

My Fitness App

Welcome [REDACTED]

My Profile

My BMR

My Timer

Today is: 11/2/2017

Exit

My Profile

Name Info:

First Name:

Last Name:

Preferred Name:

My Stats:

Weight:

Height:

Age:

Before After

Close Clear

Timer

Interval Timer

running

00:39

Start Close

Interval Timer Setup

Enter Exercise:  Enter Time:  Add

Exercise List Time

running	60
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Interval Rest:

Submit Clear

MyBMR

Choose an Activity Level:

Little to no exercise

Light exercise (1-3 days a week)

Moderate exercise (3-5 days a week)

Heavy exercise (6-7 days per week)

Very heavy exercise (twice a day)

Gender

☐ Male

☒ Female

My BMR:

Calculate BMR

Close