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# HealthVaults

Track, Improve  
Stay Consistent



Treadmill



Yoga Exercise



Skipping Rope



Workout



Fitness Watch



Exercise Ball



Punching Bag



Hula Hoop



Home Gym

[Get Started](#)

# Welcome

## To Your Fitness Journey!

Active Days

4

Work-ad Minutes

24

Calorica Burned

1250

Current Streak

5

## Weekly Activity



479145"

Start Workout

# Workout



Pushups



Squats



Yoga



Suggested Work

10:00

Save Workout

# Nutrition

## Daily Water

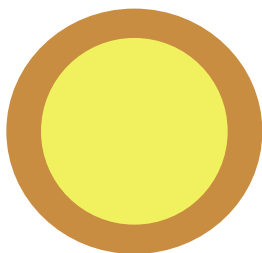


## Diet

**BreakFast**

**Lunch**

**Dinner**



**Calories**

# User



## Achivements



**7 Day  
Streak**



**5000  
Calories**



**Next  
Goals**

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