

Hello, [User]!

🏆 Streak: 3 Days 🔥

🎯 Weekly Goal: 5 Workouts

✅ Done: 2

Today's Activity:

🏃 Running - 30 min

🚶 2000 Steps

[ + Add Activity ]

Add New Activity

Activity Name: [\_\_\_\_\_]

Type: [Dropdown v]

Duration (min): [\_\_\_\_\_]

Steps: [\_\_\_\_\_]

Date: [Today v]

Notes: [\_\_\_\_\_]

[ Save Activity ]

History 📅

Aug 6 — 🏃 30 min, 🚶 2000

Aug 5 — 💪 45 min gym

Aug 4 — Rest day 🛌

[ Tap entry to see more ]

