





Create
Custom
Workout Plan

Personalized
Recommenda
tions

Sleep Monitoring Community Engagement

Daily Mental
Progress Health
Tracking Resources





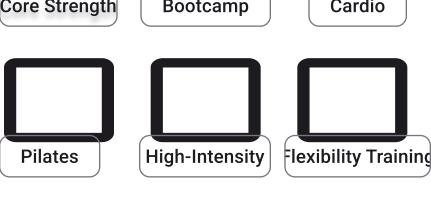




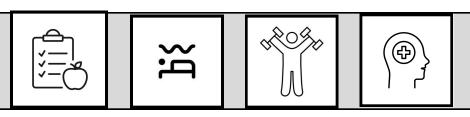








CREATE CUSTOMIZED WORKOUT PLAN

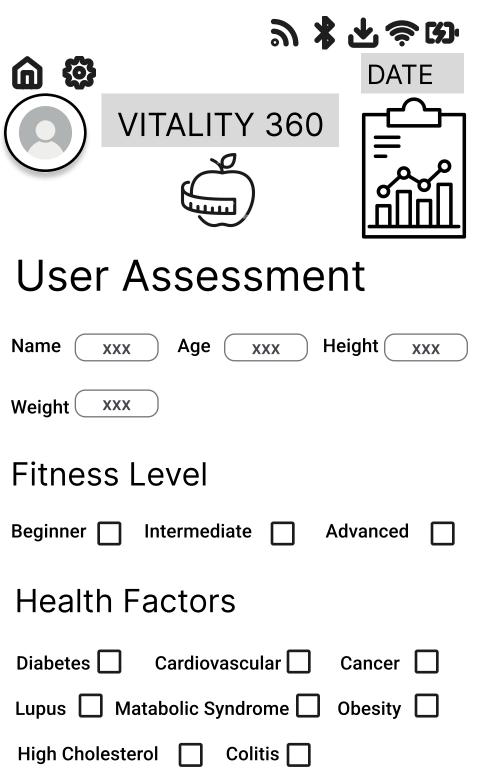






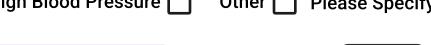




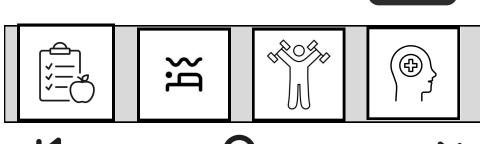


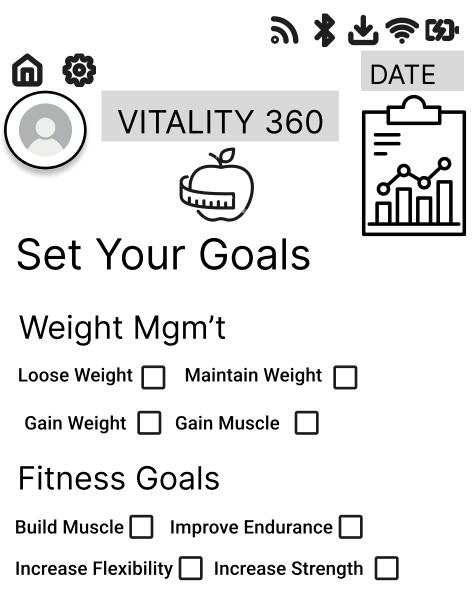
High Blood Pressure Other Please Specify

Q



NEXT





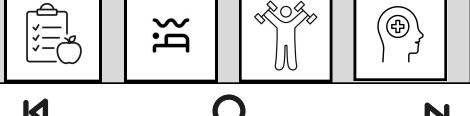
Tone Body Improve Daily Activity

Nutrition Goals

Caloric Intake (daily) Water intake (daily) XXX XXX

Macro-nutrient Distribution







Weight Goal xxx lbs/kg Activity Level

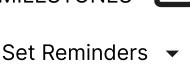
Fitness Routine

Daily Step Goal xxx steps

START DATE

END DATE

MILESTONES



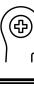


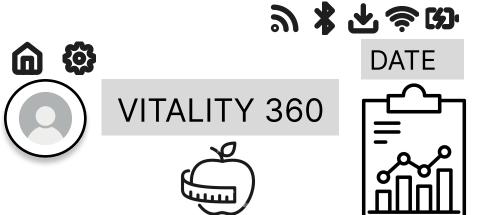












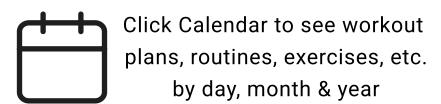
Your Plan Summary

Goal Overview

Weight Goal : Fitness Goal:

Wellness Goal: Nutritional Goal:

Daily Plan



Nutritional Guidance

Daily Meal Plans Snack Suggestions

EDIT PLAN

NEXT







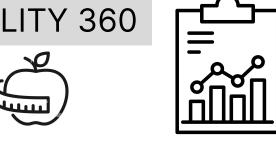












Workout Plan Successfully Entered!

Go To Workout Recommendations

Share on Social Media











Share on Community Forum

Support & Feedback

Chat With Support

Feedback Form

Support Resources

BACK TO HOME













