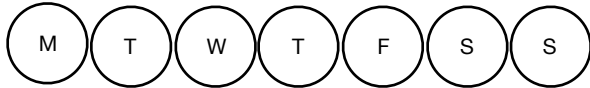


## < New Activity

### Streak Goal



or

Days Per Week

Next

## < New Activity

Goal Amount

Default Units

Save

## < Edit Activity

Goal Amount

Default Units

Save

Delete Activity

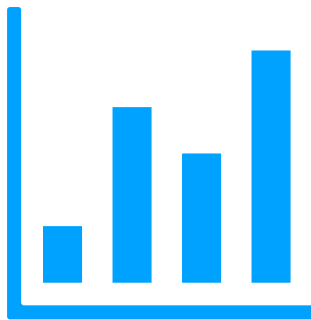
## < Add Activity

New Amount

Units

Save

## < Progress Export Summary



Daily

Weekly

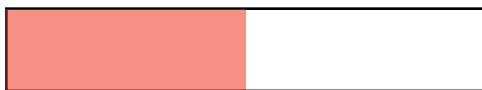
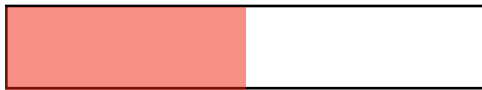
Monthly

## < Export

Email

Save To Computer

Share Social Media



0	0	0	0
1	1	1	1
2	2	2	2
3	3	4	4
5	5	6	7

Water Intake  
Running  
Weight  
Hours of Sleep

M

T

W

T

F

S

S

Litres  
Millilitres  
Cups  
Lbs  
Grams  
Hours  
Minutes  
Kilometres  
Metres  
Miles



Water Intake



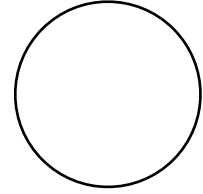
Edit



Running



Edit



Weight



Edit



Hours of Sleep



Edit



## New Activity

Select Activity

Next