



Outputs

Monthly

Calory loss

125 gm

Weight loss

1.23 Kg

Body fat loss

17.2%

Recommend Activity

Monthly

Fitness for beginners

15 Jun, 2024 at 5:30 PM

Toren Twin

Beginner to advance gym

16 Jun, 2024 at 6:00 PM

Mark Swen

Ultimate body workout

17 Jun, 2024 at 3:30 PM

Adam Sam

Recommended Food

Monthly

Egg sandwich with avocado puree

7 Days

Only breakfast time

Grilled chicken with salad

12 Days

Only lunch time

chicken soup with vegetables

10 Days

Only dinner time

Fruit salad

9 Days

Snack for any time

9:41

Good Morning

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Recommended Food

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