

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

**Get Started**

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



Email

adhithya316@gmail.com

Password

• • • • • • • • • •

Login

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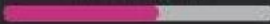
9:30



### 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