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<Community

Home

Community

Activity

Workouts

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 WORKOUT
COMPLETED

LONGEST
TIME
RECORD

Bob Smith


2025-03-21 21:28:32

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!



GenAI Advice

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

2025-03-31 22:09:36



CALORIES BURNED

NEW RECORD

2,000 Cal

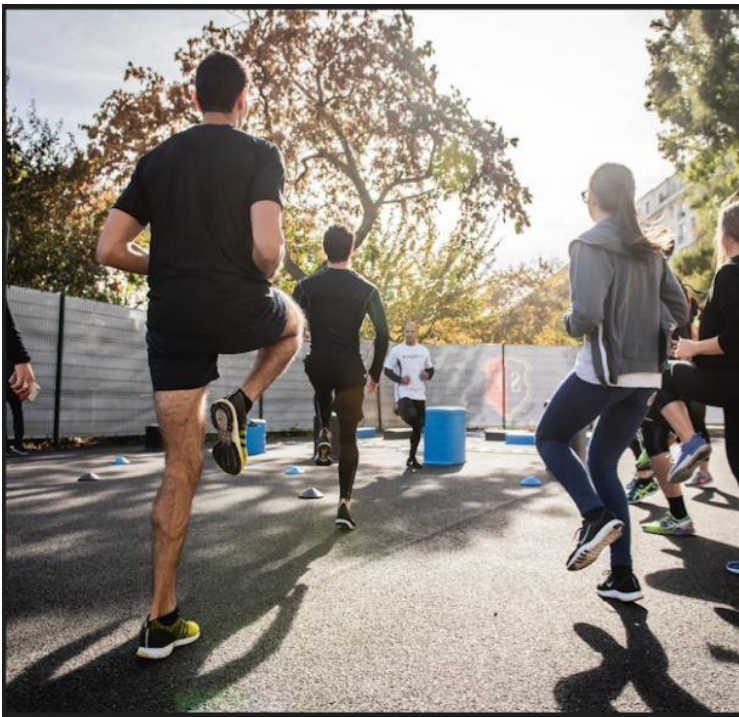
X



7 DAYS STREAK

M T W T F S S

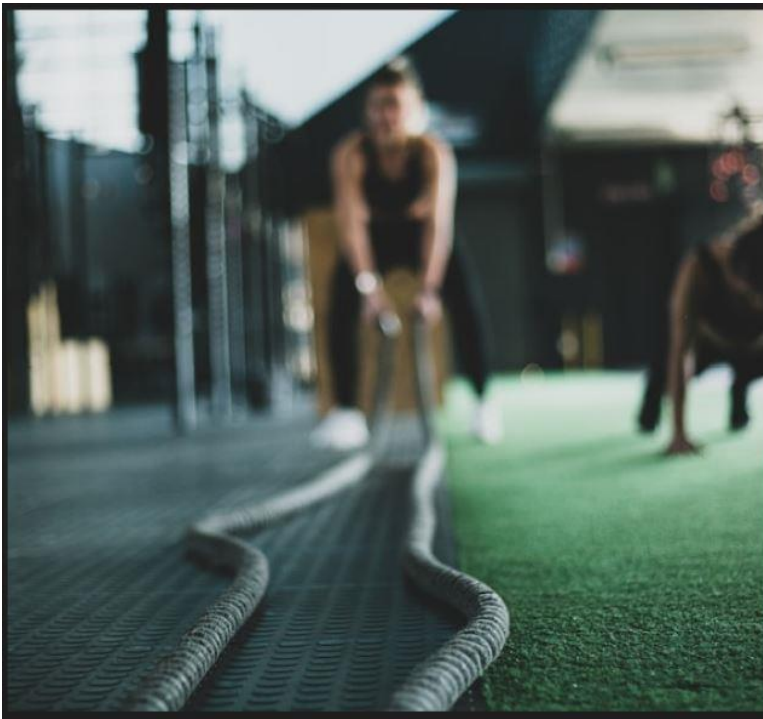
Congrats on working out
for 7 days in a row



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