

Today's Progress



Quick Actions

Log Water

Track your daily hydration

Quick Add

Add Exercise

Record your physical activity

Quick Add

Sleep Log

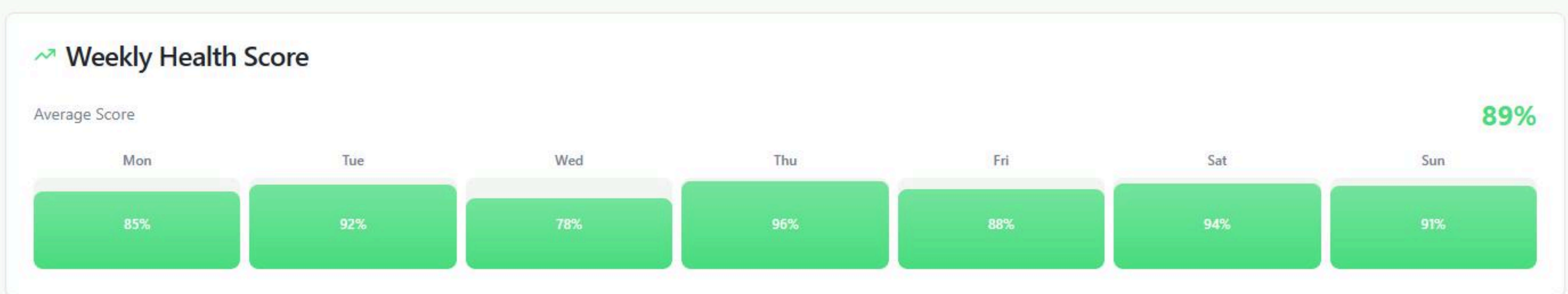
Track your rest and recovery

Quick Add

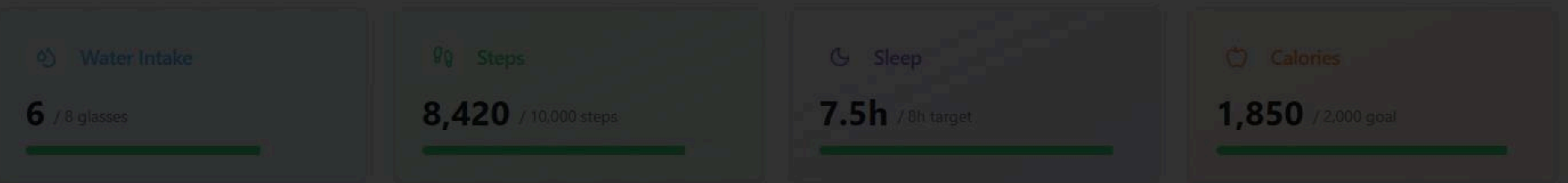
Meal Entry

Log your nutrition intake

Quick Add



Today's Progress



Quick Actions

Log Water

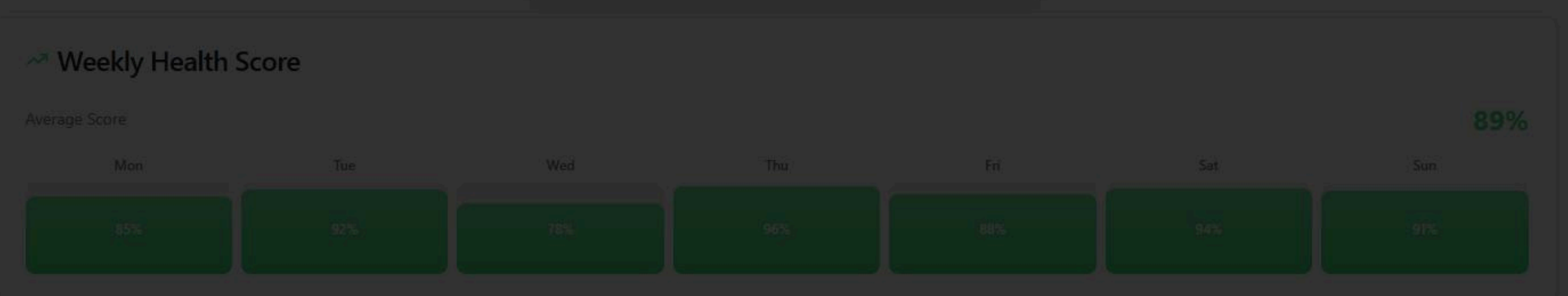
Track your daily hydration

Quick Add

Sleep Log

Track your rest and recovery

Quick Add



Log Water Intake

Glasses of water

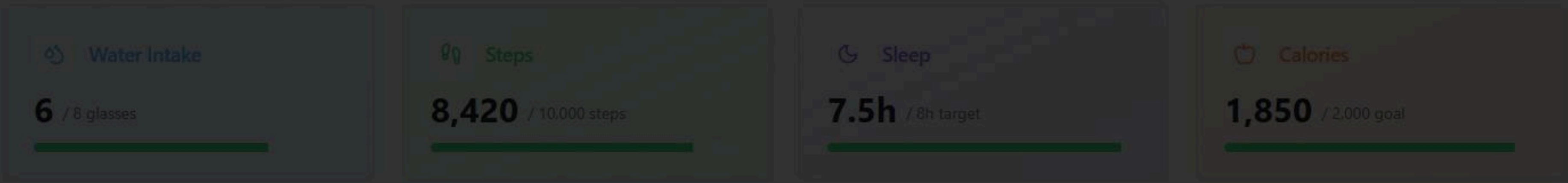
8 glasses

Notes (optional)

Add any notes about this entry...

Cancel Save Entry

Today's Progress



Quick Actions

Log Water

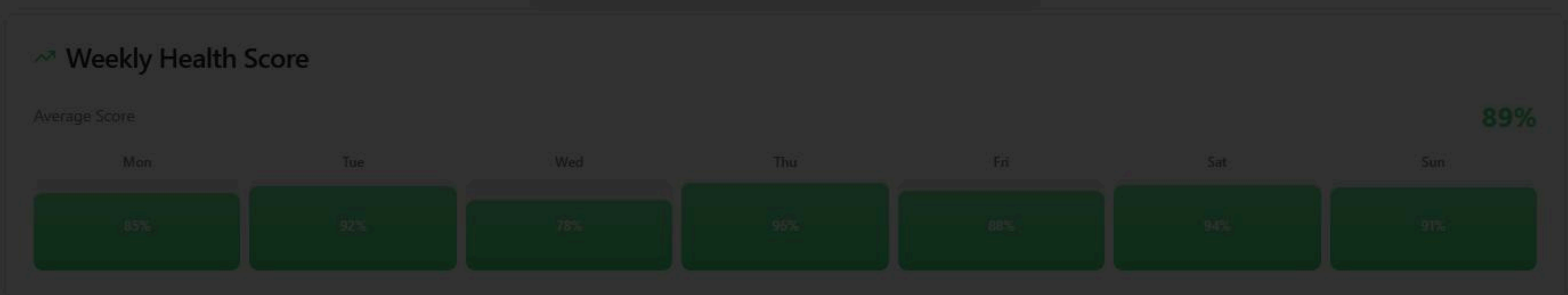
Track your daily hydration

Quick Add

Sleep Log

Track your rest and recovery

Quick Add



Log Steps

Number of steps

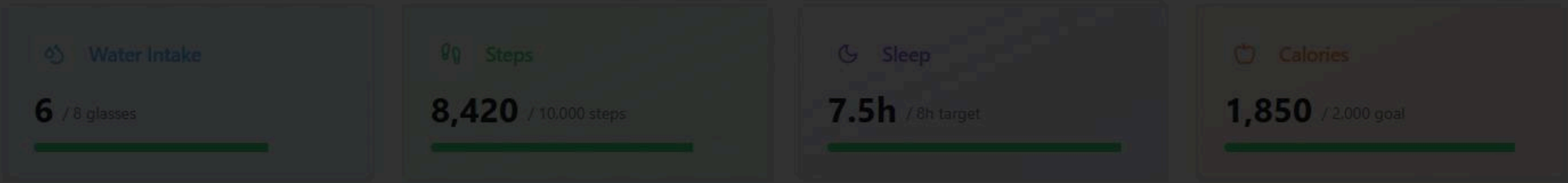
10000 steps

Notes (optional)

Add any notes about this entry...

Cancel Save Entry

Today's Progress



Quick Actions

Log Water

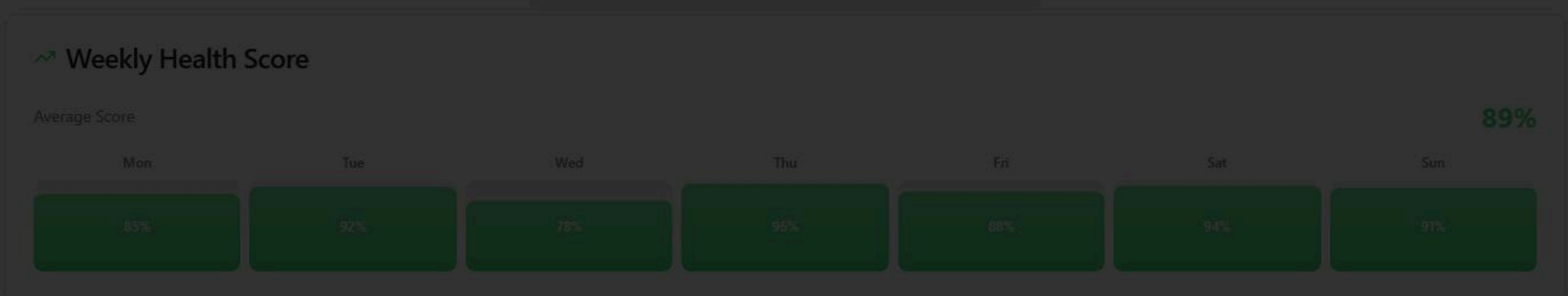
Track your daily hydration

Quick Add

Sleep Log

Track your rest and recovery

Quick Add



Log Sleep

Hours of sleep

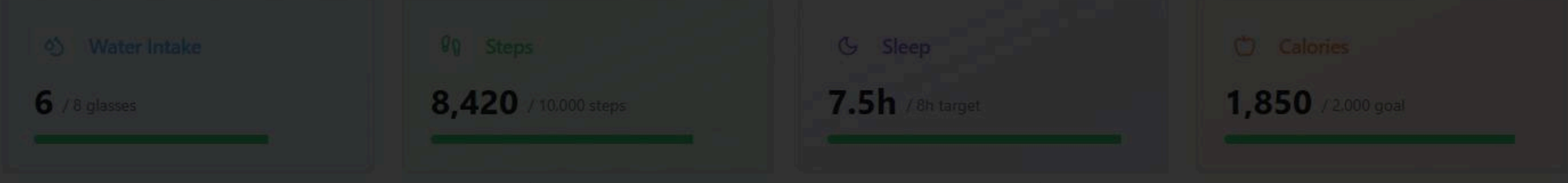
7.5 hours

Notes (optional)

Add any notes about this entry...

Cancel Save Entry

Today's Progress



Quick Actions

Log Water

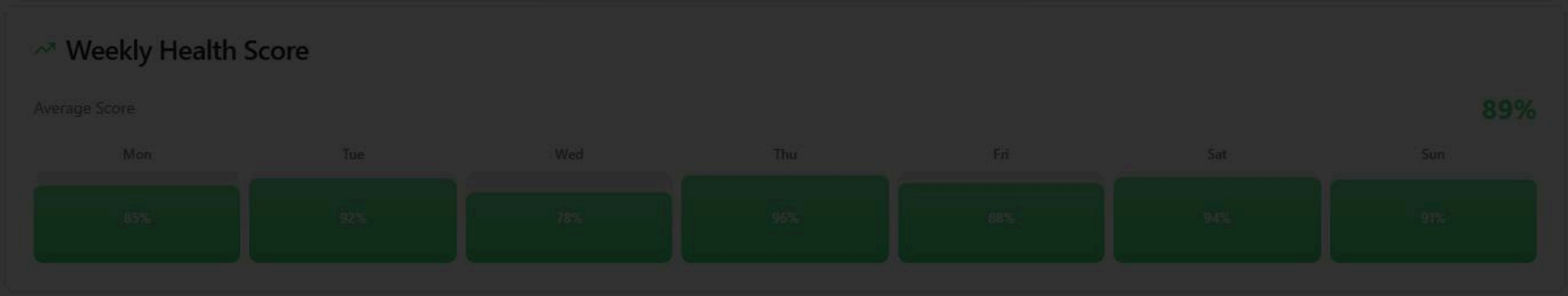
Track your daily hydration

Quick Add

Sleep Log

Track your rest and recovery

Quick Add



Log Calories

Calories consumed

2000 calories

Notes (optional)

Add any notes about this entry...

Cancel Save Entry