🏃 Personal Fitness Tracker AI

Enter your fitness info to get a personalized goal & workout suggestion!

Your Age

14

10   70

Your Gender

| F | ⌄ |

Average Steps Per Day

1939

1000   20000

Resting Heart Rate

52

50   120

🎯 Predicted Fitness Goal:

weight_gain

💡 Suggested Workout Plan:

🏋️ Focus on Weight Training and Calories