

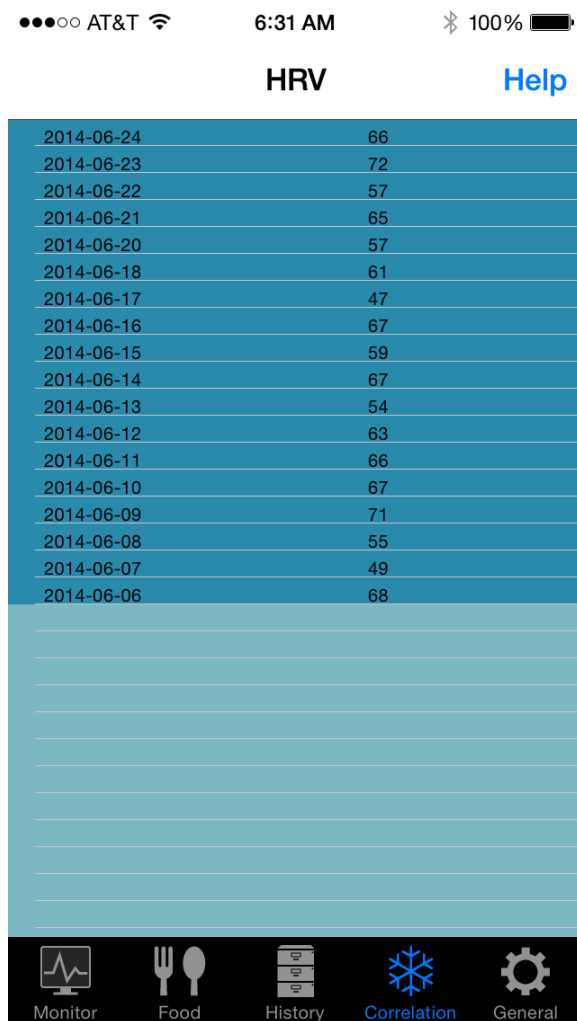
# Help for Metrics

## Metric's Page

The Metric's Page (shown below) does stuff....

Swiping from right to left will run you through all metric's tables.

Tapping on the page will return you to the Available Data Page.



The screenshot shows a mobile application interface. At the top, the status bar displays signal strength, AT&T carrier, Wi-Fi, 6:31 AM time, Bluetooth, and 100% battery. Below the status bar, the title "HRV" is centered, and a "Help" link is on the right. The main content is a table with 17 rows of data, each with a date and a numerical value. The table is set against a dark blue background with white text. Below the table, there are several empty rows with light blue horizontal lines. At the bottom, a navigation bar contains five icons: a monitor (labeled "Monitor"), a fork and spoon (labeled "Food"), a stack of books (labeled "History"), a snowflake (labeled "Correlation"), and a gear (labeled "General").

Date	HRV Value
2014-06-24	66
2014-06-23	72
2014-06-22	57
2014-06-21	65
2014-06-20	57
2014-06-18	61
2014-06-17	47
2014-06-16	67
2014-06-15	59
2014-06-14	67
2014-06-13	54
2014-06-12	63
2014-06-11	66
2014-06-10	67
2014-06-09	71
2014-06-08	55
2014-06-07	49
2014-06-06	68

Figure 2