

6 Interesting Metrics You Didn't Know Your Apple Watch Was Tracking

The Apple Watch tracking your steps and movements throughout the day is useful, but there are still many other metrics to know.

Apple Watch tracking your steps and movements throughout the day is helpful, but there's more to know. Apple Watch collects more data about you that you'll probably find interesting.

6. Heart rate variability

Heart rate variability (HRV) is different from your typical heart rate. While heart rate is the number of times your heart beats per minute, HRV is the average time between each heartbeat. It can be a good indicator of heart health, although healthy ranges will vary depending on age and other factors.

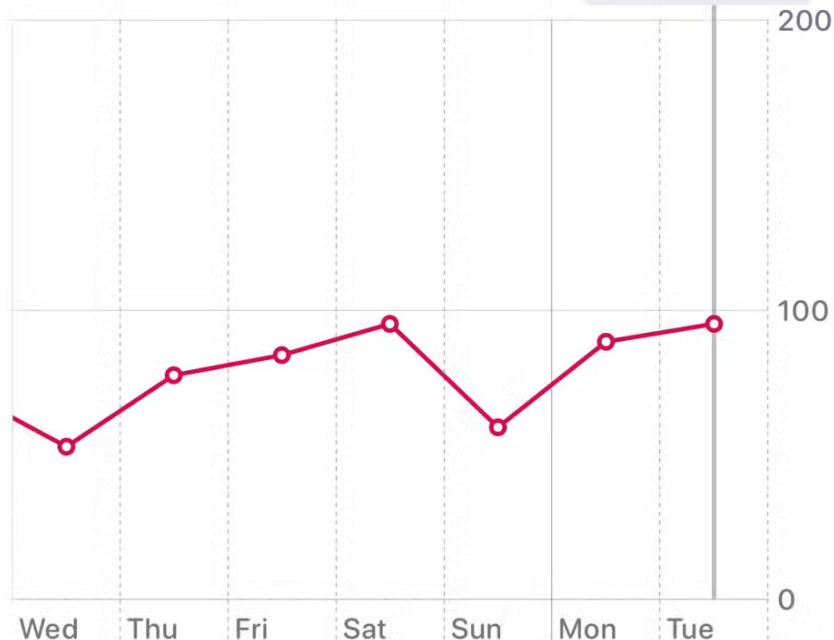
The Apple Watch can measure heart rate variability relatively easily. You can view these stats in the Health app (under **Browse > Heart**) and then compare them to your resting heart rate to get a more complete picture of your overall health. HRV can be used to determine if you're experiencing too much stress in your life, and the results are pretty accurate.

D W M 6M Y

AVERAGE

95 ms

15 Jul 2025



About Heart Rate Variability

Heart Rate Variability (HRV) is a measure of the variation in the time interval between heart beats. Apple Watch calculates HRV by using the standard deviation of beat-to-beat measurements which are captured by the heart rate sensor. HRV is validated for users over the age of 18. Third party apps and devices can also add HRV to Health.



Summary



Sharing



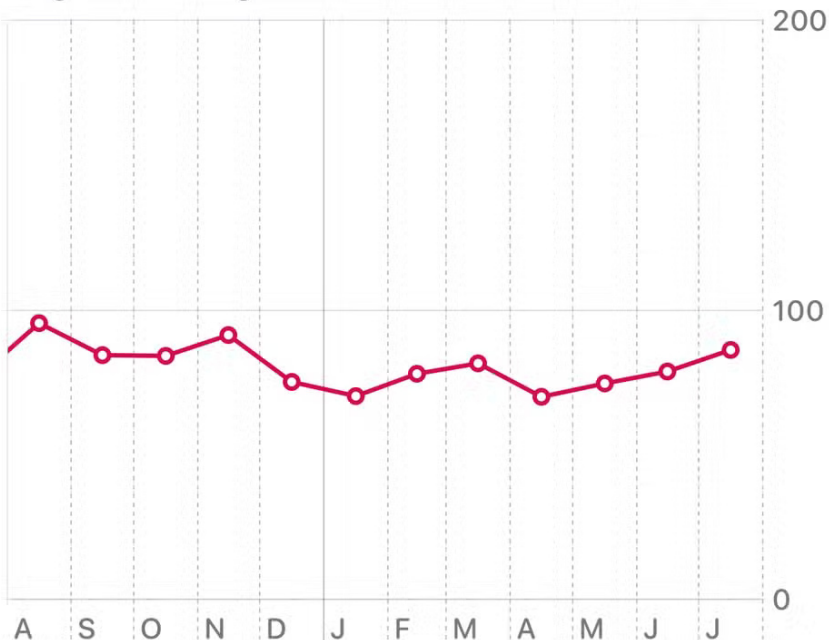
Browse

D W M 6M **Y**

AVERAGE

81 ms

Aug 2024 – Aug 2025



About Heart Rate Variability

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Summary



Sharing



Browse

5. Walking + Running Distance

Many people enjoy running at least once a week along with other fitness and physical activities, and also try to walk at least 10,000 steps a day. Having an Apple Watch has helped them maintain both of these activities, allowing them to better enjoy the different ways they can use their watch to move more each day.

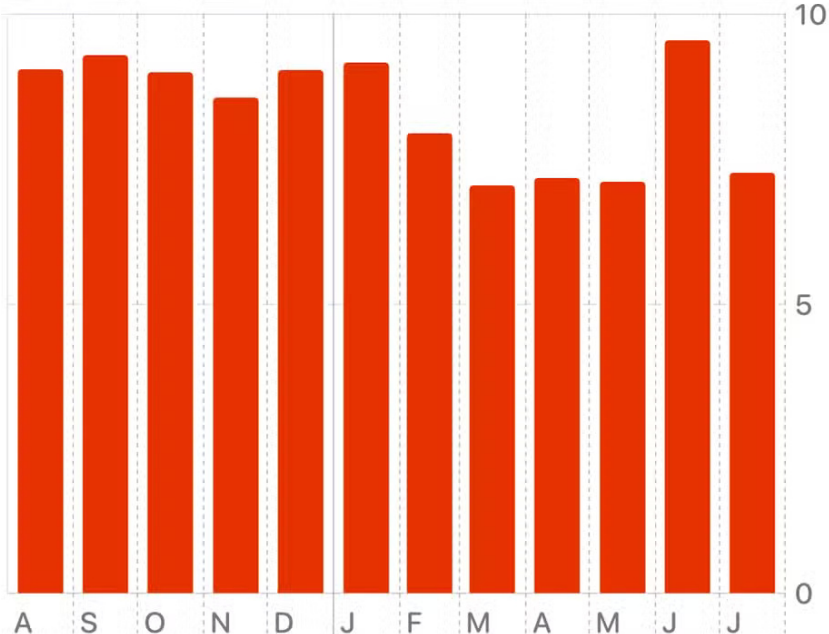
The Walk + Run mileage information (located in the Health app, under **Browse > Activity**) is an easy way to see how many total miles you've walked each day. As a general rule, 5-6 miles (8-10 km) per day seems like a good amount, but you can try increasing it to 9 miles (15 km) in the future.

D W M 6M Y

DAILY AVERAGE

8,4 km

Aug 2024 – Aug 2025



Trend

Unavailable

Highlights

Show All

🔥 Walking + Running Distance

Your average walking and running distance this year is less than last year.



Summary



Sharing



Browse

D

W

M

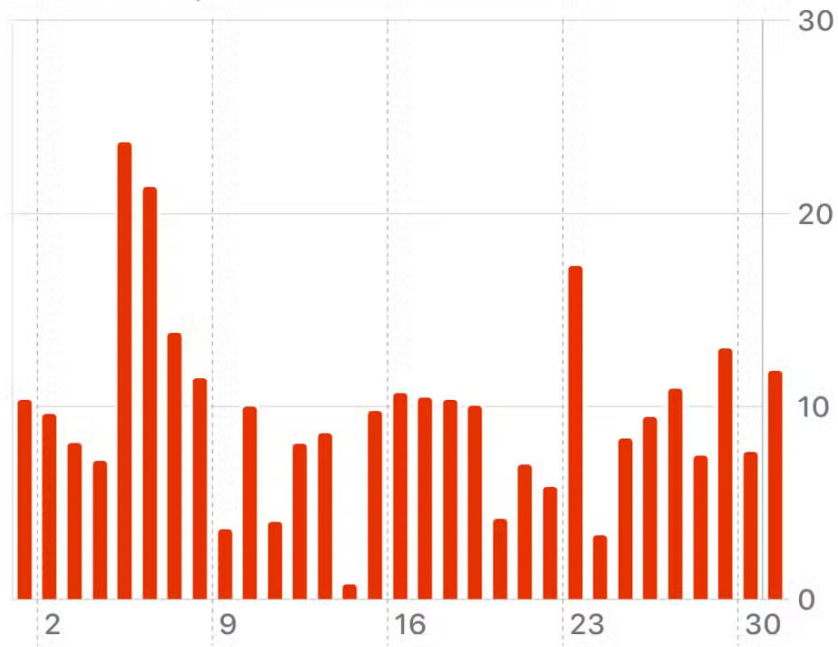
6M

Y

AVERAGE

9,6 km

Jun 1 – Jul 1, 2025



Trend

None

Highlights

Show All

Walking + Running Distance

Your average walking and running distance this year is less than last year.



Summary



Sharing



Browse

4. VO2 Max

VO2 Max is a fairly specialized metric that you'll track more closely if you're doing high-intensity forms of exercise, like HYROX and HIIT. You use it to determine how much air your lungs can process during exercise, which can help identify areas where you need to optimize your performance (like improving your breathing efficiency).

Once your Apple Watch measures your VO2 Max (which you can find in **Health > Heart > Cardio Fitness**), you can get a bunch of useful data, like whether your cardiovascular fitness level is above average, so you can decide if you need to change your weekly workout routine.

D

W

M

6M

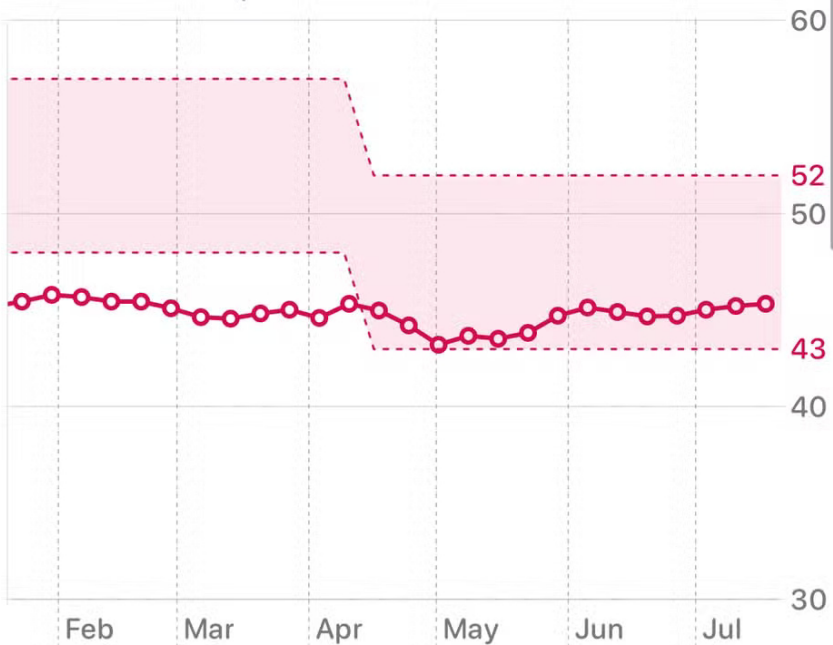
Y

AVERAGE LEVEL

Above Average



Jan 20 – Jul 20, 2025



Above Average

14 weeks

[Show All Cardio Fitness Levels](#)

About Cardio Fitness

This is a measurement of your VO₂ max, which is the maximum amount of oxygen your body can consume during exercise.



Summary



Sharing



Browse

16.55



Cardio Fitness

Done

D

W

M

6M

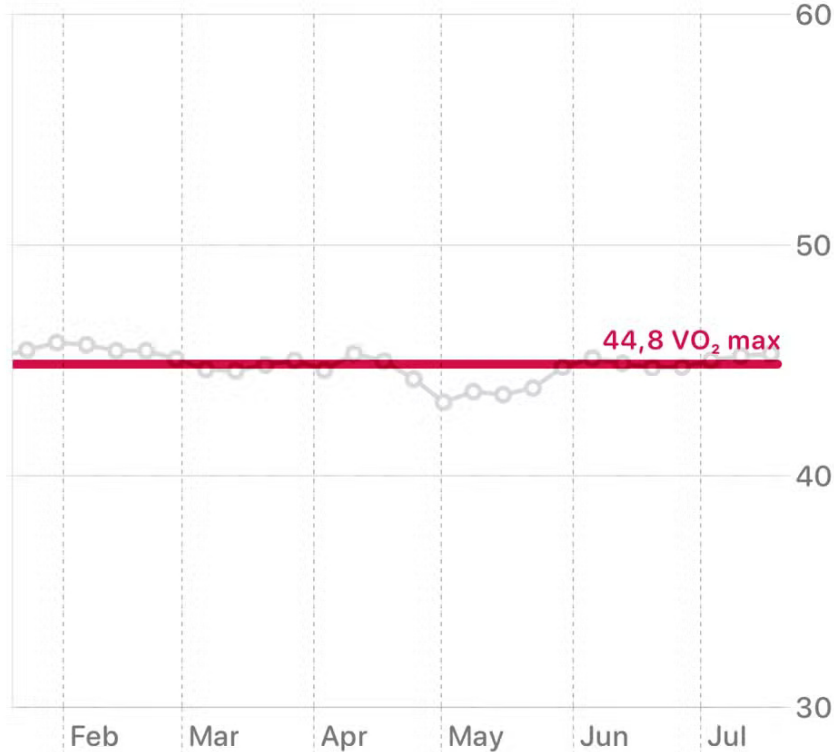
Y

AVERAGE LEVEL

Above Average



Jan 20 – Jul 20, 2025



Trend

None

Cardio Fitness Levels

High

--

Above Average

14 weeks

3. Mobility statistics

Turning 30 will definitely make you think about more aspects of your health. One area to work on in particular is your mobility; although it still needs more work (you may be pleased with your progress since you started). With Apple Watch, you can track a variety of mobility stats in the Health app, under **Browse > Mobility** , such as:

1. Average time to walk 500 meters
2. Stride length when walking
3. Stride length when running
4. Double support time

Today

↔ Stair Speed: Down

13.10 >

Latest

0,44 m/s



↔ Stair Speed: Up

12.34 >

Latest

0,3 m/s



↔ Double Support Time

09.54 >

Latest

29,9 %



↔ Walking Asymmetry

09.54 >

0 %



↔ Walking Speed

09.54 >

4,8 km/h



Summary



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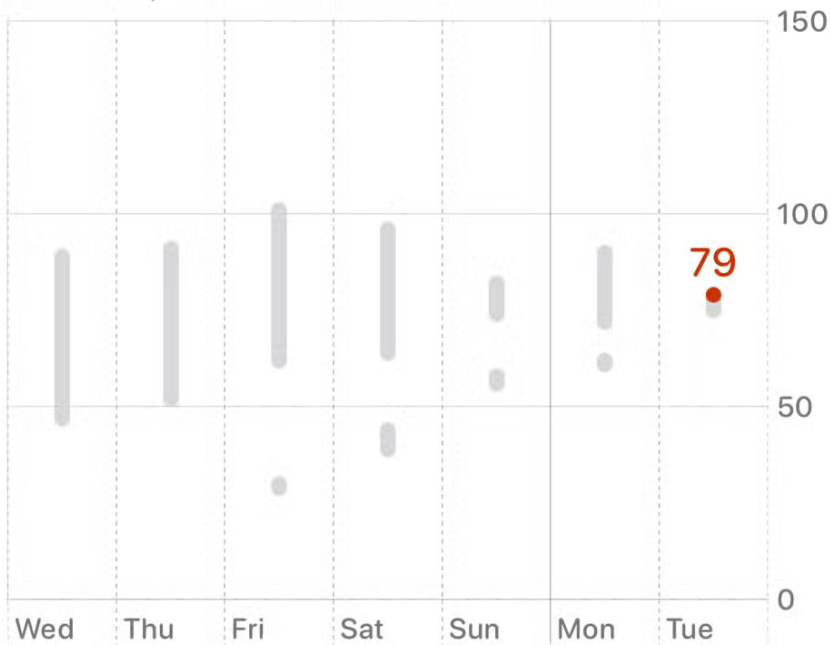
Browse

D **W** M 6M Y

RANGE

29–101 cm

Jul 9–15, 2025



Latest: 09.54 79 cm

[Show More Data](#)

About Walking Step Length

Step length is the distance between your front foot and back foot when you're walking. The ability to take longer steps is

Summary

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Browse

2. Respiratory rate

In addition to tracking VO2 max, you can also view your average respiration rate on your Apple Watch. This tells you how many breaths you take per minute, which is especially useful for checking your breathing rate at rest. However, it's less reliable during exercise, since you'll need to breathe more.

Look in the Health app, under **Browser > Respiratory** . Like other health metrics, you can see historical data from a whole year. To see how you breathe in different situations, you can even see how your breathing rate changes hour by hour.

17.31

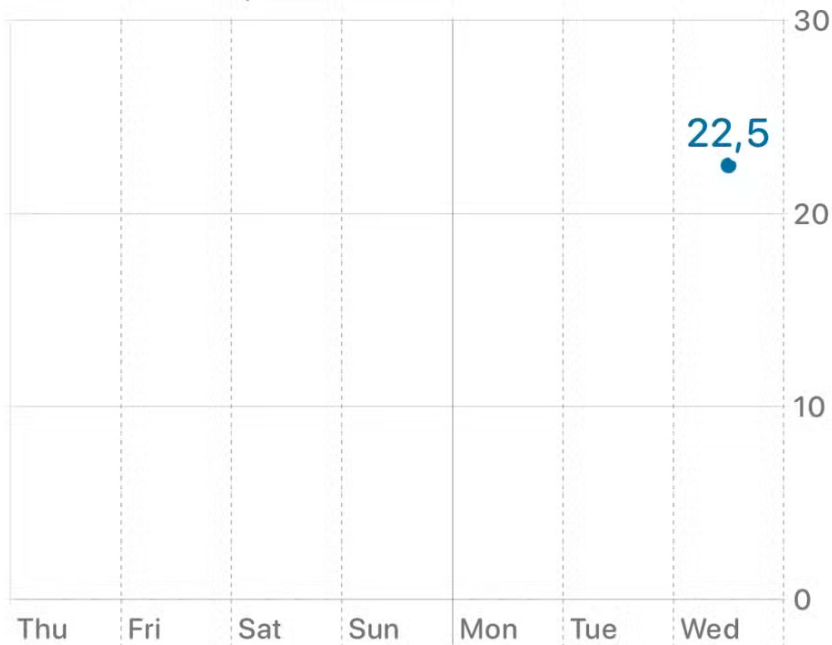


[Respiratory](#) **Respiratory Rate** [Add Data](#)

H | D | **W** | M | 6M | Y

22,5 breaths/min

Nov 28 – Dec 4, 2024



Latest: Dec 2024

22,5 breaths/min

[Show More Respiratory Rate Data](#)

About Respiratory Rate

Also commonly called respiration rate or breathing rate, this refers to the number of times you breathe in a minute.



Summary



Sharing



Browse

17.32



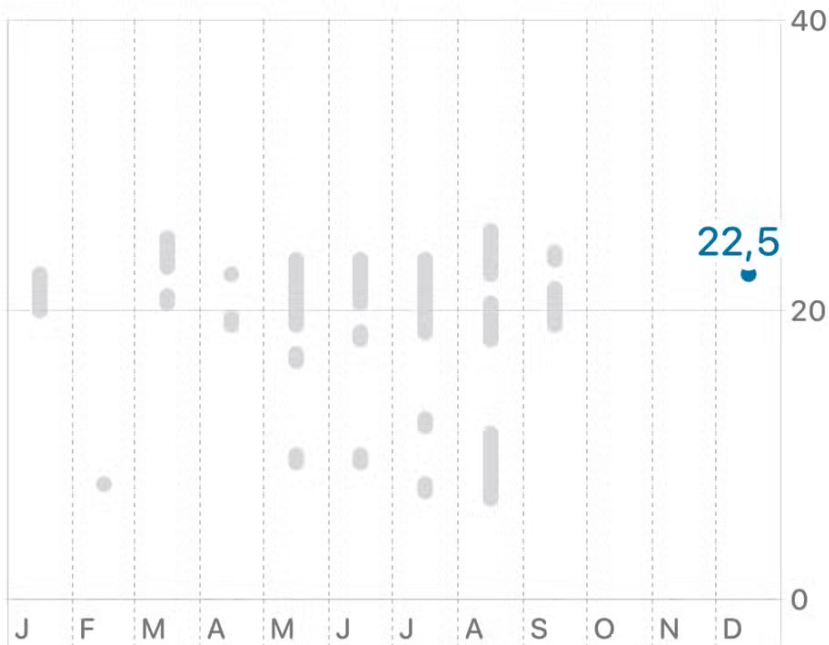
< Respiratory Respiratory Rate Add Data

H D W M 6M Y

RANGE

7-25,5 breaths/min

2024



Latest: Dec 2024 22,5 breaths/min

Show More Respiratory Rate Data

About Respiratory Rate

Also commonly called respiration rate or breathing rate, this refers to the number of times you breathe in a minute.

Summary

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Browse

1. Time in Daylight

Since you started spending more time outdoors, your mental health has improved significantly. Looking at how much time you spend in fresh air can help you understand what situations you function best in.

This feature is on by default and is pretty accurate based on personal experience. You can track it in the **Browse > Mental Wellbeing** section of the Health app.

D

W

M

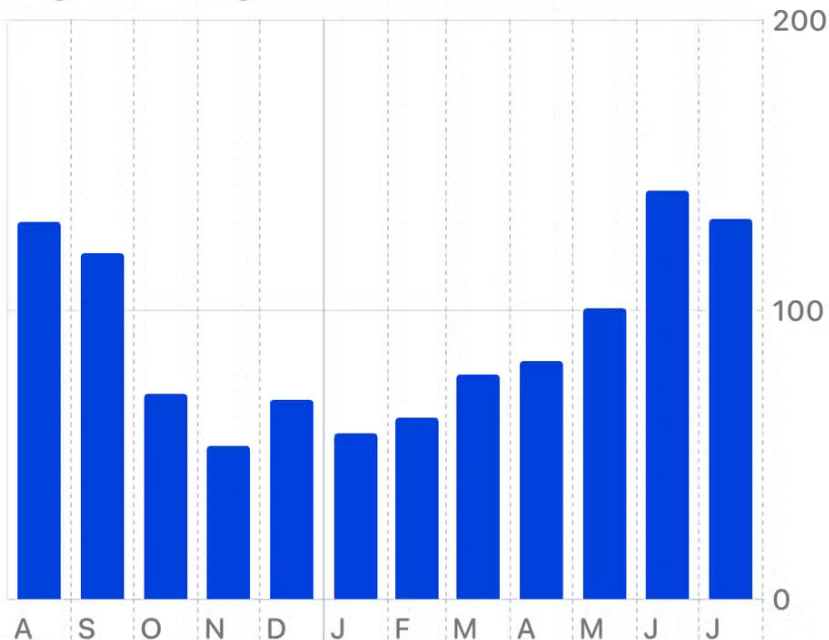
6M

Y

DAILY AVERAGE

91,2 min

Aug 2024 – Aug 2025



About Time In Daylight

Time in Daylight is an estimate of the amount of time spent in sunlight. For children, spending 80-120 minutes outside each day can help lower the risk for myopia or nearsightedness. For adults, spending around 20 minutes outdoors every day has numerous physical and mental health benefits.



Summary



Sharing



Browse

D

W

M

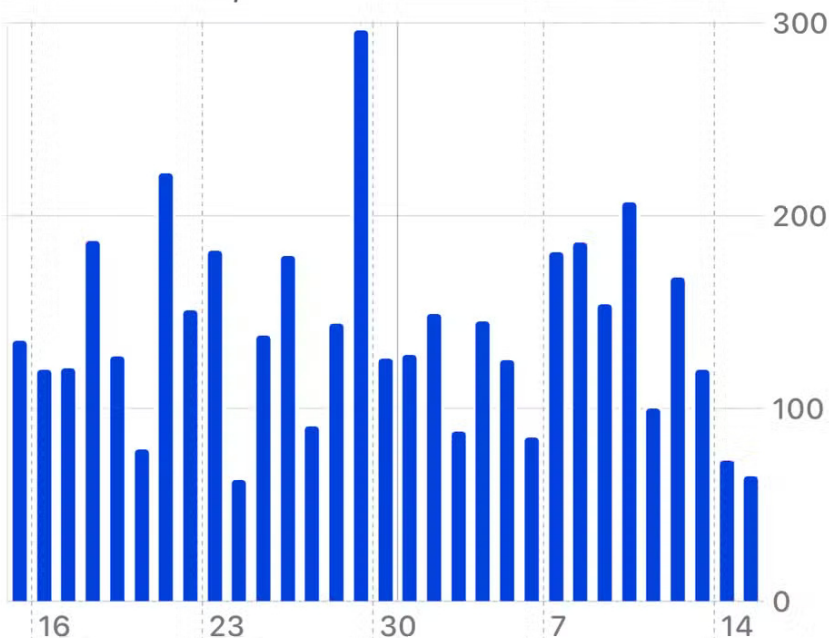
6M

Y

AVERAGE

140 min

Jun 15 – Jul 15, 2025



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Summary



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