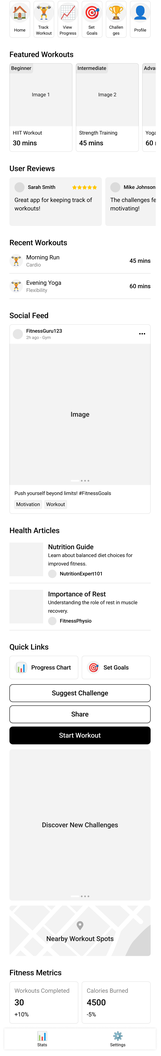
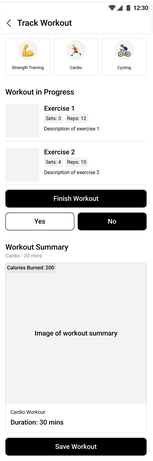
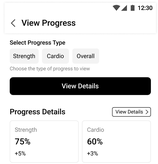
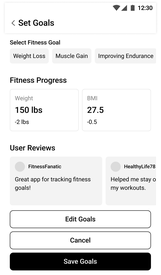
FITLIFE
FITLIFE
Fitlife is a mobile app designed to help users track their fitness activities, monitor their health metrics, and stay motivated through personalized workout plans .

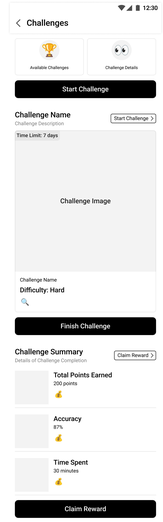
9:41
FITLIFE
Enter your email to login
email@domain.com
password
Log In
or continue with
Google
By clicking continue, you agree to our Terms of Service and Privacy Policy
Don't have an account? signup
Create an account
Enter your email to sign up
email@domain.com
password
Sign up with email
or continue with
Google
By clicking continue, you agree to our Terms of Service and Privacy Policy

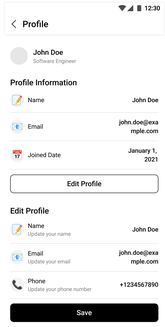

Home
Track Workout
View Progress
Set Goals
Challenges
Profile
Featured Workouts
Beginner
Image 1
HIIT Workout
30 mins
Intermediate
Image 2
Strength Training
45 mins
User Reviews
Sarah Smith
Great app for keeping track of workouts!
Mike Johnson
The challenges fe motivating!
Recent Workouts
Morning Run
Cardio
45 mins
Evening Yoga
Flexibility
60 mins
Social Feed
FitnessGuru123
2h ago · Gym
Image
Push yourself beyond limits! #FitnessGoals
Motivation
Workout
Health Articles
Nutrition Guide
Learn about balanced diet choices for improved fitness.
NutritionExpert101
Importance of Rest
Understanding the role of rest in muscle recovery.
FitnessPhysio
Quick Links
Progress Chart
Set Goals
Suggest Challenge
Share
Start Workout
Discover New Challenges
Nearby Workout Spots
Fitness Metrics
Workouts Completed
30
+10%
Calories Burned
4500
-5%
Stats
Settings

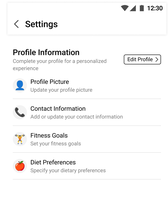

12:30
Track Workout
Strength Training
Cardio
Cycling
Workout in Progress
Exercise 1
Sets: 3 Reps: 12
Description of exercise 1
Exercise 2
Sets: 4 Reps: 10
Description of exercise 2
Finish Workout
Yes
No
Workout Summary
Cardio - 30 mins
Calories Burned: 200
Image of workout summary
Cardio Workout
Duration: 30 mins
Save Workout

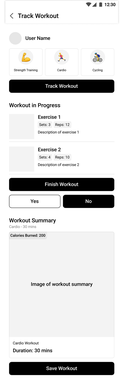

12:30
View Progress
Select Progress Type
Strength
Cardio
Overall
Choose the type of progress to view
View Details
Progress Details
View Details
Strength
75%
+5%
Cardio
60%
+3%


12:30
Set Goals
Select Fitness Goal
Weight Loss
Muscle Gain
Improving Endurance
Fitness Progress
Weight
150 lbs
-2 lbs
BMI
27.5
-0.5
User Reviews
FitnessFanatic
Great app for tracking fitness goals!
HealthyLife78
Helped me stay o my workouts.
Edit Goals
Cancel
Save Goals


12:30
Challenges
Available Challenges
Challenge Details
Start Challenge
Challenge Name
Challenge Description
Start Challenge
Time Limit: 7 days
Challenge Image
Challenge Name
Difficulty: Hard
Finish Challenge
Challenge Summary
Details of Challenge Completion
Claim Reward
Total Points Earned
200 points
Accuracy
87%
Time Spent
30 minutes
Claim Reward


12:30
Profile
John Doe
Software Engineer
Profile Information
Name
John Doe
Email
john.doe@example.com
Joined Date
January 1, 2021
Edit Profile
Edit Profile
Name
Update your name
John Doe
Email
Update your email
john.doe@example.com
Phone
Update your phone number
+1234567890
Save


12:30
Settings
Profile Information
Complete your profile for a personalized experience
Edit Profile
Profile Picture
Update your profile picture
Contact Information
Add or update your contact information
Fitness Goals
Set your fitness goals
Diet Preferences
Specify your dietary preferences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