

Good Morning  
**Welcome Back**

Subscribe



Steps

3.500 Steps



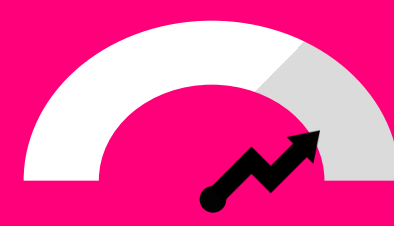
50% of your goals

Water



1.25  
Litre

Calories



Today  
Under

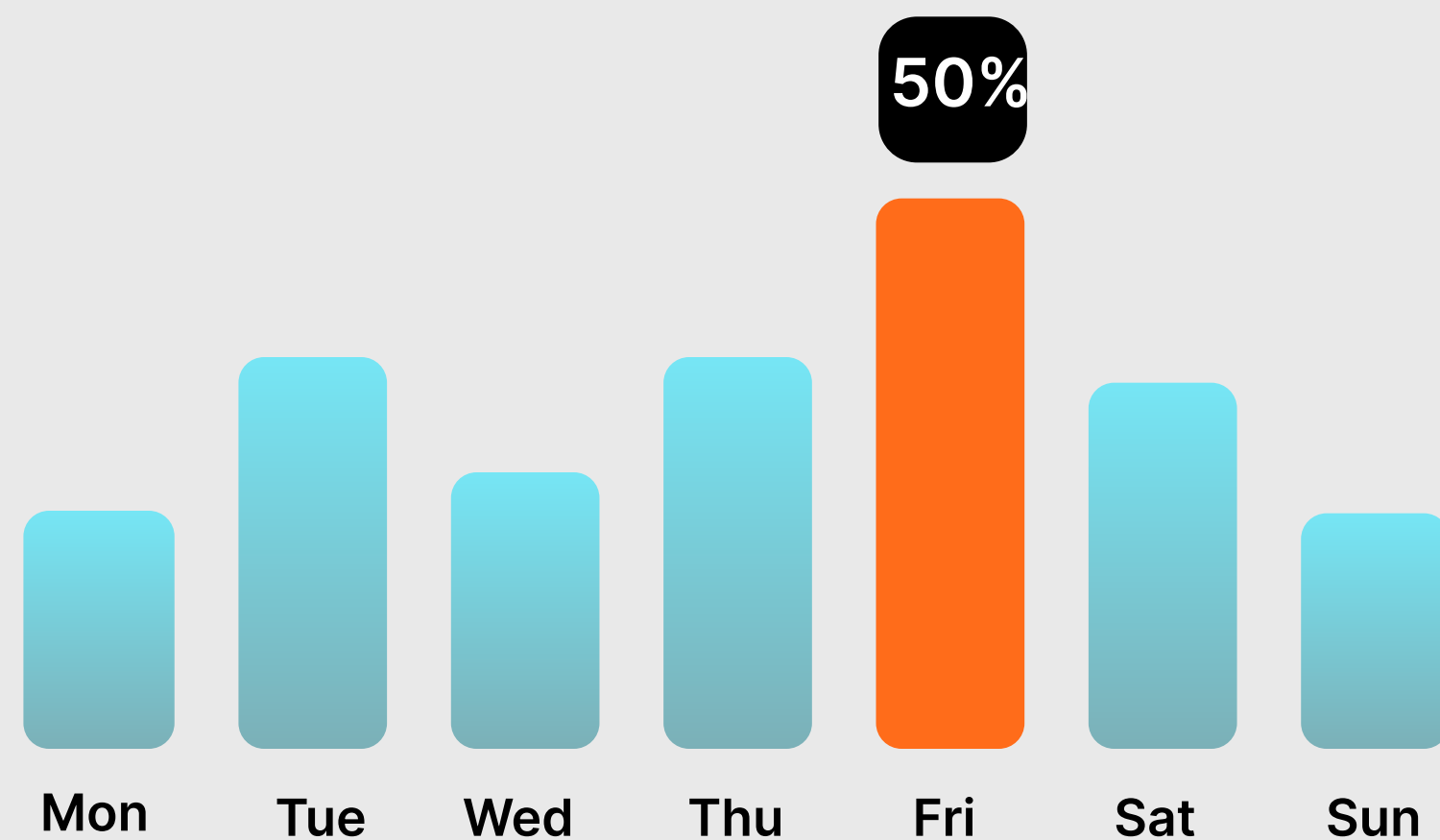
Heart Rate



110Bpm

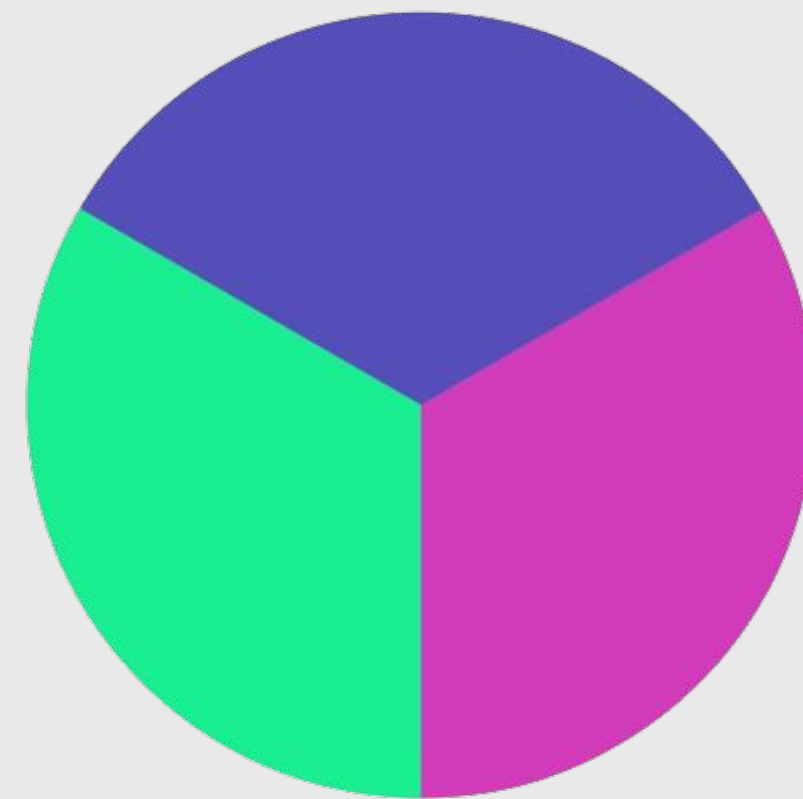
## Activity

Weekly



## Progress

Weekly

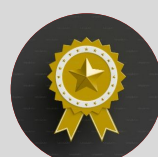


- Cardio 30hrs
- Stretching 40hrs
- Treadmill 30hrs
- Strength 20hrs

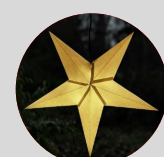
## Recomended Trainer For you



**Karthick Suburaj**  
Fitness Specialist



25



105

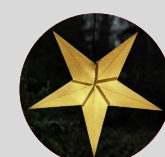
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**Lokesh Kanagaraj**  
Fitness Specialist



30



110

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## Featured Diet Menu

**Breakfast 10:00 am**



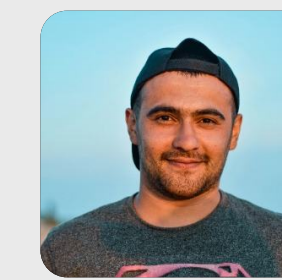
**Avocado Salad**

8% Carbs 16% Protein 6% Fat



**BlueBerry**

8% Carbs 16% Protein 6% Fat



**Vetrimaaran**

Anna Nagar,Chennai

**75 Kg**  
Weight

**6.5**  
Height

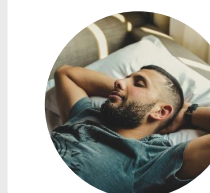
**25yrs**  
Age

## Your Goals



**Running**  
70km/80km

79%



**Sleeping**  
50hrs/60hrs

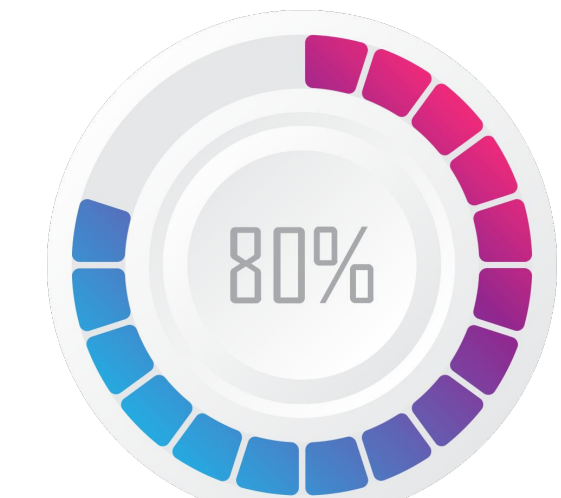
65%



**Weight Loss**  
70kg/100kg

60%

## Monthly Progress



80%

You have achieved 80% of your goal this month

## Scheduled



**Training - Yoga Class**  
Fitness

...

22 Mar



**Training - Swimming**  
Fitness

...

22 Mar