









Rohit Shukla

Weight:140 lbs

Height:5"8"

Age:26

-  Dashboard
-  Workout
-  Health
-  Sleeping
-  Your goals
-  Analytics

Good Morning, Rohit !

Keep moving and stay healthy.

8.6 Hours

Sleep



5 Liters

Water



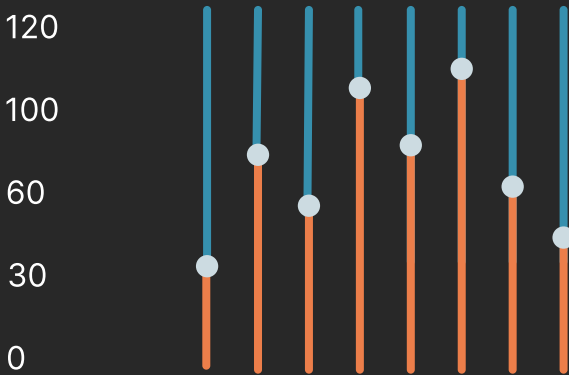
9245

Steps



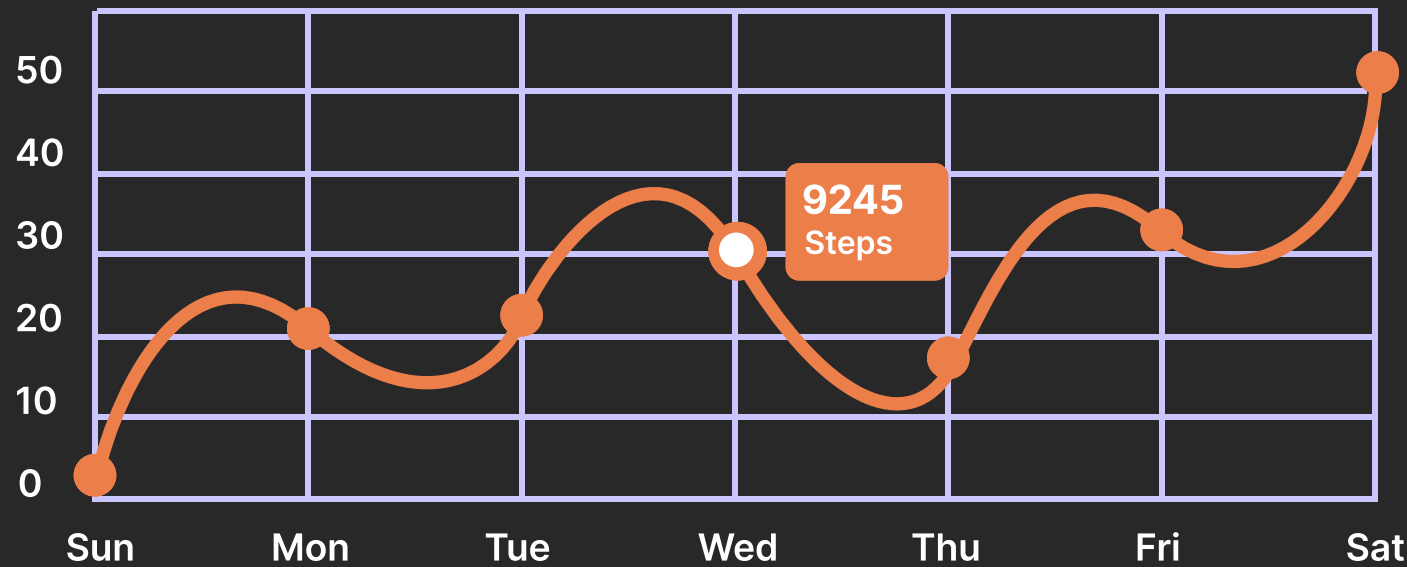
Activity

Exercise Rest



Tracking History

Weekly



Your goals



Loose weight to 40 kg

44/40 kg75%



Running challenge

15/100 days13%



140 workouts in a year

30/140 kg33%