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Enter Study Targets

126

MIN/DAY

5

POMODORO/DAY

Enter Study Targets

125

MIN/DAY

4

POMODORO/DAY

Enter **Workout** Targets

41

MIN/DAY

4

SET/DAY

Enter **Workout** Targets

41

MIN/DAY

4

SET/DAY

< Back

Study

Study Focus



22.35

Pomodoro 2

Pause

H

Home

T

Track

F

Friends



Profile



Welcome to Train & Track



Train up with your body and mind
with consistency



Keep track on your daily training
activities



Share your activities with friends
as a hidden ninja

Continue

Let us help you
to train



Log in

Sign up

Enter your details



Sign in with Google

Name

Mobile

Email

* * * * *

Gender



Male



Female

Sign Up

Enter Study Targets

125

MIN/DAY

5

POMODORO/DAY

Enter **Workout** Targets

40

MIN/DAY

4

SET/DAY

Activity

Study

25/125 MIN

Pomodoro

1

Streak

5 Days



2 days left to perfect week.

Workout

10/40 MIN

Set

1

Streak

4 Days



**3 more days to perfect
workout week.**

H

Home

T

Track

F

Friends



Profile

< Back

Study

Study Focus



Pomodoro 2

Start



Home



Track



Friends



Profile

Enter Study Targets

124

MIN/DAY

5

SET/DAY

Enter Study Targets

125

MIN/DAY

4

SET/DAY

Enter **Workout** Targets

39

MIN/DAY

4

SET/DAY

Enter **Workout** Targets

40

MIN/DAY

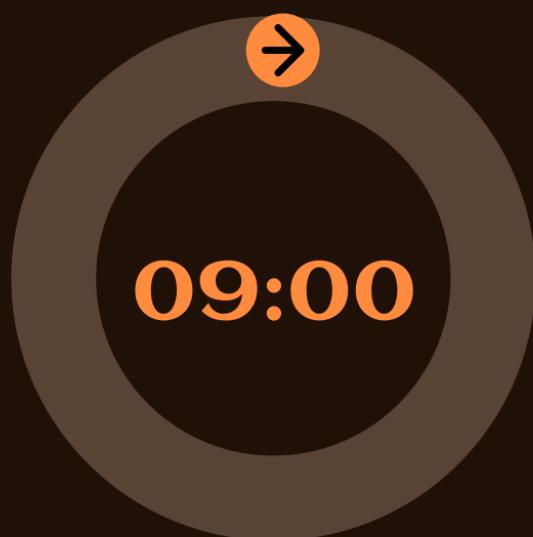
3

SET/DAY

Back

Workout

Training body



Set 2



Home



Track



Friends



Profile

< Back

Workout

Training body



Set 2

Start



Home



Track



Friends



Profile

Back



Track

Study(Today)



Study
25/125 MIN

Pomodoro
1

Last best
150 MIN



Streak

5

Total

525MIN

Best

150 MIN

6 POMODOROS



Workout
10/40 MIN

Set
1

Best
60 MIN



Streak

4

Total

180MIN

Best

60 MIN

6 SETS

Back



Track

Study (April 10)



Study
150/125 MIN

Pomodoro

5

Best
150 MIN



Streak

2

Total

275MIN

Best
150 MIN
6 POMODOROS



Workout
30/40 MIN

Set

3

Best
40 MIN



Streak

4

Total

180MIN

Best
60 MIN
6 SETS

Calendar

April 2023

M T W T F S S

Apr

Apr

						1	2
3	4	5	6	7	8		
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

May

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Back

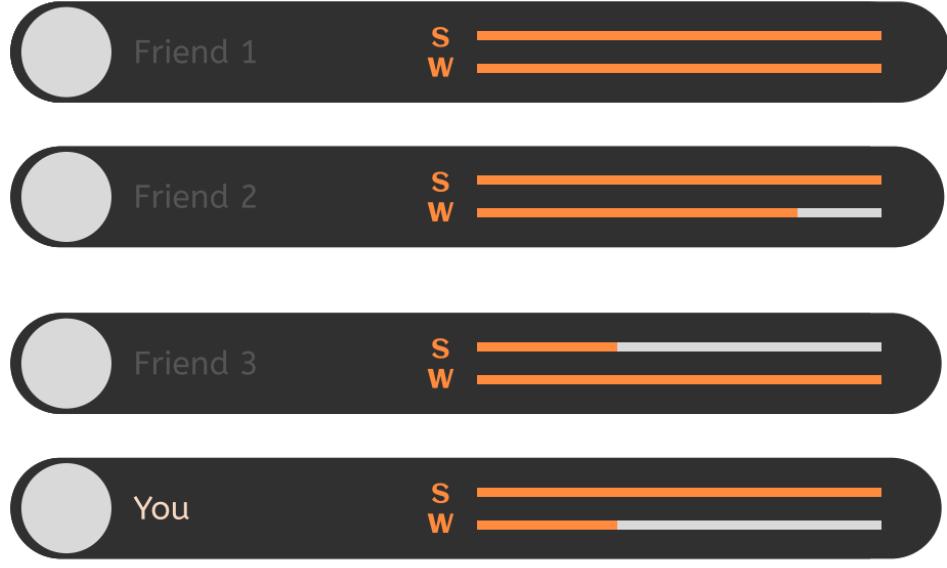


Friends

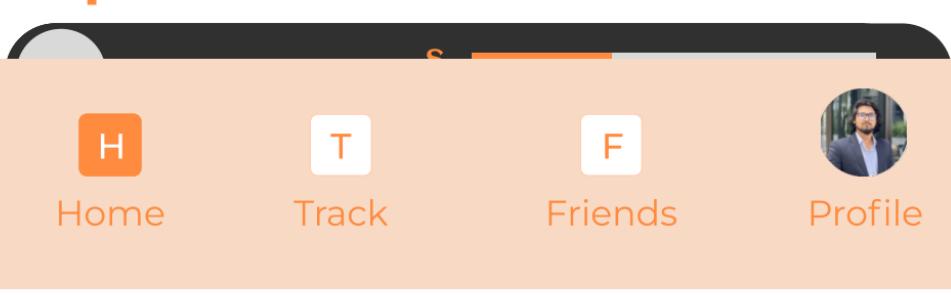
Today



Yesterday



April 12



< Back



Sami

Name: A. S. M. Samiul Islam

Email: asm.samiislam@gmail.com

Contact: 01763747425

Gender

Male Female

< Back

Make us your Training partner

Enter your email

Email

Continue

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Forgot Password

Caode has been send to
as.....@gmail.com

8

7

1

5

Verify

Forgot Password

Enter new Password

* * * * *

Confirrm Password

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