

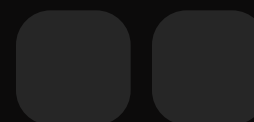


Workouts

Nutrition

AI Coach

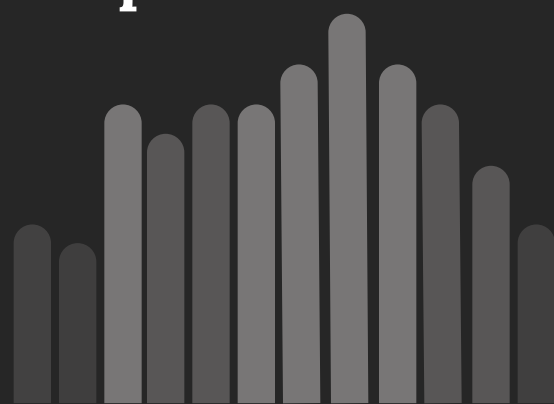
Metrics



Hello Henry,

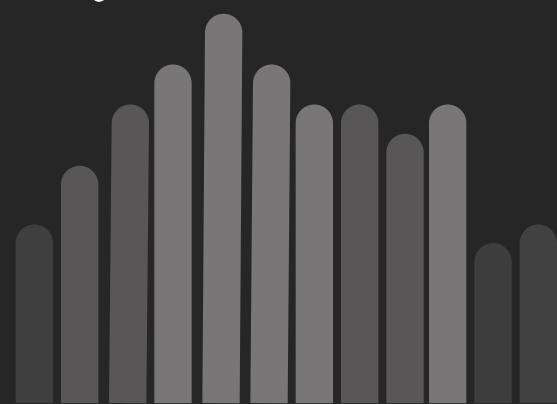


Steps



9156 total

Hydration



1,187 ml

AI Calorie Intake



PROTIEN

CARBS

MACRO

★ Sandow Score

+8.2 Increasing Steadily

75.32 pts

