

Good Morning

Welcome Back 🎉



Steps

750 Steps

60% of your goal

Water

2.5 Liters

Calories

Today 1523 Calories

Heart Rate

98 BPM 100 SpO2 15 RPM

Activity

Weekly

Progress

Weekly

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

Cardio 12hrs

Your Goal

Running

20km / 40km

50%

Weight Loss

76kg / 80kg

60%

Sleeping

40hrs / 60hrs

66%

Cycling

34km / 80km

42%

Drink Water

2ltrs / 6ltrs

42%

Your Data

Weight

80 Kg

Height

160cm

Age

24 Years

Upcoming Task

Workout with PulseFitness

Trainer Drake

22 Jun 2024 8:00 AM

Swimming at Breeze

Trainer John

22 Jun 2024 6:30 PM

Recommended trainer for you

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Drake Joe

Fitness Trainer

★★★★★

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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