



Welcome to 75Flow, Sanju!

[Create Category](#)[+ Create Habit](#)

6

Categories

45

Active Habits

0

Days Completed

0%

Overall Progress

Your Habit Categories



Reading

3 habits

3 Active



Fitness

10 habits

10 Active



Nutrition

9 habits

9 Active



Wealth

8 habits

8 Active



Spiritual

5 habits

5 Active



Fun

10 habits

10 Active

Your Habits by Category



Reading (3 habits)

3 Active



Fitness (10 habits)

10 Active



Swim

Daily swim habit

Jul 15

0/75



Run

Daily run habit

Jul 15

0/75

Dance

Daily dance habit

Jul 15

0/75



Yoga / Stretch

Daily yoga / stretch habit

Jul 15

0/75



Gym

Daily gym habit

Jul 15

0/75

Go To The Park

Daily go to the park habit

Jul 15

0/75



Walk

Daily walk habit

Jul 15

0/75



Football

Daily football habit

Jul 15

0/75

Hand Stand / Pull Up / Pole Session

Daily hand stand / pull up / pole session habit

Jul 15

0/75



7 Minute HIIT

Daily 7 minute hiit habit

Jul 15

0/75



Nutrition (9 habits)

9 Active



Wealth (8 habits)

8 Active



Spiritual (5 habits)

5 Active



Fun (10 habits)

10 Active