

Groups Report

Goal Report

Events Report

Event Unique Users Report

Datapoints Report

Metrics Report

Summary Report:

Select Company: London Hydro ▼

Start Date: 2014-01-01

End Date: 2014-12-31

Submit

Clear

Category	Participants	Total Change	Total Average Change	Average % Change
Weight (lbs)	35	16.60	0.47	0.00
Exercise (min)	2	-20.00	-10.00	0.00
Exercise (x/wk)	23	3.00	0.13	0.03
Walking (min)	5	35.00	7.00	0.24
Fruits & Veggie (srv)	7	1.00	0.14	0.05
Protein (srv)	2	1.00	0.50	0.25
Bicep (in)	6	-1.00	-0.17	-0.02
Chest (in)	8	-1.00	-0.13	-0.00
Abdominals (in)	8	-2.25	-0.28	-0.01
Waist (in)	10	-4.25	-0.43	-0.01
Hip (in)	11	-4.50	-0.41	-0.01
Thigh (in)	8	-7.00	-0.88	-0.04
Total Inches		-20		
Sleep Hours (hrs)	23	3.00	0.13	0.03
Stress Score (1 - 10)	21	2.00	0.10	0.06
Cigarettes (# /day)	1	-5.00	-5.00	-1.00
Smoking		1 out of 1 stopped smoking or 100%		