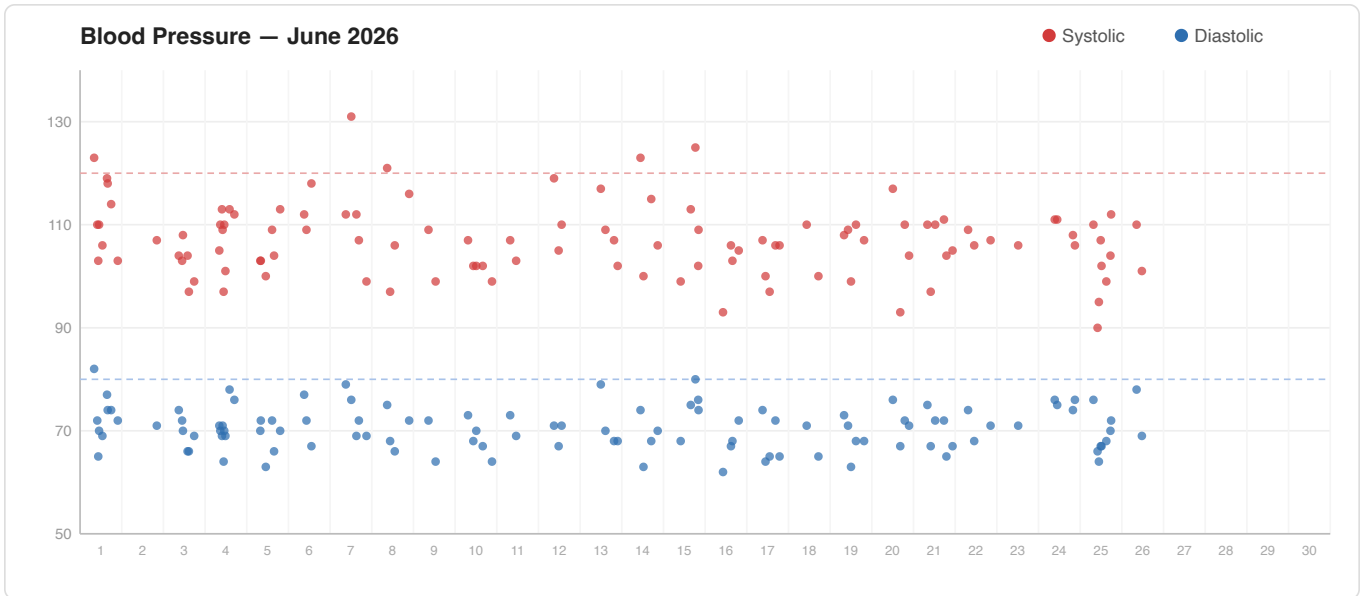


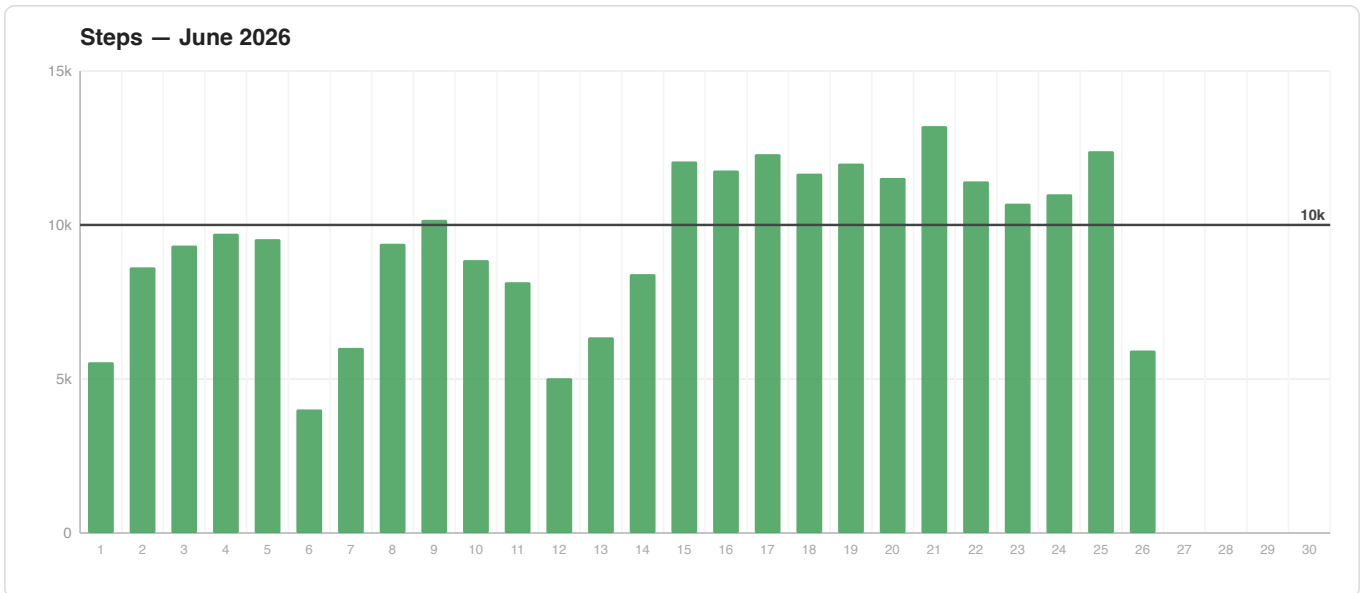
Health Metrics

Blood Pressure — June 2026



Each point is one reading — systolic (upper) and diastolic (lower) — plotted across every day of the month. Month average **107/70** across 112 readings. **21 of 26 days** entirely below 120/80.

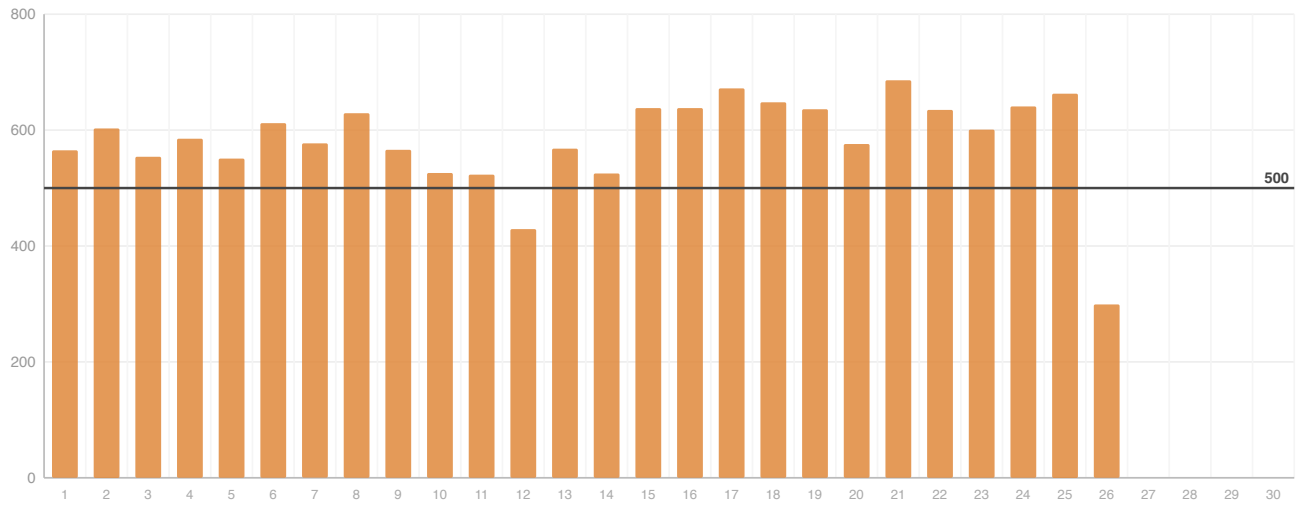
Steps — June 2026



Total **245,095** steps · average **9,427/day**. **12 of 26 days** reached the 10,000 goal.

Active Calories — June 2026

Active Calories — June 2026



Total **15,146** kcal · average **583** kcal/day. **24 of 26 days** reached the 500 kcal goal.

Daily Detail

Day	Sys	Dia	n	Steps	Active
Jun 1	112	73	9	5,543	565
Jun 2	107	71	1	8,624	603
Jun 3	103	70	6	9,332	554
Jun 4	108	71	9	9,719	585
Jun 5	105	69	6	9,540	551
Jun 6	113	72	3	4,012	612
Jun 7	112	73	5	6,009	577
Jun 8	110	70	4	9,393	629
Jun 9	104	68	2	10,168	566
Jun 10	102	68	5	8,863	526
Jun 11	105	71	2	8,145	523
Jun 12	111	70	3	5,023	429
Jun 13	109	71	4	6,355	568
Jun 14	111	69	4	8,408	525
Jun 15	110	75	5	12,064	638
Jun 16	102	67	4	11,769	638
Jun 17	103	68	5	12,300	672
Jun 18	105	68	2	11,667	648

Day	Sys	Dia	n	Steps	Active
Jun 19	107	69	5	11,996	636
Jun 20	106	72	4	11,527	576
Jun 21	106	70	6	13,212	686
Jun 22	107	71	3	11,417	635
Jun 23	106	71	1	10,691	601
Jun 24	109	75	4	11,000	641
Jun 25	102	69	8	12,395	663
Jun 26	106	74	2	5,923	299