



Welcome to Fitness—a user-friendly
gateway to your healthier lifestyle
journey!

Get Started

Don't have an account? **Sign Up**

9:30



Monthly Training Plan

10/18

55% Completed



ADHITHYA S



60 KG

Weight



5.6 Ft

Height



25 year

Age

Day plan



Workout

2 hours



Sleeping

9 hours



Running

10 km



Analytics

Options



9:30



Exercise library



Popular Workout



Hard Workout



Yoga Excersies



9:30



Daily Analytics



Thu
12

Fri
13

Sat
14

Sun
15

Mon
16

Tue
17

Tuesday, 17 May 2024

Rest Energy

1.800 Cal

Active Energy

1.800 Cal

Stand Hours

12 hr

Steps

3,234 Steps

Walk Distance

2.2 KM