



Fitness Tracking Dashboard



Hi, Ram your doing great :)



Achieve Goal: **60**kg

Actual Weight: **90**kg

Reduced Weight: **70**kg



Select the Days



Heart pts



Steps

1,199
Calories

30:00
minutes

9,000
Steps taken

Daily workout Tracking

7/7

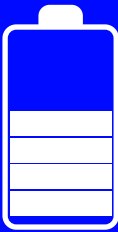
Exercise



Today trends



Water intake



1 Litres

Recommended to water intake
3.7 litres



Blood pressure

130 mm Hg.

Recommended to
less than 120/80 mm Hg.



Protiens

30 grams

Recommended to
50 grams



7:00 Sleep



Hours

Recommended to sleep
8 hours

