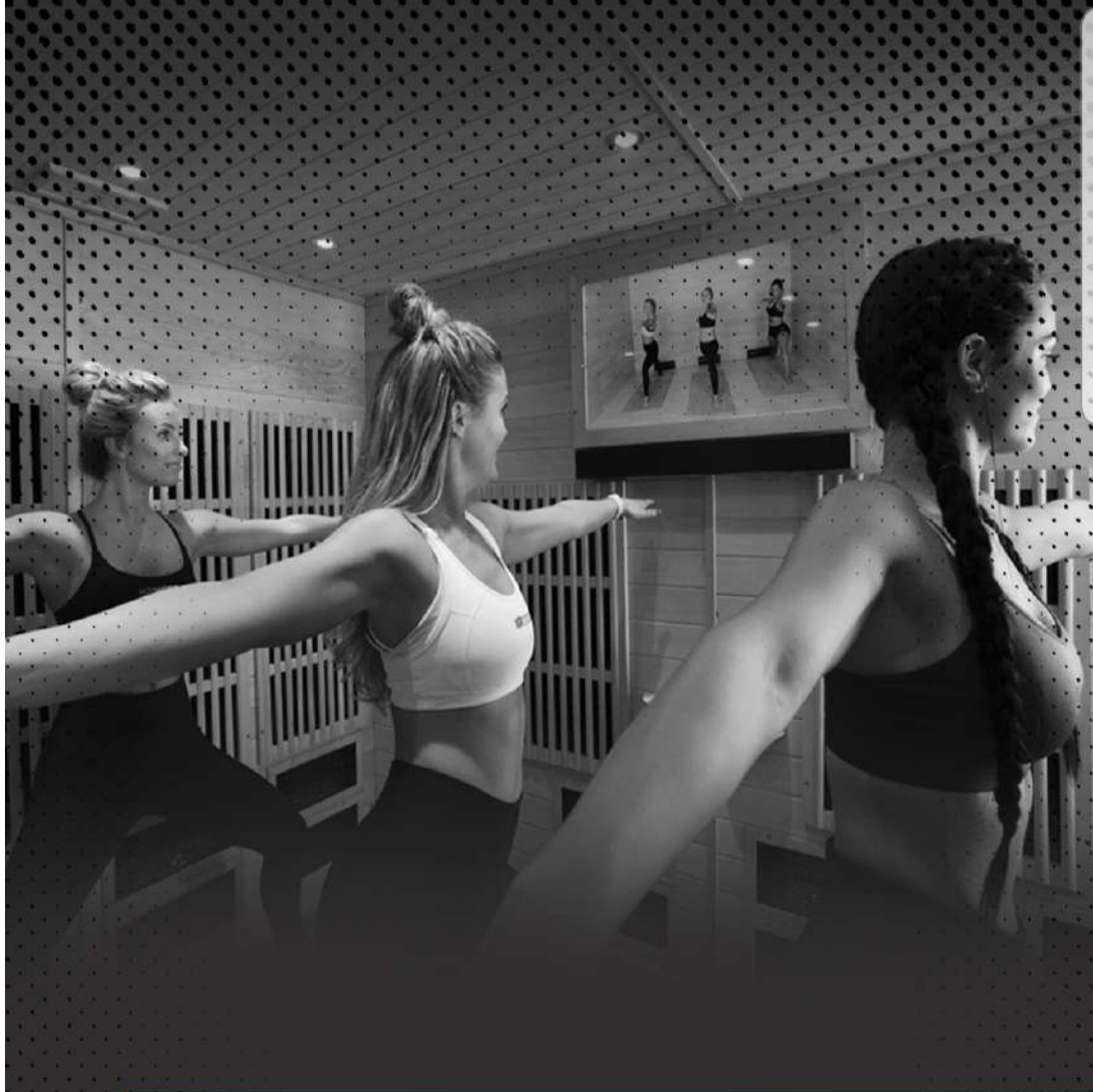


HOTWORX®

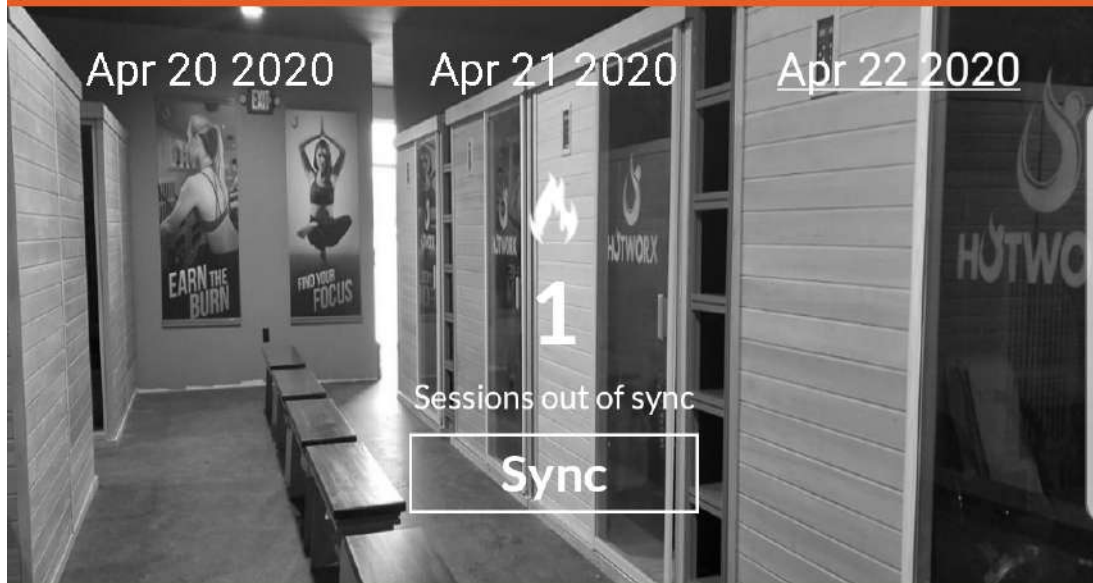


EARN THE BURN!





WELCOME!



0

Isometric Calories

0

HIIT Calories Burn

0

1 Hour After Burn

Sessions COMPLETED

START SESSION





START SESSION

**LOOKS LIKE YOU'RE ABOUT
TO START THE FOLLOWING
SESSIONS:**

22 Apr, 2020



1 MIN HOT ISO

22 Apr, 2020



1 MIN HOT YOGA

22 Apr, 2020



20 MIN HOT PILATES

CONTINUE



Welcome!



Login with Fitbit

← RECORD CALORIES BURNED

1 Minutes **HOT ISO**

**NO PROBLEM, JUST ENTER YOUR
CALORIES BEFORE AND AFTER YOUR
WORKOUT.**

Enter Calories Reading

2020-04-22 20:17:28



Photo of Calorie Count



RECORD YOUR CALORIES





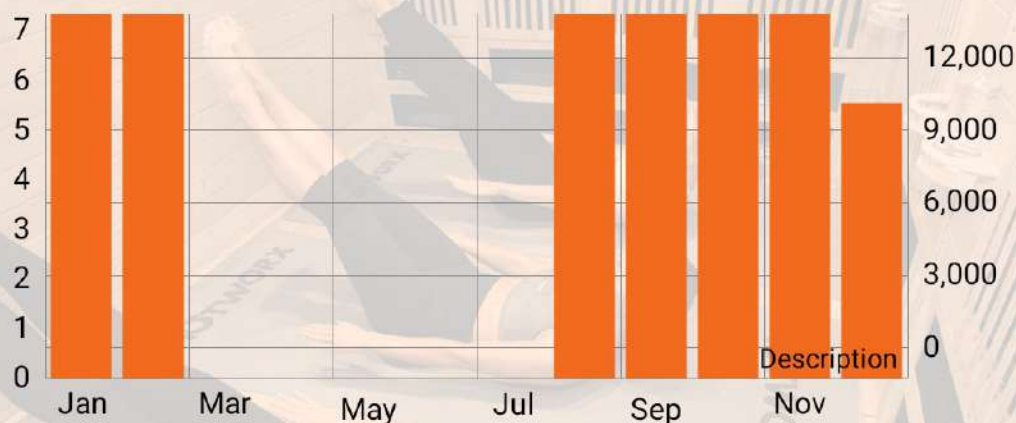
ACTIVITY

820

Total Sessions

75440.38

Total Calories Burned



Monthly

90 Days

Session Date	Cal's Burned	After Burn	
04/13/2020	72.64	0	>
04/13/2020	200	300.0	>
04/11/2020	96.02	14.24	>
04/10/2020	2.73	7.54	>
04/06/2020	1	8	>
04/23/2019	10.86	0	>
04/23/2019	1.8	0	>
04/14/2019	33	9	>
04/13/2019	19	8	>
04/08/2019	4.77	7.85	>





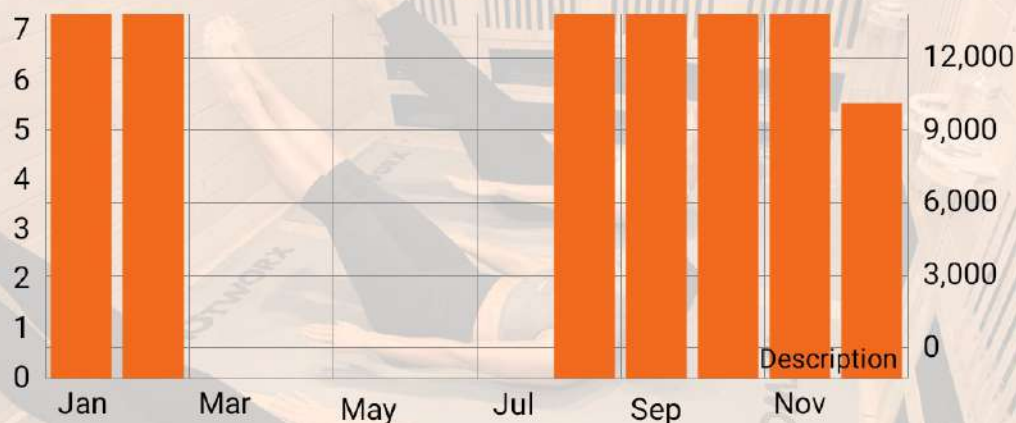
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04/11/2020	96.02	14.24	>
04/10/2020	2.73	7.54	>
04/06/2020	1	8	>
03/05/2020	20	210	>
03/01/2020	3	5	>
03/01/2020	2	3	>
03/01/2020	2	4	>
03/01/2020	30	40	>





SETTINGS

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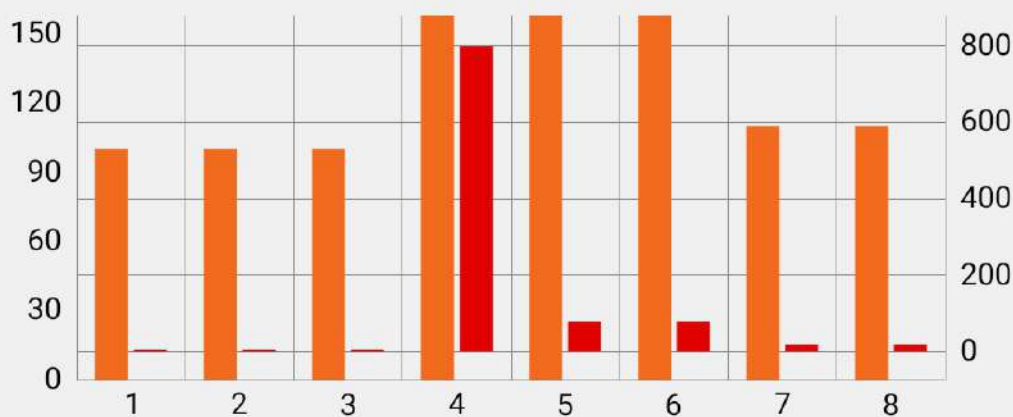


BODY FAT PERCENTAGE

HERE'S YOUR SUMMARY FOR THE LAST 30 DAYS

TOTAL SESSIONS:	6
WORKOUT CALORIES BURNED:	201.75
AFTER BURN CALORIES BURNED:	329.78
TOTAL CALORIES BURNED:	531.53
LAST WEIGHT READING:	100.00
LAST BODY FAT % READING:	6. %

BODY FAT % AND WEIGHT HISTORY



RECORD WEIGHT & BODY FAT %