

VO₂ MAX · SINCE 9 JUN 2026

46.1 mL/kg/min

Your 90-day trend is up 1.4 mL/kg/min from your baseline. 74th · Good for men aged 41. Latest reading 19 Sep 2026, Apple Watch estimate.

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

mL/kg/min

Latest

46.1

1 day ago

For your age and sex

Good

74th · Good

Fitness age

33 years

8 years younger than you

Group median

41.4

you are +4.7

Change, 90 days

+1.4

latest vs 90 days before

Change, 30 days

+0.5

latest vs 30 days before

Highest

46.4

on 30 Aug

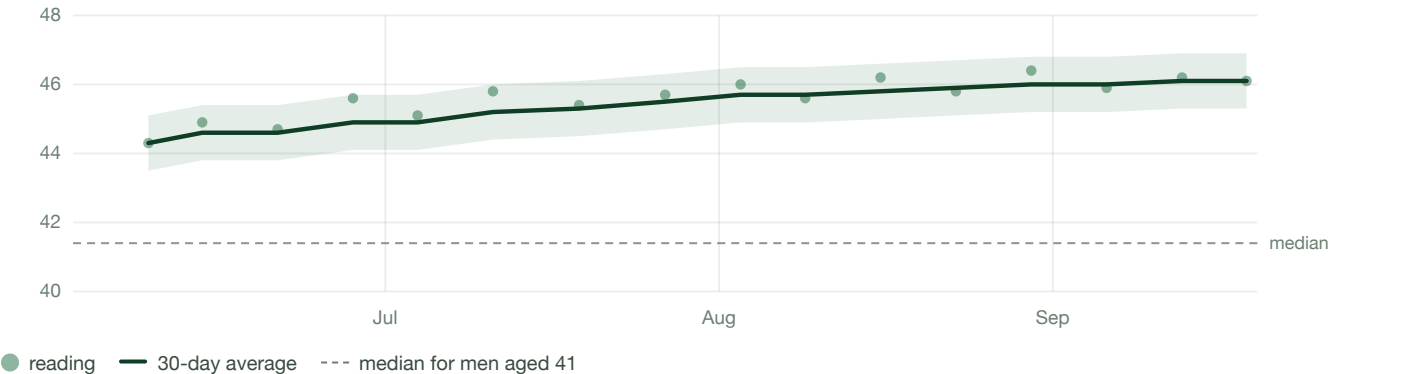
Lowest

44.3

on 9 Jun

The trend

16 readings · shaded = normal variation (±0.8)



Month by month

Average of the readings in each month

Jun	Jul	Aug	Sep
44.9	45.5	46	46.1
4x	4x	5x	3x

Where you sit

Reference: FRIEND registry, men aged 41

Excellent starts at 47 for men aged 41 — 0.9 above your latest reading.



How to read this

- Source: **Apple Watch estimate** · confidence: **moderate**.
- Readings vary by 2.1 mL/kg/min
- Apple Watch estimates VO₂ max from heart rate and pace during outdoor walks, runs and hikes. One reading can move by 1–2 points on its own, so the 30-day line matters more than any single dot.
- A lab test with a mask (CPET) measures VO₂ max directly. This is an estimate, and the comparison uses population reference values.