WELCOME

Log into your Account

Login ID _____

Password _____

Forgot Password? Click here

New user? Sign up here

Dashboard

Exercise

Sleep

Water

Pedometer

Water

Set shedule

View shedule

Weekly Report

Water

Set shedule

_____ : _____ AM

⊕ Add another time same day

Ⓜ Ⓣ Ⓦ Ⓣ Ⓕ Ⓢ Ⓢ

Notification type

Ringtone ○

Vibration ○

Ringtone with Vibration ○

Set shedule

View Shedule

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

View Shedule

Monday

list of time water taken

Menu

____ : ____ AM   : Edit

____ : ____ AM   : Remove

____ : ____ AM   :

____ : ____ AM   :

____ : ____ PM   :

____ : ____ PM   :

____ : ____ PM   :

Sleeping

Set sleep hours

Set Alarm

Weekly Report

Start/End sleep

Sleeping

Set hours

____ Hrs ____ Mins

(M) (T) (W) (T) (F) (S) (S)

Time of sleep

Morning   ○

Afternoon   ○

evening   ○

Night   ○

Set time

Sleeping

Set alarm

Alarm note _____

_____ : _____   AM

⊕ Add more alarm same day

Ⓜ Ⓣ Ⓦ Ⓣ Ⓕ Ⓢ Ⓢ

Alert type

Ringtone   ○

Vibration   ○

Ringtone with Vibration ○

Set Alarm

Weekly Report/sleeping

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Weekly Report/sleeping

Monday   [Edit]

| Morning   [Remove] : |
| No. of hours   3:15 Hrs |

| Afternoon   : |
| No. of hours   2:00 Hrs |

Pedometer

Today's step count

_____   Steps

Set Goal

| Weekly Report |

Pedometer

Set goal

_____ Steps

(M) (T) (W) (T) (F) (S) (S)

Set Goal

Pedometer

Weekly Report

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Weekly Report/Pedometer

Monday

Steps taken

Goal status : Completed

Exercise

Set daily Goals

Set Alarm

Weekly Report

Show Goals

Exercise

Set Goal hours

_____ Hrs _____ Mins

Day

(M) (T) (W) (T) (F) (S) (S)

Time

Morning   O

evening   O

Exercise

Set alarm

_____ : _____ AM

⊕ Add more same day

(M) (T) (W) (T) (F) (S) (S)

Reminder

Alert tone   O

Vibration   O

Alert tone with Vibration O

Alarm note _____

Exercise

Weekly Report

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Weekly Report/Exercise

Monday	
Morning	3:00 Hrs

Show Goals / Exercise

Monday
Exercise time : 3Hrs
Morning

[Edit] [remove] :
:

Weekly Report / Water

Monday
Shedule status : Complete

Tuesday
Shedule status : Incomplete