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Status - Your Daily Wellness Dashboard

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The **Status** section on your Reebok Pulse is more than just data. It's your daily dashboard — a quick overview of how much you're moving, burning, and progressing in real time.

Page 1 - Essentials at a Glance

Quick, actionable stats to start your day:

Steps - Total number of steps taken today. Every stride counts — from quick errands to full workouts.

Calories - Total calories burned throughout the day, including both activity and your body's baseline (basal metabolic rate).

Distance - Measures how far you've traveled. You can choose miles or kilometers in the settings.

This page gives you your baseline — fast, intuitive, and instantly useful.

Page 2 - Hour-by-Hour Step Breakdown

See how your movement changes throughout the day.

The hourly step chart helps you:

- Find your most active periods
- Spot long periods of inactivity
- Identify natural energy peaks and dips

Use it to schedule movement breaks or workouts when they'll make the biggest impact.

Page 3 - Weekly Step Trend Graph

A full week of progress — visualized.

This graph helps you spot patterns in your activity:

- Are you more active on weekdays or weekends?
- Which days tend to be your strongest or lowest?
- How consistent is your movement overall?

Understanding the pattern is the first step to improving it.

Your Reebok Pulse automatically syncs this data to the **Reebok Connect** app for even deeper insight, long-term tracking and trend analysis — all in your pocket.