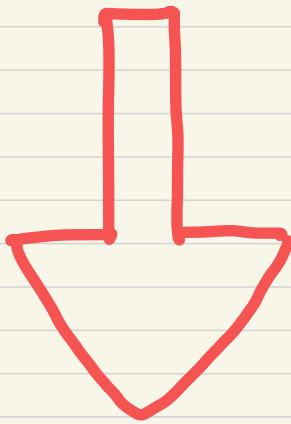


Before fixes . . .



Welcome to SDS!

Home General Advice Activity Summary

Recent Workouts Search Data C

Enter your name

My Custom Component
Your name is:

Invalid image URL. Your post will be created ...



Charlieb

(2)

BB

Search

FF

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CLM

6

4

10:23 PM

4/11/2022

My Planner

Welcome to SDS!

central advice Activity summary Recent moments Senior Data Community Planner

What do you want
to achieve in fitness?

Create my plan!

Recent plans:

Bigger biceps
Mar 10, 2025

More cardio
Jan 10, 2025

10:23 PM
4/11/2025

Logout Search

Welcome to SDS!

Critical Advice Activity Summary Recent Events Current Status Community Planner

Plan to achieve 1000 calories burnt under a week:

Day	Summary
1	Burk Walk + Light Strength
2	Dance Workout
3	Body weight Circuit
4	Rest or Stretch Day (Optional Light Walk)
5	Bike or Elliptical
6	HIT Blast (High Intensity Intervals)
7	Your Choice...Fun Activity

ACCEPT
REJECT

Start date (7 days)
End date (7 days)

General tips: Combine with a caloric deficit in food for faster results

Warning: Remember this information is provided by AI.
It is not recommended to go under use walking deficit
since it can lead to health complications



10:23 PM
4/11/2025

Welcome to SDS!

Central Advice Activity Summary Recent Workouts Senior Data Community Planner

Plan to achieve 1000 calories burnt over a week:

Day	Summary
1	Brisk Walk + Light Strength
2	Dance Workout
3	Bodyweight Circuit
4	Rest or Stretch Day (optional light walk)
5	Bike or Elliptical
6	HIT Blast (High Intensity Interval)
7	Your Choice: Fun Activity

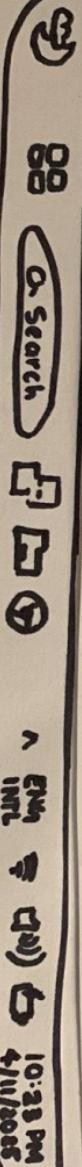
- 20-30 minutes of dance (umba)
- Just Dance - ~150-200 calories
- Pick fun music to keep you moving up!

ACCEPT
Reject

Start date (+days)
End date (+days)

General tips: Combine with a calorie deficit in food for faster results

Warning: Remember this information is provided by AI
It is not recommended to go under a caloric deficit
since it can lead to health complications



10:23 PM
4/11/2025

Welcome to SDS!

General Advice Activity Summary Recent Movements Sensor Data Community Planner

Plan to achieve 1000 calories burnt under a week:

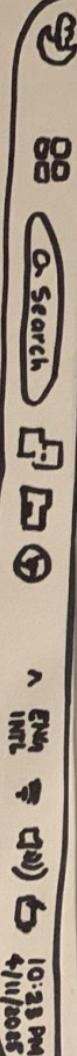
Day	Summary
1	Brisk Walk + Light Strength
2	Dance Workout
3	Body weight Circuit
4	Rest or Stretch Day (optional light walk)
5	Bike or Elliptical
6	HIIT Blast (High Intensity Interval Training) - choose one: HIIT (easy pace, 30 mins) - n/150-200 cal Dance again Sports (basketball, soccer/etc.) Swimming (leisure pace, 30 mins)
7	Your Choice Fun Activity

ACCEPT

Start date (7 days)

REJECT

- General tips: Combine with a calorie deficit.
Warning: Remember this information is provided for general guidance only. It is not recommended to go over 1000 calories per day, as this can lead to health complications.



10:21 PM
4/11/2020

Welcome to SDS!

Central Avenue Activity Summary Recent Nutrients Survey Data Community Planner

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Day of 1000 Calorie burn	2 Day of 1000 Calorie burn	3 Day of 1000 Calorie burn	4 Day of 1000 Calorie burn	5 Day of 1000 Calorie burn	6 Day of 1000 Calorie burn	7 Day of 1000 Calorie burn
(1)	(2)	(3)	(4)	(5)	(6)	(7)
(8)	(9)	(10)	(11)	(12)	(13)	(14)
(15)	(16)	(17)	(18)	(19)	(20)	(21)

⑤ ⑥ ⑦ **⑧** ⑨ ⑩ ⑪ ⑫ ⑬ ⑭ ⑮ ⑯ ⑰ ⑱ ⑲ ⑳ ⑵ ⑷ ⑶ ⑸ ⑹ ⑻ ⑺ ⑼ ⑾ ⑽ ⑿ ⑿ ⑴ ⑷ ⑷ ⑴ ⑷ ⑴ ⑴ ⑴ ⑴ ⑴ ⑴ ⑴ ⑴ ⑴ ⑴

10:28 PM
4/14/2015

Welcome to SDS!

Central Advice Activity Summary Recent Movements Sensor Data Community Plan

April

Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday

DAY
1
of 1000
calorie
burn

30-minute brisk walk (3-5-4 mph) - ~150 calories
 Bonus: 10 pushups, 15 squats, 10 sit-ups

(08)	(09)	(10)	(11)	(12)	(13)	(14)
(15)	(16)	(17)	(18)	(19)	(20)	(21)

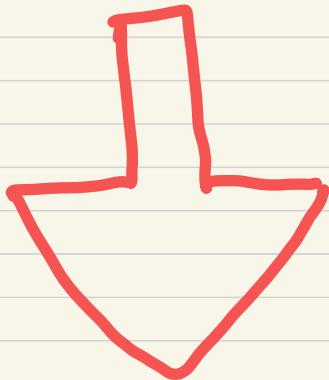


Search



10:23 PM
4/11/2018

After
fixes...



Welcome to SDS!

[Home](#) [Gmail](#) [Advice](#) [Activity Summary](#)

[Recent Workouts](#) [Search Data](#)

My Planner

Enter your name

My Custom Component
Your name is:

Invalid image URL. Your post will be created ...

CharlieB

(3) [BB](#) [Search](#) [F](#) [E](#) [T](#) [A](#) [M](#) [P](#) [D](#) [W](#) [C](#) [H](#) [O](#) [S](#) 10:23 PM 4/11/09

Welcome to SDS!

central advice Activity summary Recent moments Senior Data Community Planner

What do you want
to achieve in fitness?

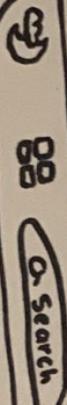
Create my plan!

Recent plans:

Bigger biceps
Mar 10, 2025

More cardio
Jan 10, 2025

10:23 PM
4/11/2025



^ Email 🔍 (11) ↤ 4/11/2025

Welcome to SDS!

Credit Card Activity Summary Recent Workouts Save Data Community Planner

Plan to achieve 1000 calories burnt under a week:

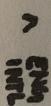
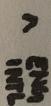
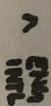
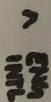
Day	Summary
1	Brisk Walk + Light Strength
2	Dance Workout
3	Body weight Circuit
4	Rest or Stretch Day (optional Light Walk)
5	Bike or Elliptical
6	HIT Blast (High Intensity Interval)
7	Your Choice: Fun Activity

* Insert start date of plan before accepting it.
 Start date: 10/1/17

General tips: Combine with a calorie deficit in food for faster results

Warning: Remember, this information is provided by AI
It is not recommended to go under the healthy deficit
since it can lead to health complications

10:23 PM
4/14/2018



Welcome to SDS!

email archive Activity Summary Recent Workouts ~~Exercise Data~~ Community Planner

April

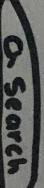
Sunday Monday Tuesday Wednesday Thursday Friday Saturday

- Day 7 of 1000 calorie burn
- 30-minute brisk walk (3-5-4 mph) - ~150 calories
 - Bonus: 10 pushups, 15 squats, 10 sit-ups

(9)	(10)	(11)	(12)	(13)	(14)	(15)
						(16)

Your progress into achieving your goal:

10% - 1/4 task done



10:23 PM
4/11/2022