

HEART RATE · LAST 90 DAYS

57 bpm · resting, 7-day average

Your usual is 54 bpm (the 60 days before this week), so this week is +3 bpm above it. Over 90 days: +3 bpm.

Not a medical document. This is a personal wellness summary, not a medical record. It is not a diagnosis and not a clinical document, and it must not be used to diagnose, treat or monitor any condition. The numbers come from consumer devices and your own logs, and they can be wrong. Reference ranges are general population references, not a judgement about you. If a number worries you, talk to a health professional.

At a glance

beats per minute

Resting HR

57 bpm

usual 53–56

Lowest week

52 bpm

week of 20 Jul

Walking HR

95 bpm

before: 93

Daytime average

72 bpm

all hours, 90 days

Highest in a workout

188 bpm

25 Aug

Max HR for zones

188 bpm

measured

HR recovery, 1 min

28 bpm

usual after runs

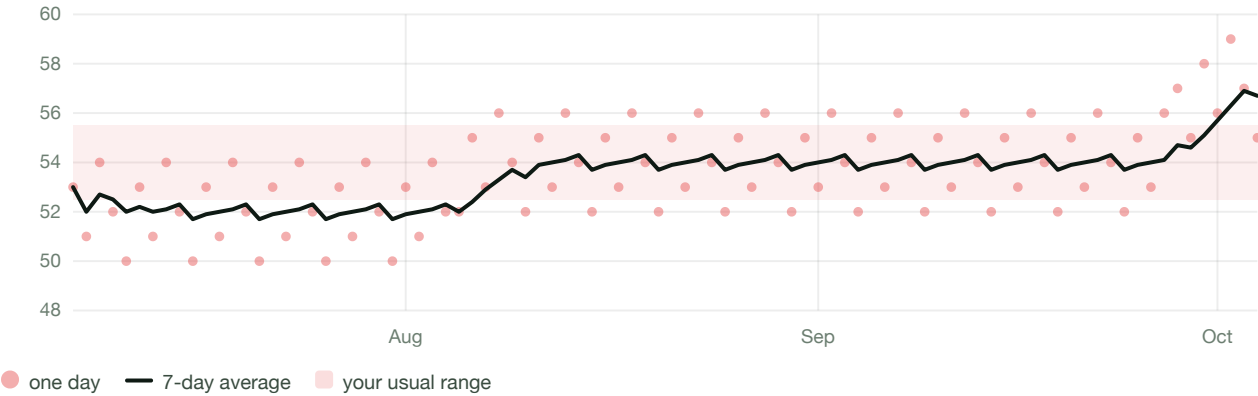
VO₂ max

47.2

1 Oct · own report

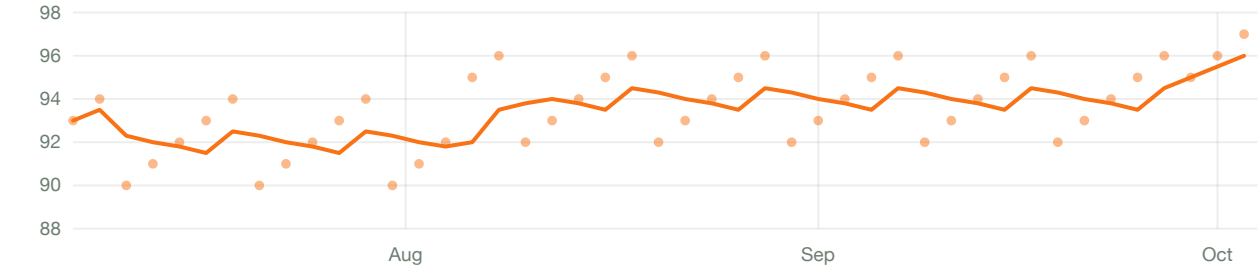
Resting heart rate

90 days with a reading



Walking heart rate

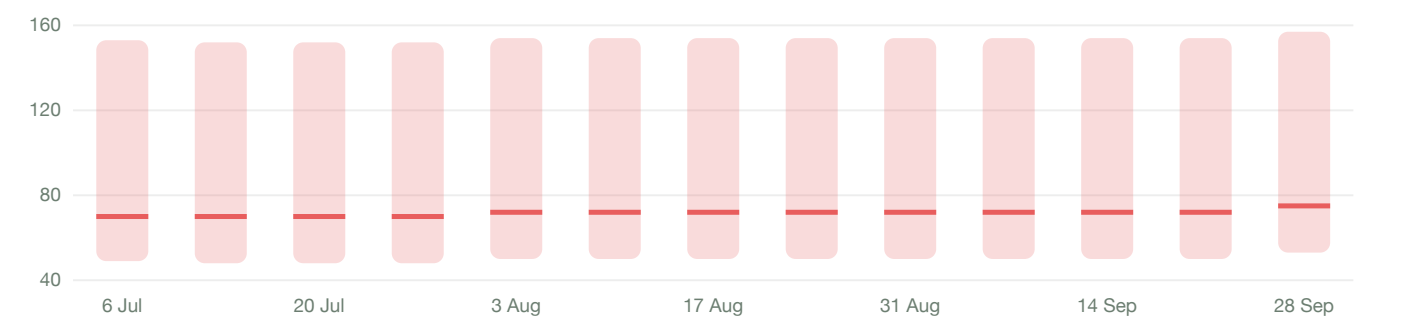
Apple Watch average while you walk



HEART RATE (CONTINUED)

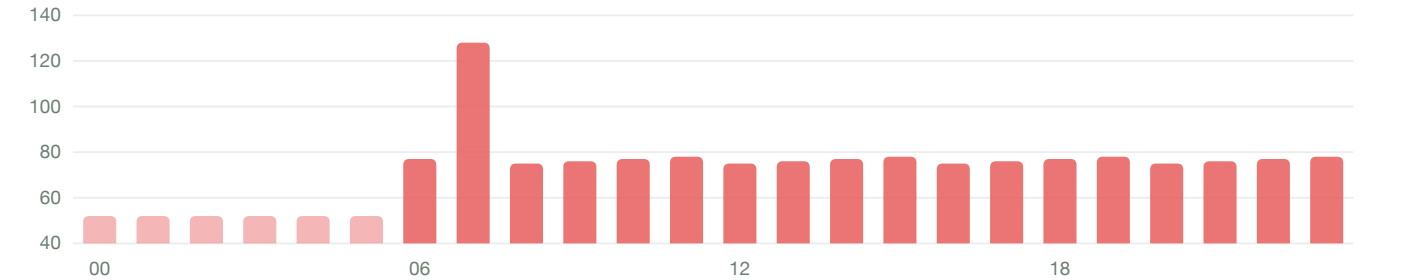
Daytime range, week by week

Typical low and high of a day · line = average



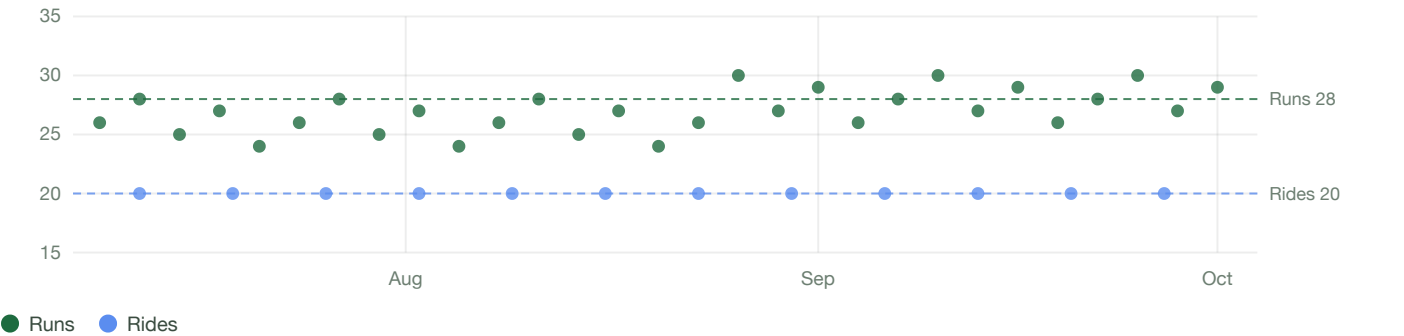
An average day, hour by hour

Last 30 days · 30 days with data · lighter = night



Heart rate recovery after workouts

How far HR fell in the first minute after stopping



WORKOUTS	USUAL DROP	RANGE	SESSIONS	LATER VS EARLIER
Runs	28 bpm	25–30	18	+1 bpm
Rides	20 bpm	19–22	7	level

How to read this

- Resting heart rate is Apple Watch's daily estimate from quiet moments. It moves with sleep, alcohol, heat, stress, illness and training, so the 7-day average says more than any one day.
- Your usual is your own: the middle of the 60 days before this week, with a band for normal day-to-day movement. Nothing here is compared with other people.
- Heart rate recovery is how many beats your heart rate drops in the first minute after a workout ends. Only workouts with a clean drop from a high enough peak count.
- This report does not look at heart rhythm. For anything about rhythm or an ECG, use the Health app and talk to a health professional.