



🔍 Search any keywords





Profile



 Dashboard

 Calender

 Goals

 Support

 Settings

 Logout

Hello Bisma,
Have a nice day and don't forget to take care of your health!

Workouts

Weekly

Jumping Jacks

10x5

 500kcal

Burpees

10x3

 417kcal

Squats

10x2

 372kcal

Planks

1x3

 500kcal

Crunches

10x3

 286kcal

Pushups

10x2

 500kcal

You can do it!



10

Mo

Tu

We

Th

Fr

Sa

Su

39

25

26

27

28

29

30

1

40

2

3

4

5

6

7

8

41

9

10

11

12

13

14

15

42

16

17

18

19

20

21

22

43

23

24

25

26

27

28

29

44

30

31

1

2

3

4

5

Month goals

Drink water

74/160L

Sleep

140/240hrs

Loose weight

4/7kg

Steps

5482/10000day

Running

6/10miles

Yoga

14/30sessions

Today

 48min
Stretching

 32min
Mind training

12%

Increment

Hours of sleep
3:30 mins yesterday

Steps

All time

Last month

01-22 oct



01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22

Nutritions

Carbohydrates

Protiens

Fats and lipids

Vitamin

Minerals

Water

86%

You have achieved 86% of your goal this month

 408 kcal
Calories burned

 87 litres
Water taken

Popular Trainer

Chloe Ting



Emi Wong



Madfit



Color Palette

#000000

#001227

#1B1940

#FFFFFF

#3FBDF1

#334A66

Typography

BAKBAK ONE

ABCDEFGHIJKLMNOPQRSTUVWXYZ
abcdefghijklmnopqrstuvwxyz
0123456789

POPPINS

ABCDEFGHIJKLMNOPQRSTUVWXYZ
abcdefghijklmnopqrstuvwxyz
0123456789