

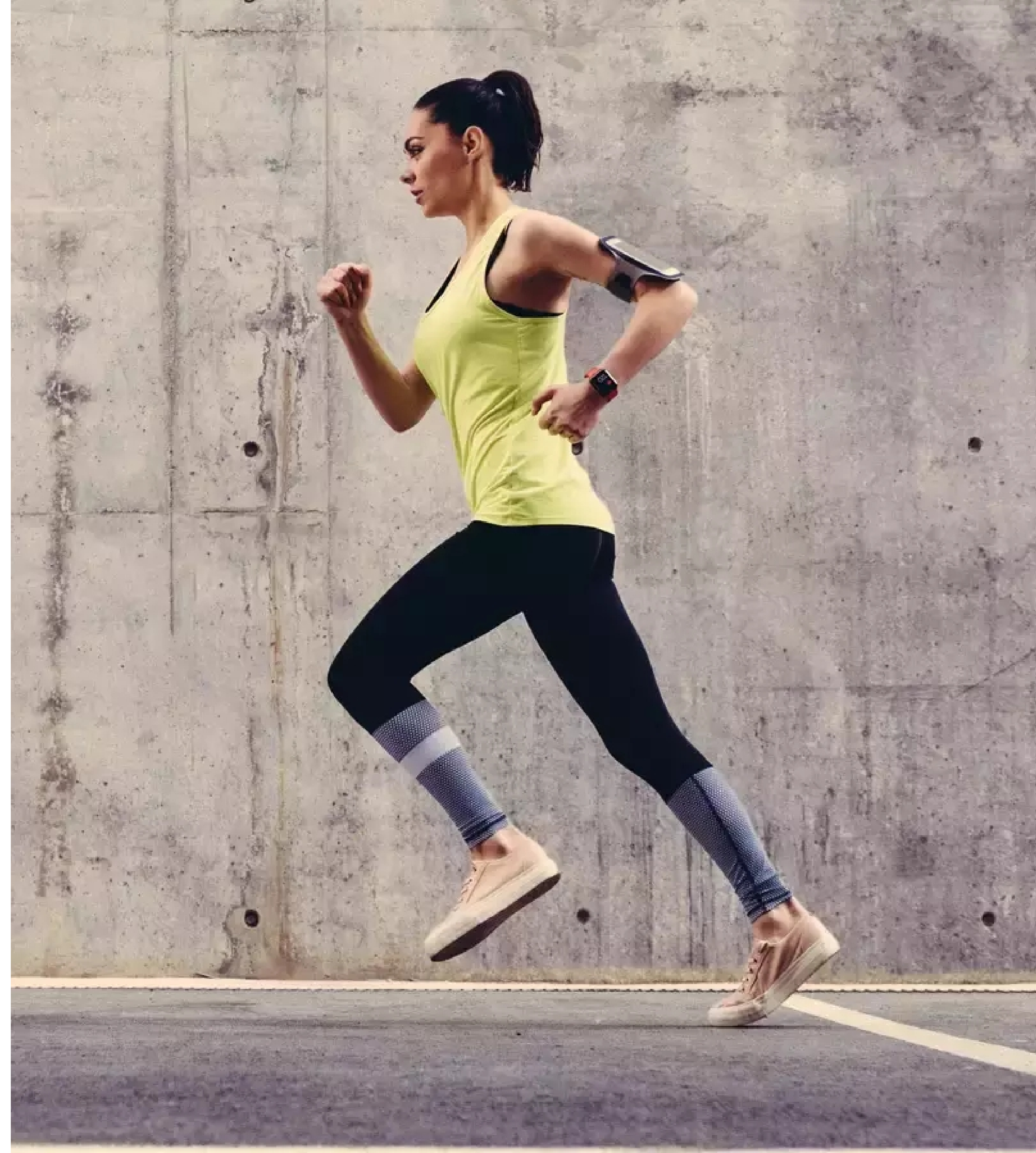
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Customize Your Workout

1) How much time do you have for your workout?

- ☐ Less time but frequent commitment - i.e. 15 minutes per day
- ☐ More time but less frequent commitment - i.e. 2 hours once a week
- ☒ Somewhere in the middle - i.e. 1 hour for 3 days a week

2) What is your main fitness goal?

- ☐ I want to lose weight
- ☒ I want to build endurance
- ☐ I want to build strength

3) Do you have a Fitbit account?

- ☒ Yes
- ☐ No

Get My Fitness Plan



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Jane Doe



Profile



Home



New Workout



Fitness Plan

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Get My Fitness Plan



edit info



Jane Doe

23 years old | Toronto, ON



Current Heartrate: 84bpm



Last Workout: April 4, 2020



New
Workout



View
History



Change
Plan



INTERVAL 8 / 12

TIME LEFT: 45s

Target HR Zone:

161 – 174

BPM

Cardio

Current HR:

130

BPM

Fat-Burn

Push Harder!

Pause Workout