

http://website.com

Home

Community

Activity


Workouts

Welcome to ISE!


GenAI Advice

Alice, focus on progress, not perfection. Every workout is a step forward.

2025-03-31 22:55:31




Alice Johnson



2025-03-17 19:20:29

Consistency is key to improving your health. Small daily habits, like taking the stairs or stretching in the morning, can lead to long-term benefits. Stay committed and keep moving!



Post Image

Workout Summary

Total Workouts

- Total Time: 1.0 hours, 0.0 minutes, 0.0 seconds
- Total Distance: 5.0 km
- Total Steps: 8000 steps
- Total Calories Burned: 400 cal

Recent Workouts

Workout on July 29, 2024 (#1)

Distance

Calories Burned

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Adel B.






View Points Summary

Day

Week

Month


Year

Rank	User	Points
1	 Adel B.	301
2	 Kent S.	208
3	 Amelia J.	207
4	 Emmanuel K.	199
5	 Lisa C.	156


GenAI Advice

Charlie, focus on small wins, one good rep at a time. You got this!

2025-03-31 22:09:36




Bob Smith



2025-03-21 21:20:32


Test

Alice Johnson








2025-03-17 19:20:29

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Badges



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Leaderboard

Adel B.

View LeaderBoard

Day

Week

Month

Year

Workout	kCals	Miles	Points
2	90	1.6	188
1	58	1.2	122

Badges

NEW RECORD

Calories Burned

7 DAYS

STREAK

30 DAYS

STREAK

100 WORKOUTS

COMPLETED

LONGEST

TIME RECORD

GenAI Advice

Charlie, focus on small wins, one good rep at a time. You got this!

2025-03-31 22:09:36

Bob Smith

2025-03-23 21:20:32

Test

Alice Johnson

2025-03-17 19:20:29

Consistency is key to improving your health. Small daily habits, like taking the stairs or stretching in the morning, can lead to long-term benefits. Stay committed and keep moving!

CALORIES BURNED

NEW RECORD

2,000 Cal

×



7 DAYS STREAK

M T W T F S S

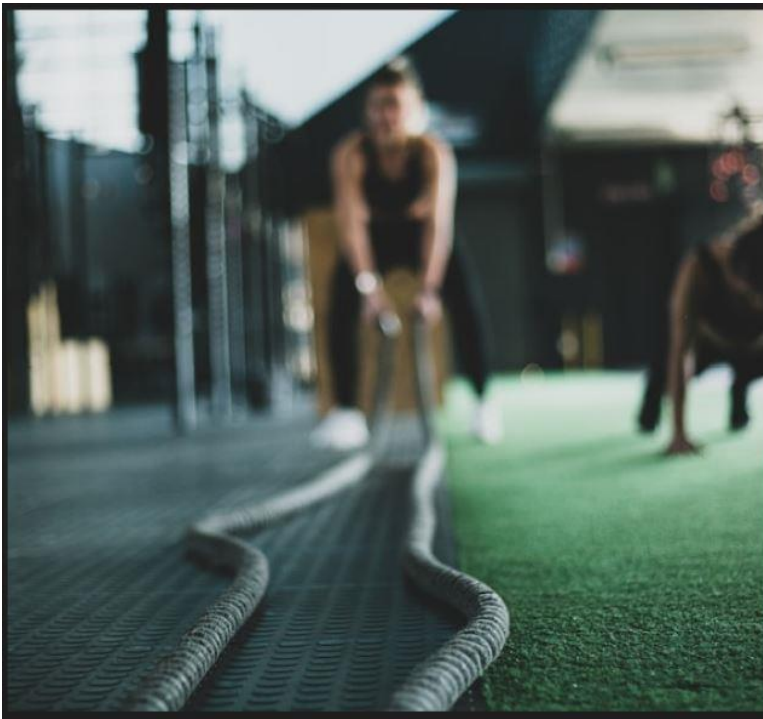
Congrats on working out
for 7 days in a row



30 DAYS STREAK



Congrats on working out
for 30 days in a row



100 Workout Challenge Completed

Keep it going !!



LONGEST TIME EVER
CONGRATS

3:00:00