

Login here

Welcome back you've
been missed!

Email

Password

[Forgot your password?](#)

Sign in

Create new account

Or continue with





Hi, Pawan nanaware!



Select or search a exercise..

Daily

Weekly

Monthly

Yearly

Heart



72
bpm

Calories



357

Steps



2678

1.8
km

Goals

Define your goal (e.g., weight loss, muscle gain)

Set Goal

Update Progress

Friends Activity Feed

John Doe

2 hours ago

Completed a 5k run with a
new personal best time!

Emma Smith

1 day ago

Achieved a new milestone:
50 workouts completed this
month!



Home



Workout Log



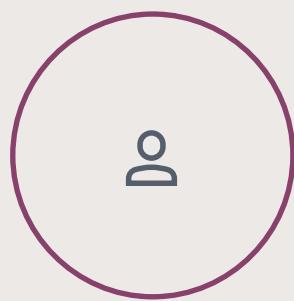
Friends



Goals



Profile



Pawan Nanaware

78 Friends

71,404

Total Steps

50

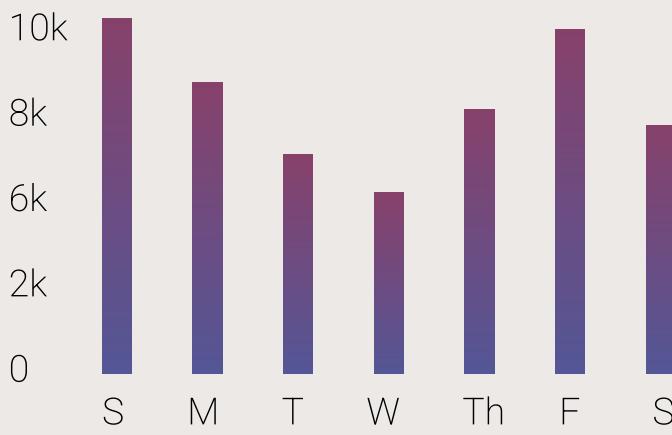
Distance(km)

2,498

Calories Burnt

Steps

[View History](#)



Rewards

[View All](#)



Log Out

Workouts

Pushups

23/30



Heel Touch

18/30



Knee Plank

21/30



Cobra Stretch

09/30



Lunges

11/30



Strength

29/30



Share Progress



Home



Workout Log



Friends



Goals



Profile

Workouts

Pushups

23/30



Heel Touch

23/30



Knee Plank

Back



Cobra



Lunges

23/30



Share Your Progress

Share Progress



Home

About Log

Friends

Goals

Profile



Friends



John Doe



Emma Smith



Home



Workout Log



Friends



Goals



Profile



Goals



19

Sun

20

Mon

21

Tue

22

Wed

23

Thu

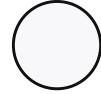
2

30 Pushups



3

30 Jumps



Home



Workout Log



Friends



Goals



Profile