

# Welcome to Your Fitness Journey!



We're so excited to have you here! Get ready to unlock your full potential with personalized workouts, delicious meal plans, and all the motivation you need. Whether you're here to build strength, find balance, or simply feel amazing, we're with you every step of the way. Let's make your fitness dreams a reality—together!

Click Here →



# Registration

Username

Email

Password



T&C's apply

Create An Account

Already have an account? [Sign-In](#)



# Login

UsernamePassword

Don't have an account? [Sign-In](#)

**Age:**

---Select Birth Date----

**Height:**

--- Enter Height cm----

**Weight:**

---Enter Weight (KG)----

**Sex:**

---M/F----

Click Here →

**DAILY GOAL:**

655 Steps



50 Km

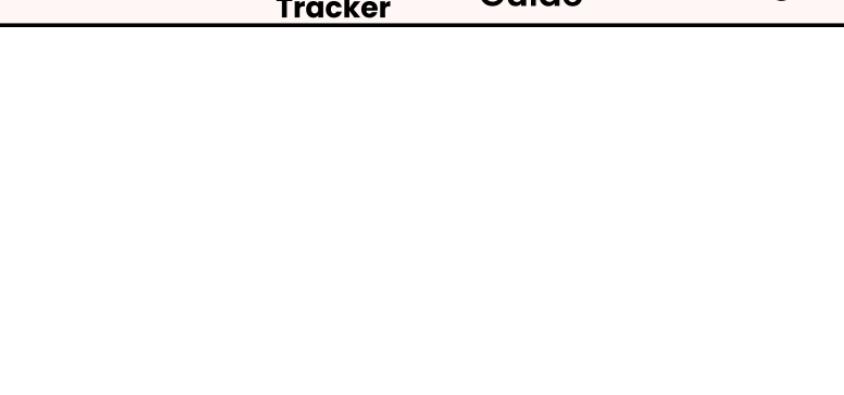
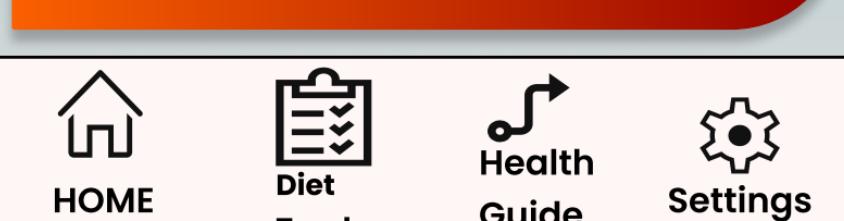
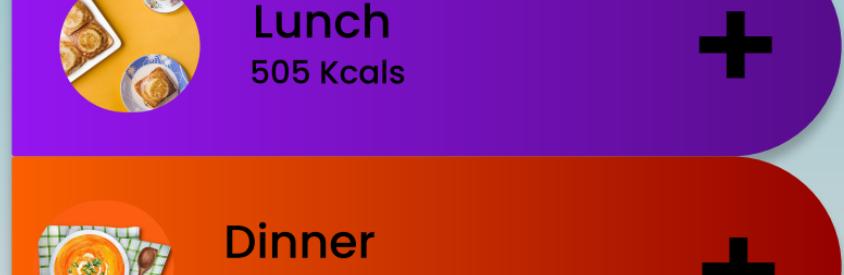
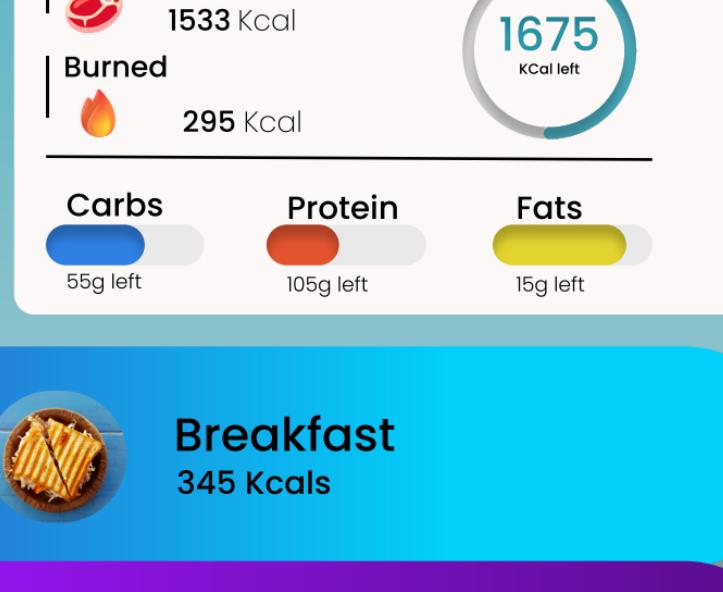
**+ Glasses of Water Consumed**

4 Glasses

**Calories****Heart Rate** **Height** **Weight** **Age** **HOME****Diet  
Tracker****Health  
Guide****Settings**



# MY Diet Tracker



HOME      Diet Tracker      Health Guide      Settings



# Health Guide



HOME



Diet  
Tracker



Health  
Guide



Settings



# Recipes



Smoothies



Dinner



Lunch



Breakfast



Desserts



# Workouts



Upper Body



Cardio Varscular



Lower Body



Full Body



# Food Section





# Settings

Search...



Sleeping Mode



Customization Options



Privacy & Security



Help & Support



Rating



HOME



Diet  
Tracker



Health  
Guide



Settings



# ← Breakfast

Skinless



## Skinless chicken breast

165Kcals per 100g serving



## Apple

95Kcals per medium apple (182g) serving



## Broccoli

31Kcals per 1 cup chopped, raw serving



## Almonds

160Kcals per 1 ounce (28g) serving



## Salmon

206Kcals per 100g (cooked) serving



## Olive oil

120Kcals per 1 tablespoon serving

Add to tracker



## Smoothies



**Banana Smoothie**



**Spinach Smoothie**



## Dinner



**Spaghetti Bolongese**



**Chicken & Rice**



## Upper Body



**Beginner**



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**Intermediate**



**Advanced**



## Cardio Vascular



**Beginner**



**Intermediate**



**Advanced**



# Customization

Language

English ✓

lang

Height

80 Kg

Weight

187 cm

Fitness Goal

Lose weight ▼

Difficulty Level

Beginner

Intermediate ✓

Advanced

SAVE



## Breakfast



English Breakfast



Pancakes



## Lunch



**Avocado & Bacon  
Sandwich**



**Kota / Bunnychow**



## Lower body



**Beginner**



**Intermediate**



**Advanced**



## Full body



**Beginner**



**Intermediate**



**Advanced**



# Privacy & Security

Biometrics



Privacy Consent



Security Consent



Consent and Permissions





## Desserts



**Chocolate Cake**



**Malva Pudding**