Date	Time	Activity	Distance	Calories	Steps	Average Heart Rate	Heart Rate Variability	Sleep Stage	Resting Heart Rate	Walking Heart Rate Average	Blood Oxygen Saturation	Apple Exercise Time	Walking Speed	Walking Step Length	Walking Asymmetry Percentage	Walking Double Support Percentage	Apple Stand Time	Apple Stand Hour	Flights Climbed	Apple Walking Steadiness	Environmental Audio Exposure	Headphone Audio Exposure	Time in Daylight	Mindfulness Minutes	Weight	Body Mass Index	Body Fat Percentage	Lean Body Mass	Height	Waist Circumference	Dietary Energy Consumption	Dietary Protein	Dietary Carbohydrates	Dietary Fiber	Dietary Sugar	Dietary Fat Total	Dietary Fat Saturated	Dietary Cholesterol	Dietary Sodium	Dietary Potassium	Dietary Iron	Dietary Vitamin A	Dietary Vitamin C	Dietary Vitamin D	Dietary Vitamin E	Dietary Vitamin K	Dietary Thiamin	Dietary Riboflavin	Dietary Niacin	Dietary Vitamin B6	Dietary Folate	Dietary Vitamin B12	Dietary Pantothenic Acid	Dietary Phosphorus	Dietary Magnesium	Dietary Zinc	Dietary Selenium	Dietary Copper	Dietary Manganese	Dietary Iodine	Dietary Chloride	Dietary Chromium	Dietary Molybdenum	Dietary Water	Dietary Caffeine
2026-04-01	00:00	Walking Outdoor Walk	0.00 km	0 kcal	0																																																															

Checklist

Publisher	Email	Contacted	Replied	Feature Page	Gallery	#PP Section
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