

STAYFIT



2708



1312



STAYFIT



 TODAY

OCTOBER 29

Move minute	34 min
Heart points	8/10
Steps	2708 steps
Calories	1312 Cal
Distance	1.45 km

 TARGET

 ACTIVITY

 MAPS

 JOURNAL

 PROFILE



STAYFIT



TODAY



TARGET

9:24 AM

Morning walk

2 min 0.03 km

58 steps

50 calories

12:57 PM

Lunch walk

18 min 0.8 km

1286 steps

131 calories

4:26 PM

Afternoon walk

10 min 0.51 km

680 steps

61 calories



ACTIVITY



MAPS



JOURNAL



PROFILE



STAYFIT




 TODAY

 TARGET

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Activity Goals

Move minutes
- 20 min +

Heart Points
- 10 +

75 kg 175 cm

 PROFILE

