

SyncFit validation report

Period	Days
Aug 9, 2026 – Sep 8, 2026	30
Data source	Readings
Validation snapshot	181
Metrics	Notes
7	0

HIGHLIGHTS

Active Energy Burned

12,945 kcal

Period total

Apple Exercise Time

1,050 min

Period total

Step Count

214,920 steps

-2.9% vs previous period

Workouts

60 min

Period total

Body Mass

75.64 kg

Daily average

Heart Rate

65.3 count/min

Daily average

Sleep Analysis

210 hours asleep

Period total

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ACTIVITY

Active Energy Burned

12,945 kcal

Period total · Aug 9, 2026 – Sep 8, 2026

Trend in period

-0.8%

2nd half vs 1st half

Highest day

635

Aug 16, 2026

Lowest day

250

Aug 15, 2026

Median day

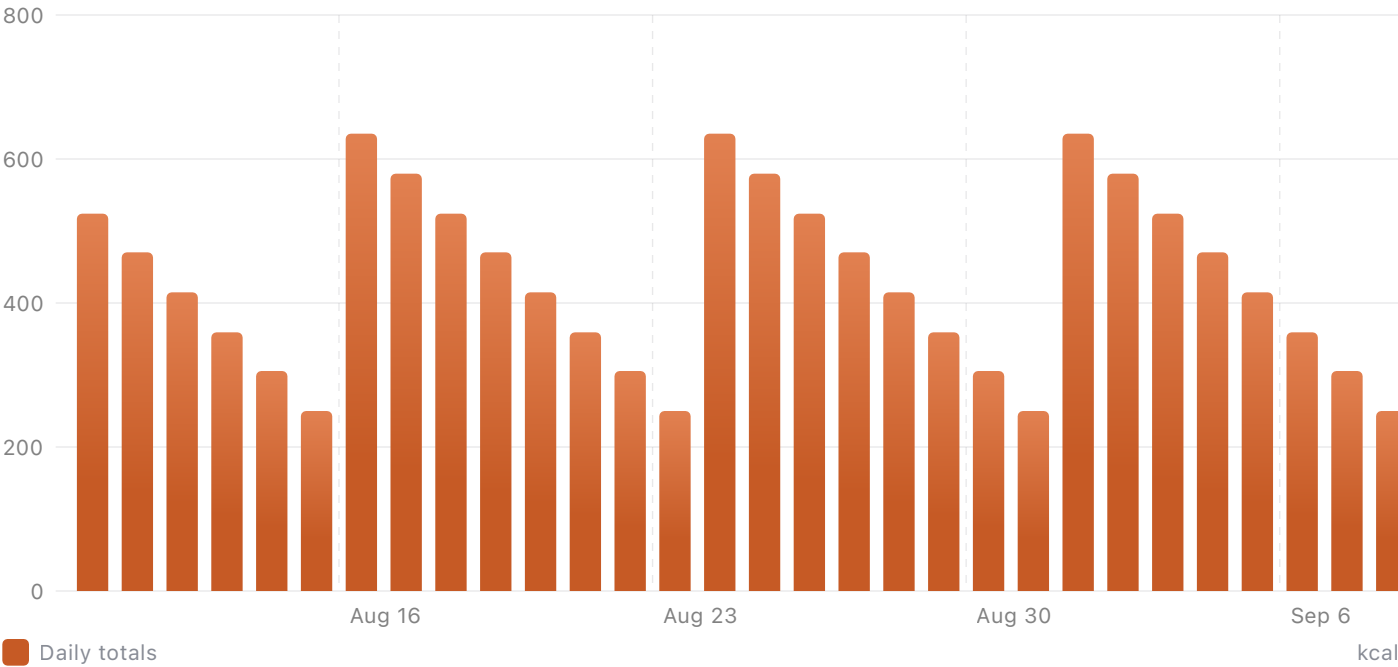
415

σ 122.3

Recorded days

30 of 30

0 without readings



WEEKLY BREAKDOWN

Week starting	Through	Total	Days	Bar
Aug 9, 2026	Aug 15, 2026	2,325	6	
Aug 16, 2026	Aug 22, 2026	3,290	7	
Aug 23, 2026	Aug 29, 2026	3,235	7	
Aug 30, 2026	Sep 5, 2026	3,180	7	
Sep 6, 2026	Sep 12, 2026	915	3	

DATA QUALITY

30 readings from Validation Watch. Longest run of consecutive recorded days: 30. Missing readings are not zero values. This report describes recorded data and does not establish medical causes or provide a diagnosis.

Active Energy Burned

Records 1–30 of 30

Start	End	Value	Unit	Source	Kind
Sep 8, 2026 at 15:13	15:14	250	kcal	Validation Watch	raw
Sep 7, 2026 at 15:13	15:14	305	kcal	Validation Watch	raw
Sep 6, 2026 at 15:13	15:14	360	kcal	Validation Watch	raw
Sep 5, 2026 at 15:13	15:14	415	kcal	Validation Watch	raw
Sep 4, 2026 at 15:13	15:14	470	kcal	Validation Watch	raw
Sep 3, 2026 at 15:13	15:14	525	kcal	Validation Watch	raw
Sep 2, 2026 at 15:13	15:14	580	kcal	Validation Watch	raw
Sep 1, 2026 at 15:13	15:14	635	kcal	Validation Watch	raw
Aug 31, 2026 at 15:13	15:14	250	kcal	Validation Watch	raw
Aug 30, 2026 at 15:13	15:14	305	kcal	Validation Watch	raw
Aug 29, 2026 at 15:13	15:14	360	kcal	Validation Watch	raw
Aug 28, 2026 at 15:13	15:14	415	kcal	Validation Watch	raw
Aug 27, 2026 at 15:13	15:14	470	kcal	Validation Watch	raw
Aug 26, 2026 at 15:13	15:14	525	kcal	Validation Watch	raw
Aug 25, 2026 at 15:13	15:14	580	kcal	Validation Watch	raw
Aug 24, 2026 at 15:13	15:14	635	kcal	Validation Watch	raw
Aug 23, 2026 at 15:13	15:14	250	kcal	Validation Watch	raw
Aug 22, 2026 at 15:13	15:14	305	kcal	Validation Watch	raw
Aug 21, 2026 at 15:13	15:14	360	kcal	Validation Watch	raw
Aug 20, 2026 at 15:13	15:14	415	kcal	Validation Watch	raw
Aug 19, 2026 at 15:13	15:14	470	kcal	Validation Watch	raw
Aug 18, 2026 at 15:13	15:14	525	kcal	Validation Watch	raw
Aug 17, 2026 at 15:13	15:14	580	kcal	Validation Watch	raw
Aug 16, 2026 at 15:13	15:14	635	kcal	Validation Watch	raw
Aug 15, 2026 at 15:13	15:14	250	kcal	Validation Watch	raw
Aug 14, 2026 at 15:13	15:14	305	kcal	Validation Watch	raw
Aug 13, 2026 at 15:13	15:14	360	kcal	Validation Watch	raw
Aug 12, 2026 at 15:13	15:14	415	kcal	Validation Watch	raw
Aug 11, 2026 at 15:13	15:14	470	kcal	Validation Watch	raw
Aug 10, 2026 at 15:13	15:14	525	kcal	Validation Watch	raw

ACTIVITY

Apple Exercise Time

1,050 min

Period total · Aug 9, 2026 – Sep 8, 2026

Trend in period

-12.8%

2nd half vs 1st half

Highest day

55

Aug 10, 2026

Lowest day

15

Aug 15, 2026

Median day

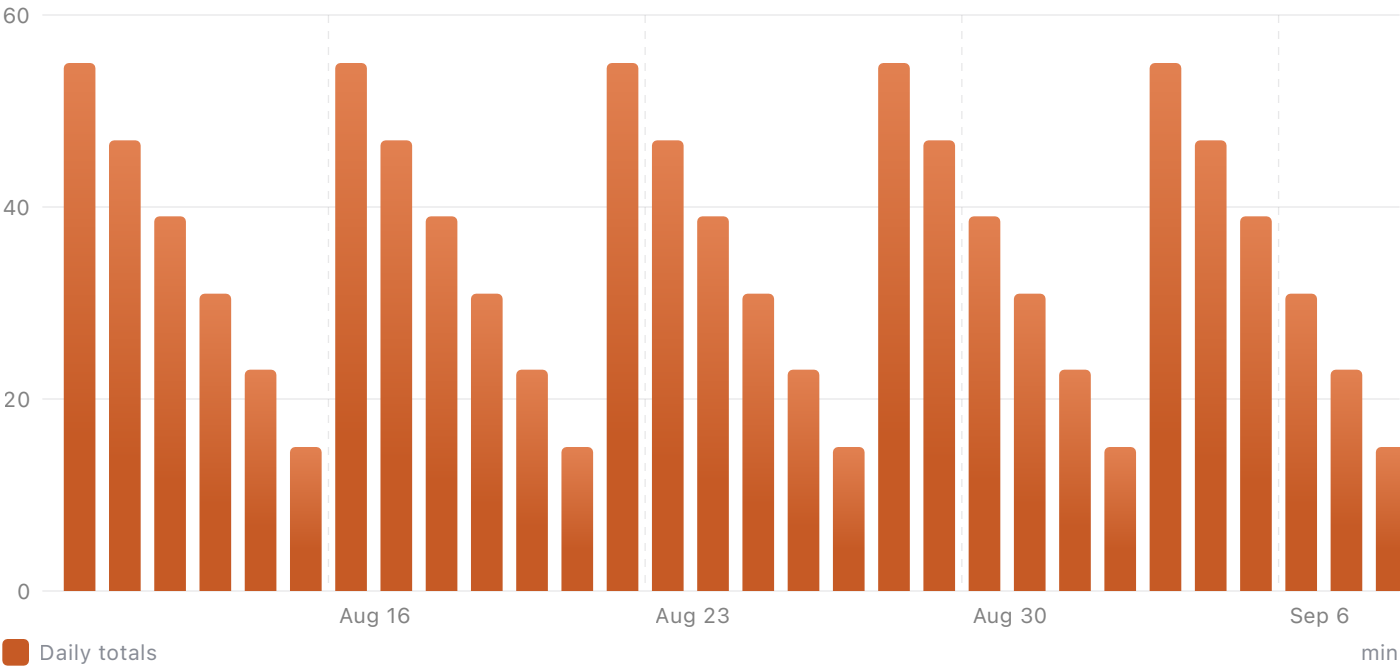
35

σ 13.66

Recorded days

30 of 30

0 without readings



WEEKLY BREAKDOWN

Week starting	Through	Total	Days	Bar
Aug 9, 2026	Aug 15, 2026	210	6	
Aug 16, 2026	Aug 22, 2026	265	7	
Aug 23, 2026	Aug 29, 2026	257	7	
Aug 30, 2026	Sep 5, 2026	249	7	
Sep 6, 2026	Sep 12, 2026	69	3	

DATA QUALITY

30 readings from Validation Watch. Longest run of consecutive recorded days: 30. Missing readings are not zero values. This report describes recorded data and does not establish medical causes or provide a diagnosis.

Apple Exercise Time

Records 1–30 of 30

Start	End	Value	Unit	Source	Kind
Sep 8, 2026 at 15:13	15:14	15	min	Validation Watch	raw
Sep 7, 2026 at 15:13	15:14	23	min	Validation Watch	raw
Sep 6, 2026 at 15:13	15:14	31	min	Validation Watch	raw
Sep 5, 2026 at 15:13	15:14	39	min	Validation Watch	raw
Sep 4, 2026 at 15:13	15:14	47	min	Validation Watch	raw
Sep 3, 2026 at 15:13	15:14	55	min	Validation Watch	raw
Sep 2, 2026 at 15:13	15:14	15	min	Validation Watch	raw
Sep 1, 2026 at 15:13	15:14	23	min	Validation Watch	raw
Aug 31, 2026 at 15:13	15:14	31	min	Validation Watch	raw
Aug 30, 2026 at 15:13	15:14	39	min	Validation Watch	raw
Aug 29, 2026 at 15:13	15:14	47	min	Validation Watch	raw
Aug 28, 2026 at 15:13	15:14	55	min	Validation Watch	raw
Aug 27, 2026 at 15:13	15:14	15	min	Validation Watch	raw
Aug 26, 2026 at 15:13	15:14	23	min	Validation Watch	raw
Aug 25, 2026 at 15:13	15:14	31	min	Validation Watch	raw
Aug 24, 2026 at 15:13	15:14	39	min	Validation Watch	raw
Aug 23, 2026 at 15:13	15:14	47	min	Validation Watch	raw
Aug 22, 2026 at 15:13	15:14	55	min	Validation Watch	raw
Aug 21, 2026 at 15:13	15:14	15	min	Validation Watch	raw
Aug 20, 2026 at 15:13	15:14	23	min	Validation Watch	raw
Aug 19, 2026 at 15:13	15:14	31	min	Validation Watch	raw
Aug 18, 2026 at 15:13	15:14	39	min	Validation Watch	raw
Aug 17, 2026 at 15:13	15:14	47	min	Validation Watch	raw
Aug 16, 2026 at 15:13	15:14	55	min	Validation Watch	raw
Aug 15, 2026 at 15:13	15:14	15	min	Validation Watch	raw
Aug 14, 2026 at 15:13	15:14	23	min	Validation Watch	raw
Aug 13, 2026 at 15:13	15:14	31	min	Validation Watch	raw
Aug 12, 2026 at 15:13	15:14	39	min	Validation Watch	raw
Aug 11, 2026 at 15:13	15:14	47	min	Validation Watch	raw
Aug 10, 2026 at 15:13	15:14	55	min	Validation Watch	raw

ACTIVITY

Step Count

214,920 steps

Period total · Aug 9, 2026 – Sep 8, 2026

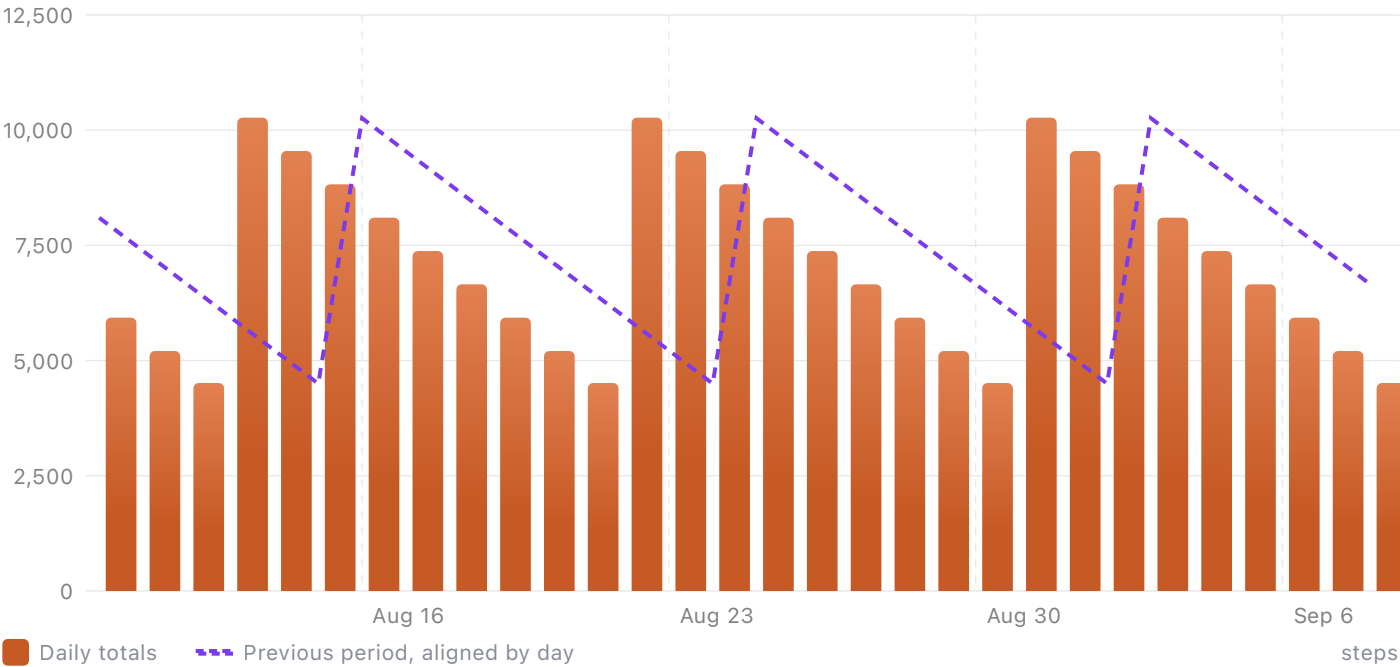
vs previous
-2.9%
was 221,400 steps

Highest day
10,260
Aug 13, 2026

Lowest day
4,500
Aug 12, 2026

Median day
7,020
σ 1,888

Recorded days
30 of 30
0 without readings



WEEKLY BREAKDOWN

Week starting	Through	Total	Days	Bar
Aug 9, 2026	Aug 15, 2026	44,280	6	
Aug 16, 2026	Aug 22, 2026	48,060	7	
Aug 23, 2026	Aug 29, 2026	51,660	7	
Aug 30, 2026	Sep 5, 2026	55,260	7	
Sep 6, 2026	Sep 12, 2026	15,660	3	

DATA QUALITY

30 readings from Validation Watch. Longest run of consecutive recorded days: 30. Missing readings are not zero values. This report describes recorded data and does not establish medical causes or provide a diagnosis.

Step Count

Records 1–30 of 30

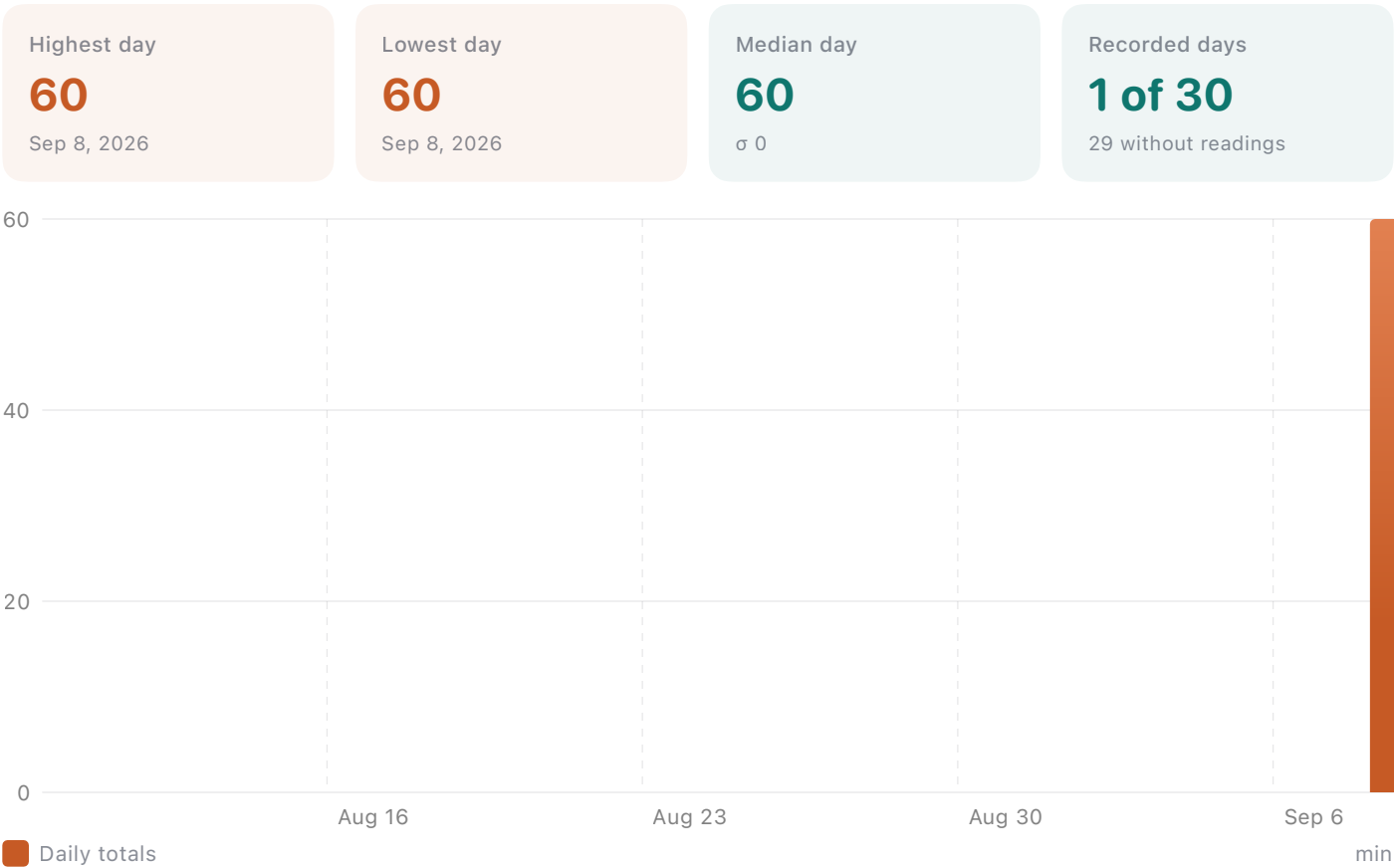
Start	End	Value	Unit	Source	Kind
Sep 8, 2026 at 15:13	15:23	4,500	count	Validation Watch	raw
Sep 7, 2026 at 15:13	15:23	5,220	count	Validation Watch	raw
Sep 6, 2026 at 15:13	15:23	5,940	count	Validation Watch	raw
Sep 5, 2026 at 15:13	15:23	6,660	count	Validation Watch	raw
Sep 4, 2026 at 15:13	15:23	7,380	count	Validation Watch	raw
Sep 3, 2026 at 15:13	15:23	8,100	count	Validation Watch	raw
Sep 2, 2026 at 15:13	15:23	8,820	count	Validation Watch	raw
Sep 1, 2026 at 15:13	15:23	9,540	count	Validation Watch	raw
Aug 31, 2026 at 15:13	15:23	10,260	count	Validation Watch	raw
Aug 30, 2026 at 15:13	15:23	4,500	count	Validation Watch	raw
Aug 29, 2026 at 15:13	15:23	5,220	count	Validation Watch	raw
Aug 28, 2026 at 15:13	15:23	5,940	count	Validation Watch	raw
Aug 27, 2026 at 15:13	15:23	6,660	count	Validation Watch	raw
Aug 26, 2026 at 15:13	15:23	7,380	count	Validation Watch	raw
Aug 25, 2026 at 15:13	15:23	8,100	count	Validation Watch	raw
Aug 24, 2026 at 15:13	15:23	8,820	count	Validation Watch	raw
Aug 23, 2026 at 15:13	15:23	9,540	count	Validation Watch	raw
Aug 22, 2026 at 15:13	15:23	10,260	count	Validation Watch	raw
Aug 21, 2026 at 15:13	15:23	4,500	count	Validation Watch	raw
Aug 20, 2026 at 15:13	15:23	5,220	count	Validation Watch	raw
Aug 19, 2026 at 15:13	15:23	5,940	count	Validation Watch	raw
Aug 18, 2026 at 15:13	15:23	6,660	count	Validation Watch	raw
Aug 17, 2026 at 15:13	15:23	7,380	count	Validation Watch	raw
Aug 16, 2026 at 15:13	15:23	8,100	count	Validation Watch	raw
Aug 15, 2026 at 15:13	15:23	8,820	count	Validation Watch	raw
Aug 14, 2026 at 15:13	15:23	9,540	count	Validation Watch	raw
Aug 13, 2026 at 15:13	15:23	10,260	count	Validation Watch	raw
Aug 12, 2026 at 15:13	15:23	4,500	count	Validation Watch	raw
Aug 11, 2026 at 15:13	15:23	5,220	count	Validation Watch	raw
Aug 10, 2026 at 15:13	15:23	5,940	count	Validation Watch	raw

ACTIVITY

Workouts

60 min

Period total · Aug 9, 2026 – Sep 8, 2026



DATA QUALITY

1 readings from Validation Watch. Longest run of consecutive recorded days: 1. Missing readings are not zero values. This report describes recorded data and does not establish medical causes or provide a diagnosis.

WORKOUT SESSIONS

Session log

Sessions 1–1 of 1 · 60 min total

Date	Activity	Duration	Source	Route
Sep 8, 2026 at 14:13	Other	60 min	Validation Watch	Yes

BODY

Body Mass

75.64 kg

Daily average · Aug 9, 2026 – Sep 8, 2026



WEEKLY BREAKDOWN

Week starting	Through	Average	Days	Bar
Aug 9, 2026	Aug 15, 2026	75.34	6	
Aug 16, 2026	Aug 22, 2026	75.5	7	
Aug 23, 2026	Aug 29, 2026	75.68	7	
Aug 30, 2026	Sep 5, 2026	75.85	7	
Sep 6, 2026	Sep 12, 2026	75.98	3	

DATA QUALITY

30 readings from Validation Watch. Longest run of consecutive recorded days: 30. Missing readings are not zero values. This report describes recorded data and does not establish medical causes or provide a diagnosis.

Body Mass

Records 1–30 of 30

Start	End	Value	Unit	Source	Kind
Sep 8, 2026 at 15:13	15:14	76	kg	Validation Watch	raw
Sep 7, 2026 at 15:13	15:14	75.975	kg	Validation Watch	raw
Sep 6, 2026 at 15:13	15:14	75.95	kg	Validation Watch	raw
Sep 5, 2026 at 15:13	15:14	75.925	kg	Validation Watch	raw
Sep 4, 2026 at 15:13	15:14	75.9	kg	Validation Watch	raw
Sep 3, 2026 at 15:13	15:14	75.875	kg	Validation Watch	raw
Sep 2, 2026 at 15:13	15:14	75.85	kg	Validation Watch	raw
Sep 1, 2026 at 15:13	15:14	75.825	kg	Validation Watch	raw
Aug 31, 2026 at 15:13	15:14	75.8	kg	Validation Watch	raw
Aug 30, 2026 at 15:13	15:14	75.775	kg	Validation Watch	raw
Aug 29, 2026 at 15:13	15:14	75.75	kg	Validation Watch	raw
Aug 28, 2026 at 15:13	15:14	75.725	kg	Validation Watch	raw
Aug 27, 2026 at 15:13	15:14	75.7	kg	Validation Watch	raw
Aug 26, 2026 at 15:13	15:14	75.675	kg	Validation Watch	raw
Aug 25, 2026 at 15:13	15:14	75.65	kg	Validation Watch	raw
Aug 24, 2026 at 15:13	15:14	75.625	kg	Validation Watch	raw
Aug 23, 2026 at 15:13	15:14	75.6	kg	Validation Watch	raw
Aug 22, 2026 at 15:13	15:14	75.575	kg	Validation Watch	raw
Aug 21, 2026 at 15:13	15:14	75.55	kg	Validation Watch	raw
Aug 20, 2026 at 15:13	15:14	75.525	kg	Validation Watch	raw
Aug 19, 2026 at 15:13	15:14	75.5	kg	Validation Watch	raw
Aug 18, 2026 at 15:13	15:14	75.475	kg	Validation Watch	raw
Aug 17, 2026 at 15:13	15:14	75.45	kg	Validation Watch	raw
Aug 16, 2026 at 15:13	15:14	75.425	kg	Validation Watch	raw
Aug 15, 2026 at 15:13	15:14	75.4	kg	Validation Watch	raw
Aug 14, 2026 at 15:13	15:14	75.375	kg	Validation Watch	raw
Aug 13, 2026 at 15:13	15:14	75.35	kg	Validation Watch	raw
Aug 12, 2026 at 15:13	15:14	75.325	kg	Validation Watch	raw
Aug 11, 2026 at 15:13	15:14	75.3	kg	Validation Watch	raw
Aug 10, 2026 at 15:13	15:14	75.275	kg	Validation Watch	raw

Heart Rate

65.3 count/min

Daily average · Aug 9, 2026 – Sep 8, 2026

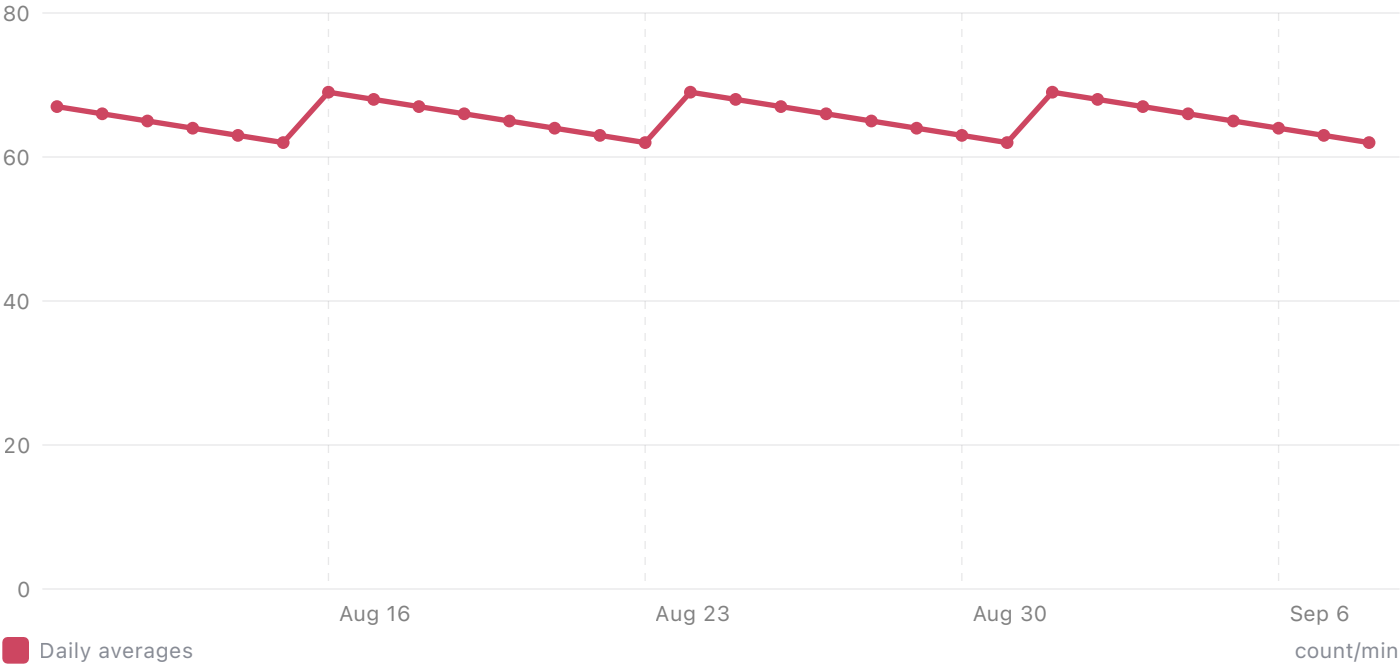
Trend in period
-0.1%
2nd half vs 1st half

Highest day
69
Aug 16, 2026

Lowest day
62
Aug 15, 2026

Median day
65
σ 2.22

Recorded days
30 of 30
0 without readings



WEEKLY BREAKDOWN

Week starting	Through	Average	Days	Bar
Aug 9, 2026	Aug 15, 2026	64.5	6	
Aug 16, 2026	Aug 22, 2026	66	7	
Aug 23, 2026	Aug 29, 2026	65.86	7	
Aug 30, 2026	Sep 5, 2026	65.71	7	
Sep 6, 2026	Sep 12, 2026	63	3	

DATA QUALITY

30 readings from Validation Watch. Longest run of consecutive recorded days: 30. Missing readings are not zero values. This report describes recorded data and does not establish medical causes or provide a diagnosis.

Heart Rate

Records 1–30 of 30

Start	End	Value	Unit	Source	Kind
Sep 8, 2026 at 15:13	15:14	62	count/min	Validation Watch	raw
Sep 7, 2026 at 15:13	15:14	63	count/min	Validation Watch	raw
Sep 6, 2026 at 15:13	15:14	64	count/min	Validation Watch	raw
Sep 5, 2026 at 15:13	15:14	65	count/min	Validation Watch	raw
Sep 4, 2026 at 15:13	15:14	66	count/min	Validation Watch	raw
Sep 3, 2026 at 15:13	15:14	67	count/min	Validation Watch	raw
Sep 2, 2026 at 15:13	15:14	68	count/min	Validation Watch	raw
Sep 1, 2026 at 15:13	15:14	69	count/min	Validation Watch	raw
Aug 31, 2026 at 15:13	15:14	62	count/min	Validation Watch	raw
Aug 30, 2026 at 15:13	15:14	63	count/min	Validation Watch	raw
Aug 29, 2026 at 15:13	15:14	64	count/min	Validation Watch	raw
Aug 28, 2026 at 15:13	15:14	65	count/min	Validation Watch	raw
Aug 27, 2026 at 15:13	15:14	66	count/min	Validation Watch	raw
Aug 26, 2026 at 15:13	15:14	67	count/min	Validation Watch	raw
Aug 25, 2026 at 15:13	15:14	68	count/min	Validation Watch	raw
Aug 24, 2026 at 15:13	15:14	69	count/min	Validation Watch	raw
Aug 23, 2026 at 15:13	15:14	62	count/min	Validation Watch	raw
Aug 22, 2026 at 15:13	15:14	63	count/min	Validation Watch	raw
Aug 21, 2026 at 15:13	15:14	64	count/min	Validation Watch	raw
Aug 20, 2026 at 15:13	15:14	65	count/min	Validation Watch	raw
Aug 19, 2026 at 15:13	15:14	66	count/min	Validation Watch	raw
Aug 18, 2026 at 15:13	15:14	67	count/min	Validation Watch	raw
Aug 17, 2026 at 15:13	15:14	68	count/min	Validation Watch	raw
Aug 16, 2026 at 15:13	15:14	69	count/min	Validation Watch	raw
Aug 15, 2026 at 15:13	15:14	62	count/min	Validation Watch	raw
Aug 14, 2026 at 15:13	15:14	63	count/min	Validation Watch	raw
Aug 13, 2026 at 15:13	15:14	64	count/min	Validation Watch	raw
Aug 12, 2026 at 15:13	15:14	65	count/min	Validation Watch	raw
Aug 11, 2026 at 15:13	15:14	66	count/min	Validation Watch	raw
Aug 10, 2026 at 15:13	15:14	67	count/min	Validation Watch	raw

Sleep Analysis

210 hours asleep

Period total · Aug 9, 2026 – Sep 8, 2026

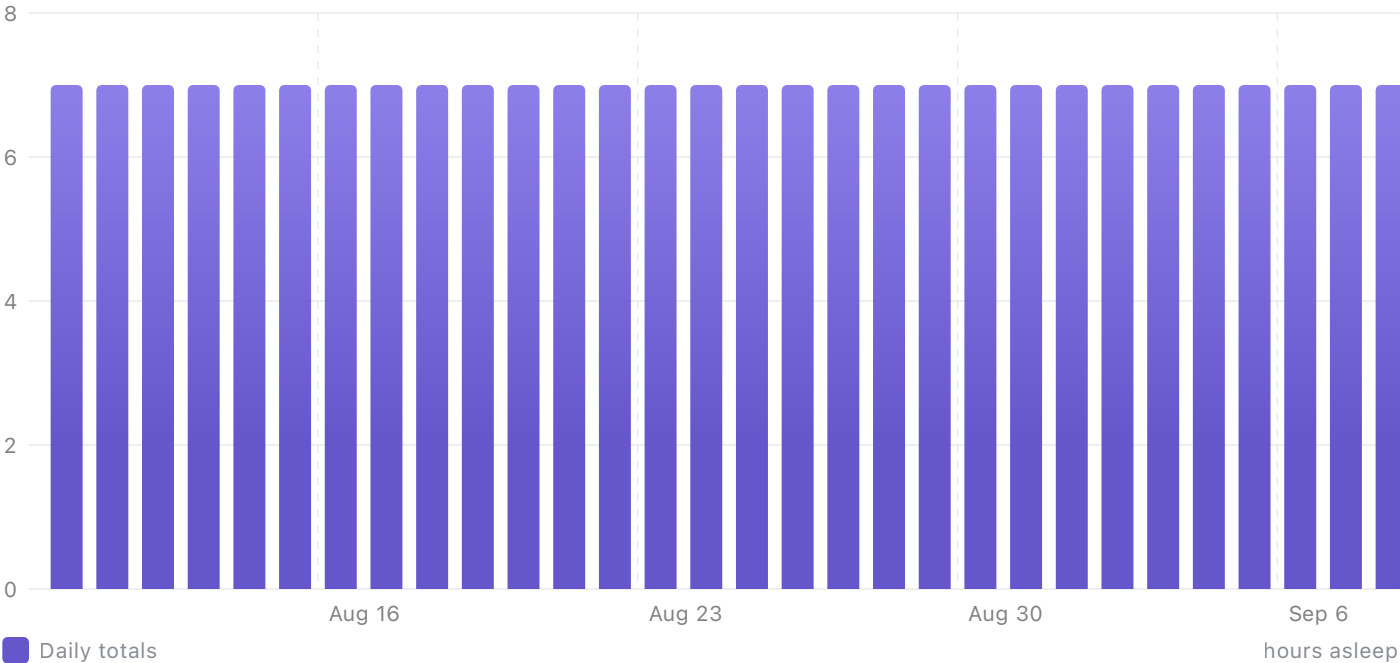
Trend in period
+0.0%
2nd half vs 1st half

Highest day
7
Aug 10, 2026

Lowest day
7
Aug 10, 2026

Median day
7
σ 0

Recorded days
30 of 30
0 without readings



WEEKLY BREAKDOWN

Week starting	Through	Total	Days	Bar
Aug 9, 2026	Aug 15, 2026	42	6	
Aug 16, 2026	Aug 22, 2026	49	7	
Aug 23, 2026	Aug 29, 2026	49	7	
Aug 30, 2026	Sep 5, 2026	49	7	
Sep 6, 2026	Sep 12, 2026	21	3	

DATA QUALITY

30 readings from Validation Watch. Longest run of consecutive recorded days: 30. Missing readings are not zero values. This report describes recorded data and does not establish medical causes or provide a diagnosis.

Sleep Analysis

Records 1–30 of 30

Start	End	Value	Unit	Source	Kind
Sep 8, 2026 at 07:13	14:13	1		Validation Watch	raw
Sep 7, 2026 at 07:13	14:13	1		Validation Watch	raw
Sep 6, 2026 at 07:13	14:13	1		Validation Watch	raw
Sep 5, 2026 at 07:13	14:13	1		Validation Watch	raw
Sep 4, 2026 at 07:13	14:13	1		Validation Watch	raw
Sep 3, 2026 at 07:13	14:13	1		Validation Watch	raw
Sep 2, 2026 at 07:13	14:13	1		Validation Watch	raw
Sep 1, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 31, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 30, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 29, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 28, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 27, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 26, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 25, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 24, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 23, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 22, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 21, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 20, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 19, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 18, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 17, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 16, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 15, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 14, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 13, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 12, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 11, 2026 at 07:13	14:13	1		Validation Watch	raw
Aug 10, 2026 at 07:13	14:13	1		Validation Watch	raw