

PF



Good Morning

Welcome Back 🎉

Search



Zahra
Bengaluru, India



Steps

750 Steps

60% of your goal



Water

2.5
Liters



Calories



Today
1523 Calories



Heart Rate



98 BPM 100 SpO2
15 RPM

Weight

80 Kg

Height

160cm

Age

24 Years

Your Goal



Running

20km / 40km

50%



Weight Loss

76kg / 80kg

60%



Sleeping

40hrs / 60hrs

66%



Cycling

34km / 80km

42%



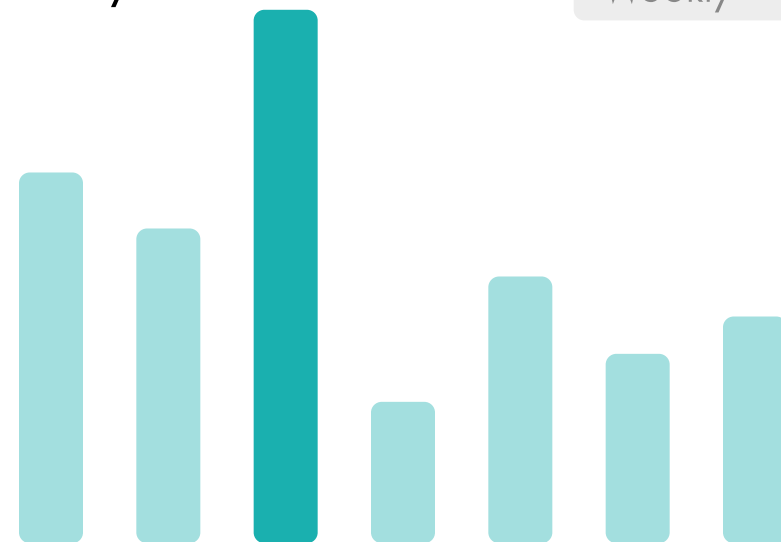
Drink Water

2ltrs / 6ltrs

42%

Activity

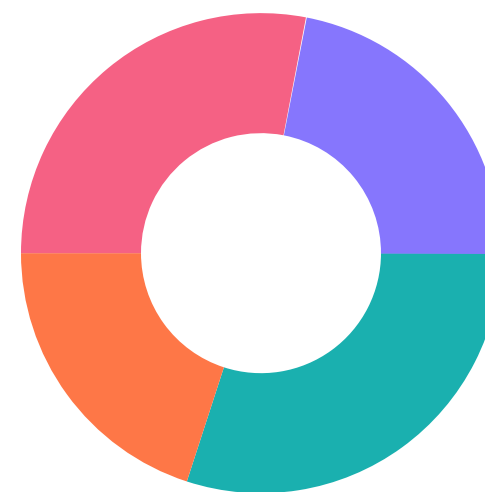
Weekly



Sun Mon Tue Wed Thurs Fri Sat

Progress

Weekly



- Cardio 12hrs
- Stretching 9hrs
- Jogging 7hrs
- Strengthening 4hrs

Cardio 12hrs

Recommended trainer for you

View all

Featured Diet Menu

View all



Drake Joe

Fitness Trainer



View Profile



Akshat Reddy

Fitness Trainer



View Profile



Quinoa Salad

Calories: 210
Protein: 6 grams
Fiber: 4 grams
Fat: 8 grams
Carbohydrates: 25 grams



Grilled
Chicken Salad

Calories: 550
Protein: 33 grams
Fiber: 5 grams
Fat: 38 grams
Carbohydrates: 17 grams

Upcoming Task

Workout with PulseFitness

Trainer Drake

22 Jun 2024
8:00 AM

Swimming at Breeze

Trainer John

22 Jun 2024
6:30 PM