · Recorded asleep: 7h 47m

2026-10-29T23:00:00.000Z to 2026-10-30T07:00:00.000Z

In bed: Unavailable · Awake: 0h 13m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 41m · Deep: 0h 53m · REM: 1h 13m

Selected sleep source: Example sleep tracker. 5 retained source records; 1 alternative records excluded. In-bed records can have a separate source.

No readable in-bed record overlaps this session; time in bed is unavailable, not zero.

More specific stage/awake records take precedence over fully overlapping generic records.

2026-11-01 · Recorded asleep: 7h 45m

2026-10-31T23:00:00.000Z to 2026-11-01T07:00:00.000Z

In bed: Unavailable · Awake: 0h 15m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 35m · Deep: 0h 55m · REM: 1h 15m

Selected sleep source: Example sleep tracker. 5 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

No readable in-bed record overlaps this session; time in bed is unavailable, not zero.

2026-11-02 · Recorded asleep: 7h 44m

2026-11-01T23:00:00.000Z to 2026-11-02T07:00:00.000Z

In bed: 8h 0m · Awake: 0h 16m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 32m · Deep: 0h 56m · REM: 1h 16m

Selected sleep source: Example sleep tracker. 6 retained source records; 1 alternative records excluded. In-bed records can have a separate source.

Time in bed is the independent union of the attached in-bed records, not the session span or time asleep.

More specific stage/awake records take precedence over fully overlapping generic records.

2026-11-03 · Recorded asleep: 7h 43m

2026-11-02T23:00:00.000Z to 2026-11-03T07:00:00.000Z

In bed: Unavailable · Awake: 0h 17m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 29m · Deep: 0h 57m · REM: 1h 17m

Selected sleep source: Example sleep tracker. 5 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

No readable in-bed record overlaps this session; time in bed is unavailable, not zero.

2026-11-04 · Recorded asleep: 7h 42m

2026-11-03T23:00:00.000Z to 2026-11-04T07:00:00.000Z

In bed: 8h 0m · Awake: 0h 18m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 26m · Deep: 0h 58m · REM: 1h 18m

Selected sleep source: Example sleep tracker. 6 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

Time in bed is the independent union of the attached in-bed records, not the session span or time asleep.

2026-11-05 · Recorded asleep: 7h 41m

2026-11-04T23:00:00.000Z to 2026-11-05T07:00:00.000Z

In bed: Unavailable · Awake: 0h 19m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 23m · Deep: 0h 59m · REM: 1h 19m

Selected sleep source: Example sleep tracker. 5 retained source records; 1 alternative records excluded. In-bed records can have a separate source.

No readable in-bed record overlaps this session; time in bed is unavailable, not zero.

More specific stage/awake records take precedence over fully overlapping generic records.

2026-11-06 · Recorded asleep: 7h 40m

2026-11-05T23:00:00.000Z to 2026-11-06T07:00:00.000Z

In bed: 8h 0m · Awake: 0h 20m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 20m · Deep: 1h 0m · REM: 1h 20m

Selected sleep source: Example sleep tracker. 6 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

Time in bed is the independent union of the attached in-bed records, not the session span or time asleep.

2026-11-07 · Recorded asleep: 7h 39m

2026-11-06T23:00:00.000Z to 2026-11-07T07:00:00.000Z

In bed: Unavailable · Awake: 0h 21m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 17m · Deep: 1h 1m · REM: 1h 21m

Selected sleep source: Example sleep tracker. 5 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

No readable in-bed record overlaps this session; time in bed is unavailable, not zero.

2026-11-08 · Recorded asleep: 7h 50m

2026-11-07T23:00:00.000Z to 2026-11-08T07:00:00.000Z

In bed: 8h 0m · Awake: 0h 10m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 26m · Deep: 1h 2m · REM: 1h 22m

Selected sleep source: Example sleep tracker. 6 retained source records; 1 alternative records excluded. In-bed records can have a separate source.

Time in bed is the independent union of the attached in-bed records, not the session span or time asleep.

More specific stage/awake records take precedence over fully overlapping generic records.

2026-11-09 · Recorded asleep: 7h 49m

2026-11-08T23:00:00.000Z to 2026-11-09T07:00:00.000Z

In bed: Unavailable · Awake: 0h 11m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 23m · Deep: 1h 3m · REM: 1h 23m

Selected sleep source: Example sleep tracker. 5 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

No readable in-bed record overlaps this session; time in bed is unavailable, not zero.

2026-11-10 · Recorded asleep: 7h 48m

2026-11-09T23:00:00.000Z to 2026-11-10T07:00:00.000Z

In bed: 8h 0m · Awake: 0h 12m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 20m · Deep: 1h 4m · REM: 1h 24m

Selected sleep source: Example sleep tracker. 6 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

Time in bed is the independent union of the attached in-bed records, not the session span or time asleep.

2026-11-12 · Recorded asleep: 7h 46m

2026-11-11T23:00:00.000Z to 2026-11-12T07:00:00.000Z

In bed: 8h 0m · Awake: 0h 14m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 14m · Deep: 1h 6m · REM: 1h 26m

Selected sleep source: Example sleep tracker. 6 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

Time in bed is the independent union of the attached in-bed records, not the session span or time asleep.

2026-11-13 · Recorded asleep: 7h 45m

2026-11-12T23:00:00.000Z to 2026-11-13T07:00:00.000Z

In bed: Unavailable · Awake: 0h 15m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 11m · Deep: 1h 7m · REM: 1h 27m

Selected sleep source: Example sleep tracker. 5 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

No readable in-bed record overlaps this session; time in bed is unavailable, not zero.

2026-11-14 · Recorded asleep: 7h 44m

2026-11-13T23:00:00.000Z to 2026-11-14T07:00:00.000Z

In bed: 8h 0m · Awake: 0h 16m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 8m · Deep: 1h 8m · REM: 1h 28m

Selected sleep source: Example sleep tracker. 6 retained source records; 1 alternative records excluded. In-bed

records can have a separate source.

Time in bed is the independent union of the attached in-bed records, not the session span or time asleep.

More specific stage/awake records take precedence over fully overlapping generic records.

2026-11-15 · Recorded asleep: 7h 43m

2026-11-14T23:00:00.000Z to 2026-11-15T07:00:00.000Z

In bed: Unavailable · Awake: 0h 17m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 5m · Deep: 1h 9m · REM: 1h 29m

Selected sleep source: Example sleep tracker. 5 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

No readable in-bed record overlaps this session; time in bed is unavailable, not zero.

2026-11-16 · Recorded asleep: 7h 42m

2026-11-15T23:00:00.000Z to 2026-11-16T07:00:00.000Z

In bed: 8h 0m · Awake: 0h 18m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 22m · Deep: 0h 50m · REM: 1h 30m

Selected sleep source: Example sleep tracker. 6 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

Time in bed is the independent union of the attached in-bed records, not the session span or time asleep.

2026-11-17 · Recorded asleep: 7h 41m

2026-11-16T23:00:00.000Z to 2026-11-17T07:00:00.000Z

In bed: Unavailable · Awake: 0h 19m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 19m · Deep: 0h 51m · REM: 1h 31m

Selected sleep source: Example sleep tracker. 5 retained source records; 1 alternative records excluded. In-bed records can have a separate source.

No readable in-bed record overlaps this session; time in bed is unavailable, not zero.

More specific stage/awake records take precedence over fully overlapping generic records.

2026-11-18 · Recorded asleep: 7h 40m

2026-11-17T23:00:00.000Z to 2026-11-18T07:00:00.000Z

In bed: 8h 0m · Awake: 0h 20m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 16m · Deep: 0h 52m · REM: 1h 32m

Selected sleep source: Example sleep tracker. 6 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

Time in bed is the independent union of the attached in-bed records, not the session span or time asleep.

2026-11-19 · Recorded asleep: 7h 39m

2026-11-18T23:00:00.000Z to 2026-11-19T07:00:00.000Z

In bed: Unavailable · Awake: 0h 21m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 13m · Deep: 0h 53m · REM: 1h 33m

Selected sleep source: Example sleep tracker. 5 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

No readable in-bed record overlaps this session; time in bed is unavailable, not zero.

2026-11-20 · Recorded asleep: 7h 50m

2026-11-19T23:00:00.000Z to 2026-11-20T07:00:00.000Z

In bed: 8h 0m · Awake: 0h 10m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 22m · Deep: 0h 54m · REM: 1h 34m

Selected sleep source: Example sleep tracker. 6 retained source records; 1 alternative records excluded. In-bed records can have a separate source.

Time in bed is the independent union of the attached in-bed records, not the session span or time asleep.

More specific stage/awake records take precedence over fully overlapping generic records.

2026-11-21 · Recorded asleep: 7h 49m

2026-11-20T23:00:00.000Z to 2026-11-21T07:00:00.000Z

In bed: Unavailable · Awake: 0h 11m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 44m · Deep: 0h 55m · REM: 1h 10m

Selected sleep source: Example sleep tracker. 5 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

No readable in-bed record overlaps this session; time in bed is unavailable, not zero.

2026-11-23 · Recorded asleep: 7h 47m

2026-11-22T23:00:00.000Z to 2026-11-23T07:00:00.000Z

In bed: Unavailable · Awake: 0h 13m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 38m · Deep: 0h 57m · REM: 1h 12m

Selected sleep source: Example sleep tracker. 5 retained source records; 1 alternative records excluded. In-bed records can have a separate source.

No readable in-bed record overlaps this session; time in bed is unavailable, not zero.

More specific stage/awake records take precedence over fully overlapping generic records.

2026-11-24 · Recorded asleep: 7h 46m

2026-11-23T23:00:00.000Z to 2026-11-24T07:00:00.000Z

In bed: 8h 0m · Awake: 0h 14m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 35m · Deep: 0h 58m · REM: 1h 13m

Selected sleep source: Example sleep tracker. 6 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

Time in bed is the independent union of the attached in-bed records, not the session span or time asleep.

2026-11-25 · Recorded asleep: 7h 45m

2026-11-24T23:00:00.000Z to 2026-11-25T07:00:00.000Z

In bed: Unavailable · Awake: 0h 15m · Unknown: 0h 0m · Conflicting: 0h 0m

Core: 5h 32m · Deep: 0h 59m · REM: 1h 14m

Selected sleep source: Example sleep tracker. 5 retained source records; 0 alternative records excluded. In-bed records can have a separate source.

No readable in-bed record overlaps this session; time in bed is unavailable, not zero.

About these results

DEMO DATA. Whole sessions are assigned to their local end date. Every asleep stage is included; detailed awake intervals take precedence over generic sleep. Missing in-bed records remain unavailable. Missing dates are excluded from the mean.

Source policy: Example sleep tracker; explicit stages before generic sleep

Refreshed: 2026-11-25T00:43:19.493Z · Calculation version 1.0

Heart rate

27 Oct 2026 – 25 Nov 2026 · Europe/London

72.2 bpm

Arithmetic mean of synthetic readings

Status: Available · 81 retrieved records · 27/30 dates with records

Daily minimum, average and maximum (bpm)



Lines show the daily range; dots and connecting line show the daily average. Gaps mean unavailable values.

Daily table

Date	Minimum	Average	Maximum	Unit
2026-10-27	67.9	68.1	68.2	bpm
2026-10-28	63.8	64.1	64.4	bpm
2026-10-29	61.0	61.4	61.9	bpm
2026-10-30	60.0	60.2	60.3	bpm
2026-10-31	Unavailable	Unavailable	Unavailable	bpm
2026-11-01	63.9	64.3	64.8	bpm
2026-11-02	68.1	68.2	68.4	bpm
2026-11-03	72.9	73.2	73.5	bpm

PulsePrécis

Heart rate

DEMO DATA · GENERATED EXAMPLES

Date	Minimum	Average	Maximum	Unit
2026-11-04	77.6	78.1	78.5	bpm
2026-11-05	81.4	81.5	81.7	bpm
2026-11-06	83.6	83.9	84.2	bpm
2026-11-07	83.9	84.3	84.8	bpm
2026-11-08	82.2	82.3	82.5	bpm
2026-11-09	78.8	79.1	79.4	bpm
2026-11-10	74.3	74.8	75.2	bpm
2026-11-11	Unavailable	Unavailable	Unavailable	bpm
2026-11-12	65.0	65.3	65.6	bpm
2026-11-13	61.7	62.1	62.6	bpm
2026-11-14	60.1	60.2	60.4	bpm
2026-11-15	60.5	60.8	61.1	bpm
2026-11-16	62.8	63.2	63.7	bpm
2026-11-17	66.6	66.7	66.9	bpm
2026-11-18	71.3	71.6	71.9	bpm
2026-11-19	76.1	76.6	77.0	bpm
2026-11-20	80.3	80.4	80.6	bpm
2026-11-21	83.1	83.4	83.7	bpm
2026-11-22	Unavailable	Unavailable	Unavailable	bpm
2026-11-23	82.9	83.1	83.2	bpm
2026-11-24	80.1	80.4	80.7	bpm
2026-11-25	75.9	76.3	76.8	bpm

Heart rate

DEMO DATA · GENERATED EXAMPLES

About these results

DEMO DATA. Generated examples demonstrate the interface, missing dates and exports. They are not your Health records. Live mode uses the metric's HealthKit aggregation semantics. HealthKit's average of recorded heart-rate data. Sampling is irregular; this is not a continuous whole-day pulse measurement.

Source policy: Generated examples only

Refreshed: 2026-11-25T00:44:25.008Z · Calculation version 1.0

Resting heart rate

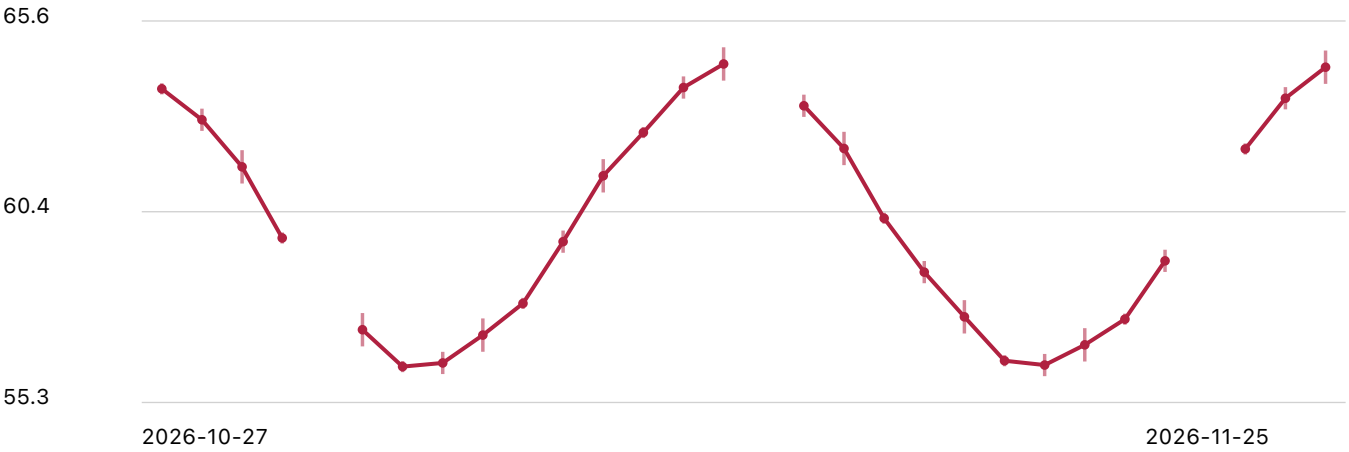
27 Oct 2026 – 25 Nov 2026 · Europe/London

60.2 bpm

Arithmetic mean of synthetic readings

Status: Available · 81 retrieved records · 27/30 dates with records

Daily minimum, average and maximum (bpm)



Lines show the daily range; dots and connecting line show the daily average. Gaps mean unavailable values.

Daily table

Date	Minimum	Average	Maximum	Unit
2026-10-27	63.6	63.8	63.9	bpm
2026-10-28	62.6	62.9	63.2	bpm
2026-10-29	61.2	61.7	62.1	bpm
2026-10-30	59.6	59.7	59.9	bpm
2026-10-31	Unavailable	Unavailable	Unavailable	bpm
2026-11-01	56.8	57.3	57.7	bpm
2026-11-02	56.1	56.3	56.4	bpm
2026-11-03	56.1	56.4	56.7	bpm

PulsePrécis

Resting heart rate

DEMO DATA · GENERATED EXAMPLES

Date	Minimum	Average	Maximum	Unit
2026-11-04	56.7	57.1	57.6	bpm
2026-11-05	57.8	58.0	58.1	bpm
2026-11-06	59.3	59.6	59.9	bpm
2026-11-07	61.0	61.4	61.9	bpm
2026-11-08	62.4	62.6	62.7	bpm
2026-11-09	63.5	63.8	64.1	bpm
2026-11-10	64.0	64.4	64.9	bpm
2026-11-11	Unavailable	Unavailable	Unavailable	bpm
2026-11-12	63.0	63.3	63.6	bpm
2026-11-13	61.7	62.1	62.6	bpm
2026-11-14	60.1	60.3	60.4	bpm
2026-11-15	58.5	58.8	59.1	bpm
2026-11-16	57.2	57.6	58.1	bpm
2026-11-17	56.3	56.4	56.6	bpm
2026-11-18	56.0	56.3	56.6	bpm
2026-11-19	56.4	56.8	57.3	bpm
2026-11-20	57.4	57.5	57.7	bpm
2026-11-21	58.8	59.1	59.4	bpm
2026-11-22	Unavailable	Unavailable	Unavailable	bpm
2026-11-23	62.0	62.1	62.3	bpm
2026-11-24	63.2	63.5	63.8	bpm
2026-11-25	63.9	64.3	64.8	bpm

Made with PulsePrecis

About these results

DEMO DATA. Generated examples demonstrate the interface, missing dates and exports. They are not your Health records. Live mode uses the metric's HealthKit aggregation semantics. Uses the separate resting-heart-rate records supplied to HealthKit, rather than labelling low or inactive pulse readings as resting heart rate.

Source policy: Generated examples only

Refreshed: 2026-11-25T00:43:19.491Z · Calculation version 1.0

Walking heart rate

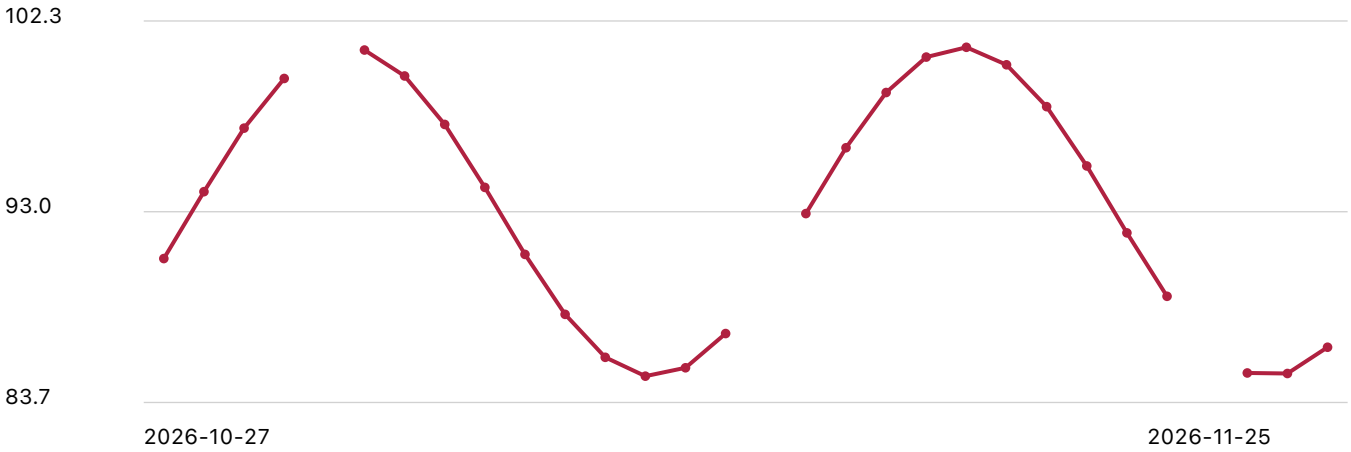
27 Oct 2026 – 25 Nov 2026 · Europe/London

93.2 bpm

Arithmetic mean of synthetic readings

Status: Available · 81 retrieved records · 27/30 dates with records

Daily minimum, average and maximum (bpm)



Lines show the daily range; dots and connecting line show the daily average. Gaps mean unavailable values.

Daily table

Date	Minimum	Average	Maximum	Unit
2026-10-27	90.7	90.7	90.7	bpm
2026-10-28	94.0	94.0	94.0	bpm
2026-10-29	97.1	97.1	97.1	bpm
2026-10-30	99.5	99.5	99.5	bpm
2026-10-31	Unavailable	Unavailable	Unavailable	bpm
2026-11-01	100.9	100.9	100.9	bpm
2026-11-02	99.6	99.6	99.6	bpm
2026-11-03	97.2	97.2	97.2	bpm

PulsePrécis

Walking heart rate

DEMO DATA · GENERATED EXAMPLES

Date	Minimum	Average	Maximum	Unit
2026-11-04	94.2	94.2	94.2	bpm
2026-11-05	90.9	90.9	90.9	bpm
2026-11-06	88.0	88.0	88.0	bpm
2026-11-07	85.9	85.9	85.9	bpm
2026-11-08	85.0	85.0	85.0	bpm
2026-11-09	85.4	85.4	85.4	bpm
2026-11-10	87.1	87.1	87.1	bpm
2026-11-11	Unavailable	Unavailable	Unavailable	bpm
2026-11-12	92.9	92.9	92.9	bpm
2026-11-13	96.1	96.1	96.1	bpm
2026-11-14	98.8	98.8	98.8	bpm
2026-11-15	100.5	100.5	100.5	bpm
2026-11-16	101.0	101.0	101.0	bpm
2026-11-17	100.1	100.1	100.1	bpm
2026-11-18	98.1	98.1	98.1	bpm
2026-11-19	95.2	95.2	95.2	bpm
2026-11-20	92.0	92.0	92.0	bpm
2026-11-21	88.9	88.9	88.9	bpm
2026-11-22	Unavailable	Unavailable	Unavailable	bpm
2026-11-23	85.2	85.2	85.2	bpm
2026-11-24	85.2	85.2	85.2	bpm
2026-11-25	86.4	86.4	86.4	bpm

Walking heart rate

DEMO DATA · GENERATED EXAMPLES

About these results

DEMO DATA. Generated examples demonstrate the interface, missing dates and exports. They are not your Health records. Live mode uses the metric's HealthKit aggregation semantics. Native HealthKit statistics over recorded quantities, using the quantity type's aggregation style. The period summary is queried directly, not averaged from daily means.

Source policy: Generated examples only

Refreshed: 2026-11-25T00:44:25.102Z · Calculation version 1.0

Heart rate variability · SDNN

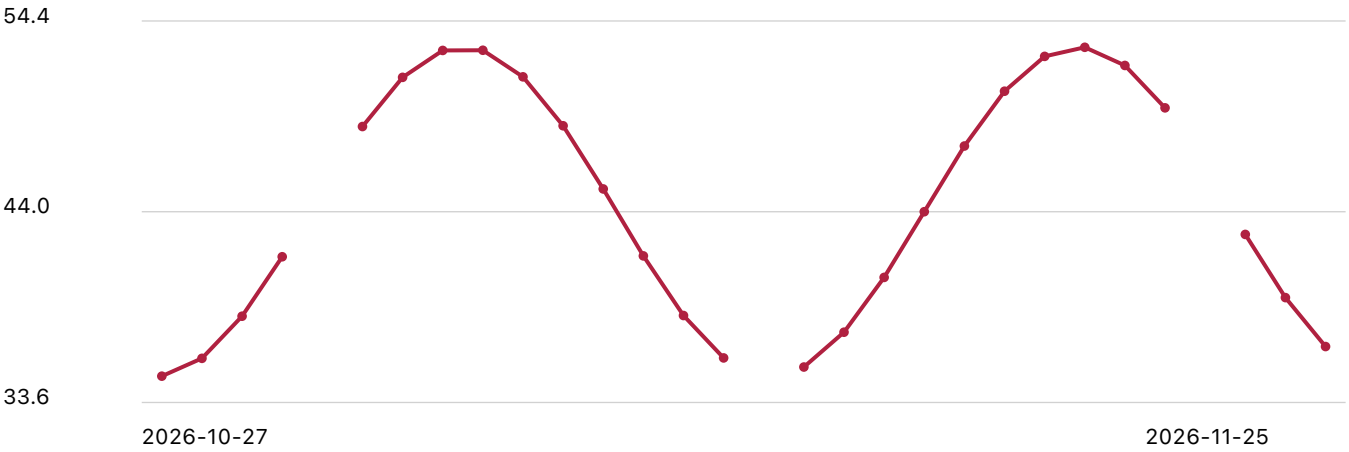
27 Oct 2026 – 25 Nov 2026 · Europe/London

44.3 ms

Arithmetic mean of synthetic readings

Status: Available · 81 retrieved records · 27/30 dates with records

Daily minimum, average and maximum (ms)



Lines show the daily range; dots and connecting line show the daily average. Gaps mean unavailable values.

Daily table

Date	Minimum	Average	Maximum	Unit
2026-10-27	35.0	35.0	35.0	ms
2026-10-28	36.0	36.0	36.0	ms
2026-10-29	38.3	38.3	38.3	ms
2026-10-30	41.5	41.5	41.5	ms
2026-10-31	Unavailable	Unavailable	Unavailable	ms
2026-11-01	48.7	48.7	48.7	ms
2026-11-02	51.3	51.3	51.3	ms
2026-11-03	52.8	52.8	52.8	ms

PulsePrécis

Heart rate variability · SDNN

DEMO DATA · GENERATED EXAMPLES

Date	Minimum	Average	Maximum	Unit
2026-11-04	52.8	52.8	52.8	ms
2026-11-05	51.4	51.4	51.4	ms
2026-11-06	48.7	48.7	48.7	ms
2026-11-07	45.2	45.2	45.2	ms
2026-11-08	41.6	41.6	41.6	ms
2026-11-09	38.3	38.3	38.3	ms
2026-11-10	36.0	36.0	36.0	ms
2026-11-11	Unavailable	Unavailable	Unavailable	ms
2026-11-12	35.5	35.5	35.5	ms
2026-11-13	37.4	37.4	37.4	ms
2026-11-14	40.4	40.4	40.4	ms
2026-11-15	44.0	44.0	44.0	ms
2026-11-16	47.6	47.6	47.6	ms
2026-11-17	50.6	50.6	50.6	ms
2026-11-18	52.5	52.5	52.5	ms
2026-11-19	53.0	53.0	53.0	ms
2026-11-20	52.0	52.0	52.0	ms
2026-11-21	49.7	49.7	49.7	ms
2026-11-22	Unavailable	Unavailable	Unavailable	ms
2026-11-23	42.8	42.8	42.8	ms
2026-11-24	39.3	39.3	39.3	ms
2026-11-25	36.6	36.6	36.6	ms

Heart rate variability · SDNN

DEMO DATA · GENERATED EXAMPLES

About these results

DEMO DATA. Generated examples demonstrate the interface, missing dates and exports. They are not your Health records. Live mode uses the metric's HealthKit aggregation semantics. SDNN as stored in HealthKit. It is not interchangeable with RMSSD or a general recovery score.

Source policy: Generated examples only

Refreshed: 2026-11-25T00:43:19.490Z · Calculation version 1.0

Steps

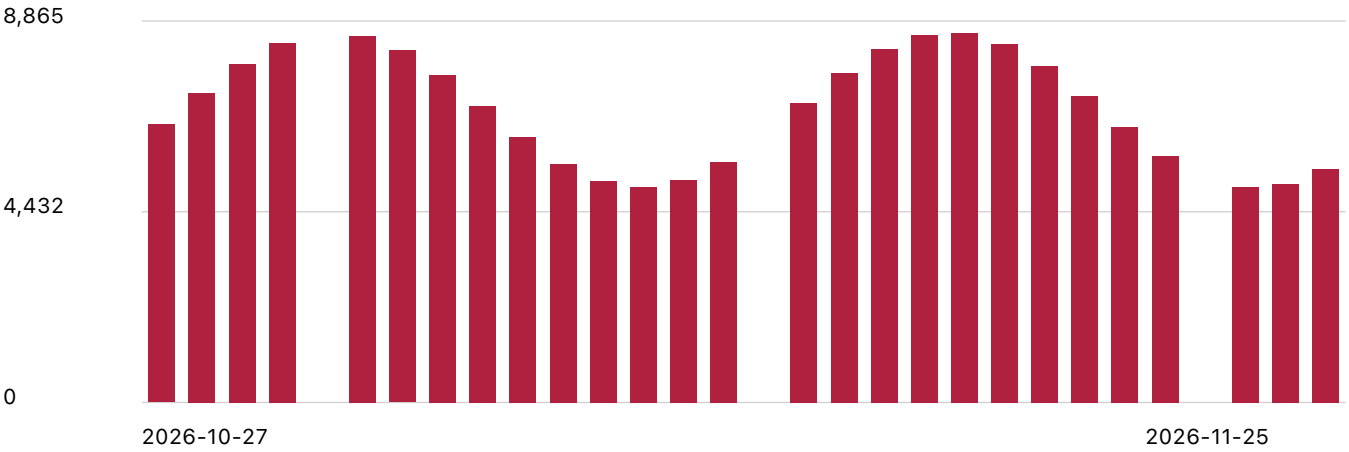
27 Oct 2026 – 25 Nov 2026 · Europe/London

184,535 count

Total of synthetic readings

Status: Available · 81 retrieved records · 27/30 dates with records

Daily values (count)



Gaps mean unavailable values. Dates use the report time zone. The vertical axis labels show the actual displayed range.

Daily table

Date	Value	Unit	Records	Status
2026-10-27	6,459	count	2	Available
2026-10-28	7,192	count	3	Available
2026-10-29	7,859	count	4	Available
2026-10-30	8,352	count	2	Available
2026-10-31	Unavailable	count	0	Unavailable
2026-11-01	8,526	count	4	Available
2026-11-02	8,178	count	2	Available
2026-11-03	7,603	count	3	Available

Steps

DEMO DATA · GENERATED EXAMPLES

Date	Value	Unit	Records	Status
2026-11-04	6,894	count	4	Available
2026-11-05	6,170	count	2	Available
2026-11-06	5,550	count	3	Available
2026-11-07	5,137	count	4	Available
2026-11-08	5,000	count	2	Available
2026-11-09	5,162	count	3	Available
2026-11-10	5,594	count	4	Available
2026-11-11	Unavailable	count	0	Unavailable
2026-11-12	6,955	count	3	Available
2026-11-13	7,657	count	4	Available
2026-11-14	8,217	count	2	Available
2026-11-15	8,542	count	3	Available
2026-11-16	8,578	count	4	Available
2026-11-17	8,320	count	2	Available
2026-11-18	7,810	count	3	Available
2026-11-19	7,132	count	4	Available
2026-11-20	6,399	count	2	Available
2026-11-21	5,733	count	3	Available
2026-11-22	Unavailable	count	0	Unavailable
2026-11-23	5,012	count	2	Available
2026-11-24	5,077	count	3	Available
2026-11-25	5,428	count	4	Available

About these results

DEMO DATA. Generated examples demonstrate the interface, missing dates and exports. They are not your Health records. Live mode uses the metric's HealthKit aggregation semantics. Native HealthKit cumulative statistics over the requested period. Source-record sums can differ from the system's merged result. Missing dates remain blank.

Source policy: Generated examples only

Refreshed: 2026-11-25T00:43:19.489Z · Calculation version 1.0

Active energy

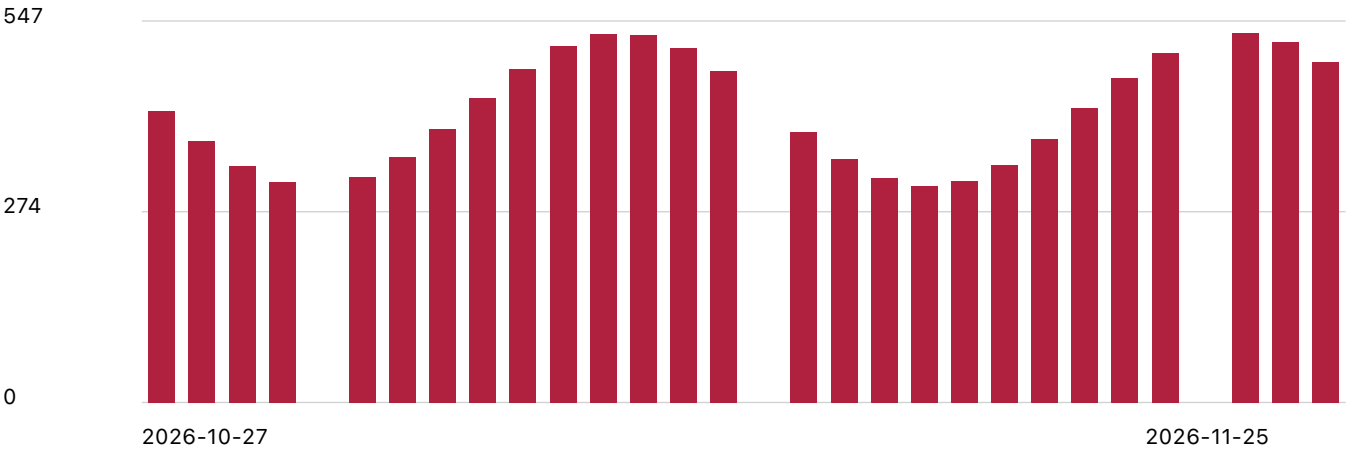
27 Oct 2026 – 25 Nov 2026 · Europe/London

11,309 kcal

Total of synthetic readings

Status: Available · 81 retrieved records · 27/30 dates with records

Daily values (kcal)



Gaps mean unavailable values. Dates use the report time zone. The vertical axis labels show the actual displayed range.

Daily table

Date	Value	Unit	Records	Status
2026-10-27	419	kcal	2	Available
2026-10-28	375	kcal	3	Available
2026-10-29	339	kcal	4	Available
2026-10-30	316	kcal	2	Available
2026-10-31	Unavailable	kcal	0	Unavailable
2026-11-01	323	kcal	4	Available
2026-11-02	352	kcal	2	Available
2026-11-03	392	kcal	3	Available

Active energy

DEMO DATA · GENERATED EXAMPLES

Date	Value	Unit	Records	Status
2026-11-04	437	kcal	4	Available
2026-11-05	479	kcal	2	Available
2026-11-06	511	kcal	3	Available
2026-11-07	528	kcal	4	Available
2026-11-08	527	kcal	2	Available
2026-11-09	509	kcal	3	Available
2026-11-10	476	kcal	4	Available
2026-11-11	Unavailable	kcal	0	Unavailable
2026-11-12	389	kcal	3	Available
2026-11-13	349	kcal	4	Available
2026-11-14	321	kcal	2	Available
2026-11-15	310	kcal	3	Available
2026-11-16	317	kcal	4	Available
2026-11-17	341	kcal	2	Available
2026-11-18	378	kcal	3	Available
2026-11-19	422	kcal	4	Available
2026-11-20	466	kcal	2	Available
2026-11-21	502	kcal	3	Available
2026-11-22	Unavailable	kcal	0	Unavailable
2026-11-23	530	kcal	2	Available
2026-11-24	517	kcal	3	Available
2026-11-25	488	kcal	4	Available

About these results

DEMO DATA. Generated examples demonstrate the interface, missing dates and exports. They are not your Health records. Live mode uses the metric's HealthKit aggregation semantics. Active energy only. Resting energy is a separate metric; this is not total energy expenditure.

Source policy: Generated examples only

Refreshed: 2026-11-25T00:43:19.488Z · Calculation version 1.0

Resting energy

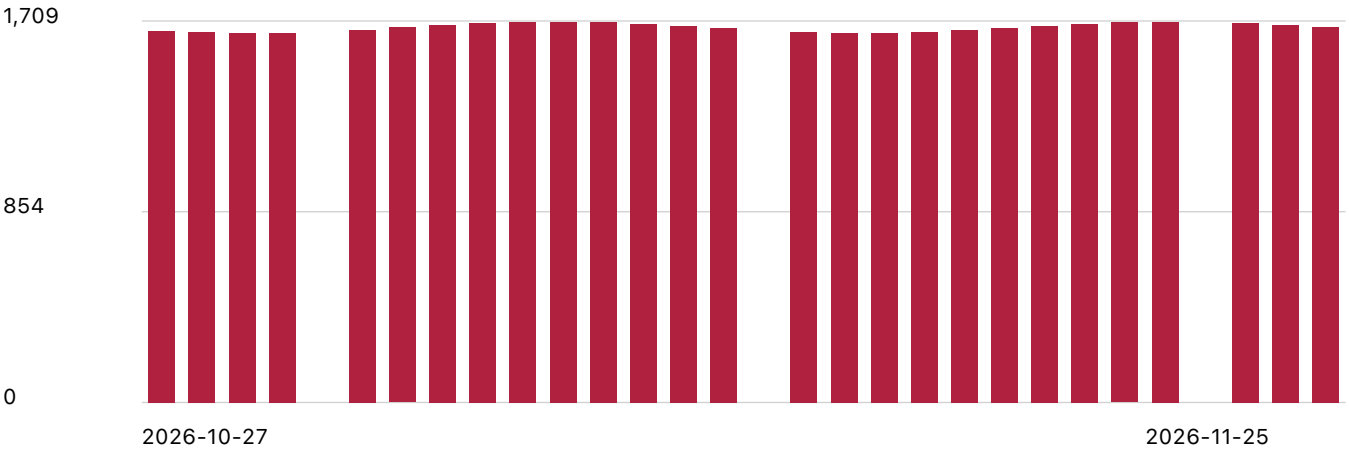
27 Oct 2026 – 25 Nov 2026 · Europe/London

45,373 kcal

Total of synthetic readings

Status: Available · 81 retrieved records · 27/30 dates with records

Daily values (kcal)



Gaps mean unavailable values. Dates use the report time zone. The vertical axis labels show the actual displayed range.

Daily table

Date	Value	Unit	Records	Status
2026-10-27	1,665	kcal	2	Available
2026-10-28	1,658	kcal	3	Available
2026-10-29	1,655	kcal	4	Available
2026-10-30	1,656	kcal	2	Available
2026-10-31	Unavailable	kcal	0	Unavailable
2026-11-01	1,670	kcal	4	Available
2026-11-02	1,680	kcal	2	Available
2026-11-03	1,690	kcal	3	Available

PulsePrécis

Resting energy

DEMO DATA · GENERATED EXAMPLES

Date	Value	Unit	Records	Status
2026-11-04	1,698	kcal	4	Available
2026-11-05	1,703	kcal	2	Available
2026-11-06	1,705	kcal	3	Available
2026-11-07	1,702	kcal	4	Available
2026-11-08	1,696	kcal	2	Available
2026-11-09	1,687	kcal	3	Available
2026-11-10	1,677	kcal	4	Available
2026-11-11	Unavailable	kcal	0	Unavailable
2026-11-12	1,660	kcal	3	Available
2026-11-13	1,656	kcal	4	Available
2026-11-14	1,655	kcal	2	Available
2026-11-15	1,659	kcal	3	Available
2026-11-16	1,667	kcal	4	Available
2026-11-17	1,676	kcal	2	Available
2026-11-18	1,687	kcal	3	Available
2026-11-19	1,696	kcal	4	Available
2026-11-20	1,702	kcal	2	Available
2026-11-21	1,705	kcal	3	Available
2026-11-22	Unavailable	kcal	0	Unavailable
2026-11-23	1,698	kcal	2	Available
2026-11-24	1,690	kcal	3	Available
2026-11-25	1,680	kcal	4	Available

Resting energy

DEMO DATA · GENERATED EXAMPLES

About these results

DEMO DATA. Generated examples demonstrate the interface, missing dates and exports. They are not your Health records. Live mode uses the metric's HealthKit aggregation semantics. Native HealthKit cumulative statistics over the requested period. Source-record sums can differ from the system's merged result. Missing dates remain blank.

Source policy: Generated examples only

Refreshed: 2026-11-25T00:44:25.126Z · Calculation version 1.0

Weight

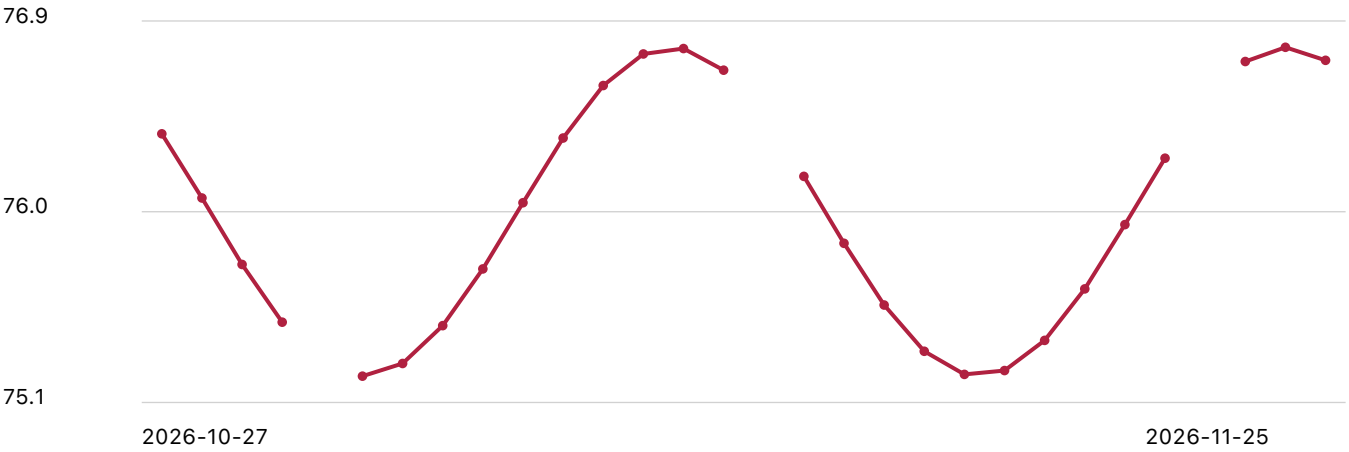
27 Oct 2026 – 25 Nov 2026 · Europe/London

76.7 kg

Latest synthetic reading

Status: Available · 81 retrieved records · 27/30 dates with records

Daily values (kg)



Gaps mean unavailable values. Dates use the report time zone. The vertical axis labels show the actual displayed range.

Daily table

Date	Value	Unit	Records	Status
2026-10-27	76.4	kg	2	Available
2026-10-28	76.1	kg	3	Available
2026-10-29	75.7	kg	4	Available
2026-10-30	75.5	kg	2	Available
2026-10-31	Unavailable	kg	0	Unavailable
2026-11-01	75.2	kg	4	Available
2026-11-02	75.3	kg	2	Available
2026-11-03	75.4	kg	3	Available

Weight

DEMO DATA · GENERATED EXAMPLES

Date	Value	Unit	Records	Status
2026-11-04	75.7	kg	4	Available
2026-11-05	76.0	kg	2	Available
2026-11-06	76.4	kg	3	Available
2026-11-07	76.6	kg	4	Available
2026-11-08	76.8	kg	2	Available
2026-11-09	76.8	kg	3	Available
2026-11-10	76.7	kg	4	Available
2026-11-11	Unavailable	kg	0	Unavailable
2026-11-12	76.2	kg	3	Available
2026-11-13	75.8	kg	4	Available
2026-11-14	75.5	kg	2	Available
2026-11-15	75.3	kg	3	Available
2026-11-16	75.2	kg	4	Available
2026-11-17	75.2	kg	2	Available
2026-11-18	75.4	kg	3	Available
2026-11-19	75.6	kg	4	Available
2026-11-20	75.9	kg	2	Available
2026-11-21	76.3	kg	3	Available
2026-11-22	Unavailable	kg	0	Unavailable
2026-11-23	76.7	kg	2	Available
2026-11-24	76.8	kg	3	Available
2026-11-25	76.7	kg	4	Available

About these results

DEMO DATA. Generated examples demonstrate the interface, missing dates and exports. They are not your Health records. Live mode uses the metric's HealthKit aggregation semantics. The most recent readable measurement in the selected period, with one most recent measurement per date. Missing dates are not filled forward.

Source policy: Generated examples only

Refreshed: 2026-11-25T00:43:19.488Z · Calculation version 1.0