



FitTrack

Track progress. Stay motivated. Be consistent.

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Good Morning, Dhnyanesh 🙌

You're doing great today!

Today's Workout

Full Body Burn • 45 min

Start

Calories

🔥 340 kcal

Steps

👣 7,820

Heart Rate

❤️ 102 bpm



Today

Morning Run • 20 min

Completed

Strength • Full Body • 45 min

Upcoming • Starts 6:00 PM

Home

Workouts

Progress

Profile

Today's Workout

5 exercises • 45 min

Exercise 3 of 5

Push Ups

3 sets • 15 reps

Start

Squats

3 sets • 20 reps

Start

Plank

2 min hold

Start

00:02:34

Finish Workout

Set Your Goals

Define targets to stay motivated

Daily Step Goal

10,000

Weekly Workouts

4 sessions

Calorie Burn Goal

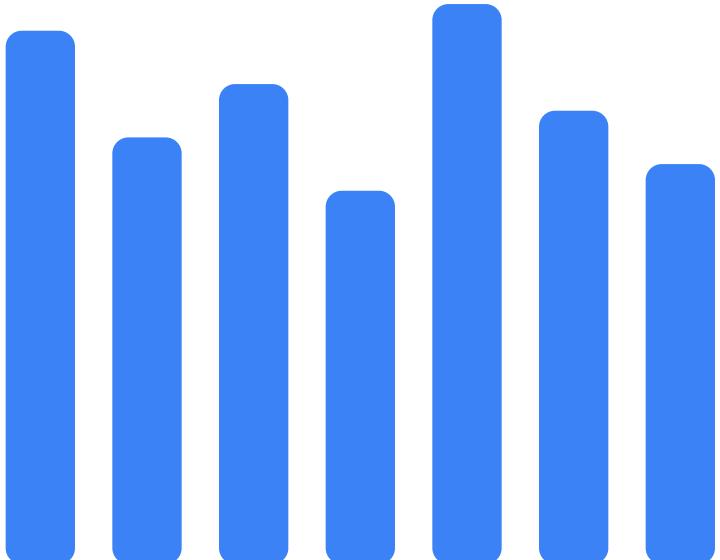
2,500 kcal/week

“It’s not about being the best, it’s about being better.”

Save Goals

Your Progress

Weekly overview



Steps ↑ +10%

Mon Tue Wed Thu Fri Sat Sun

Calories ↑ +5%

Workouts ↑ +2 sessions

[View Detailed Report](#)



Dhnyanesh Chaudhari

@dhnyanesh

Age • Height • Weight

26 • 5'9" • 72 kg

Joined March 2024

Edit Profile

Settings

Saved Workouts

Full Body Burn

45 min • 3 sets

Logout