

# Welcome !

Search



Good Morning  
Monday, 22 Apr 2024



Vigneshwaran

Edit Profile

Dashboard

Schedule

Mail

Chat

History

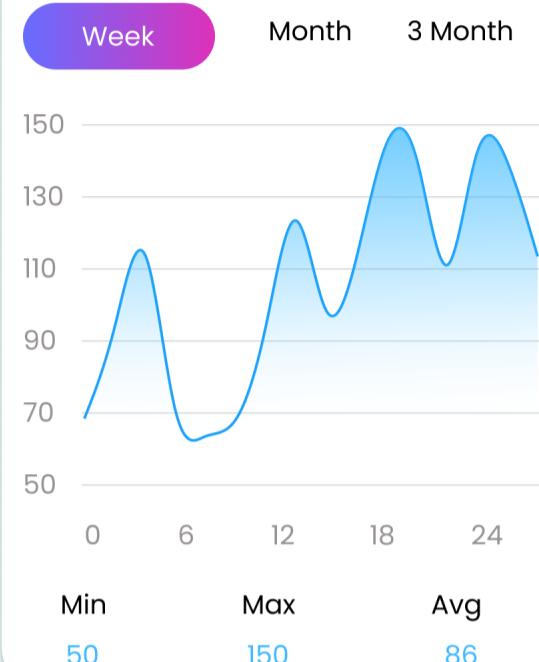
Settings

Support

Logout

Dark Mode

## Heart Rate



## Calories

205 Kcal  
Spent  
Received  
560/700 Kcal



## Water

09:00 PM  
Last drunk  
Received  
1.4 L/2.8 L



## Burn 600 Calories in a CrossFit Workout

Who has already joined the training:



Join workout



## Activity

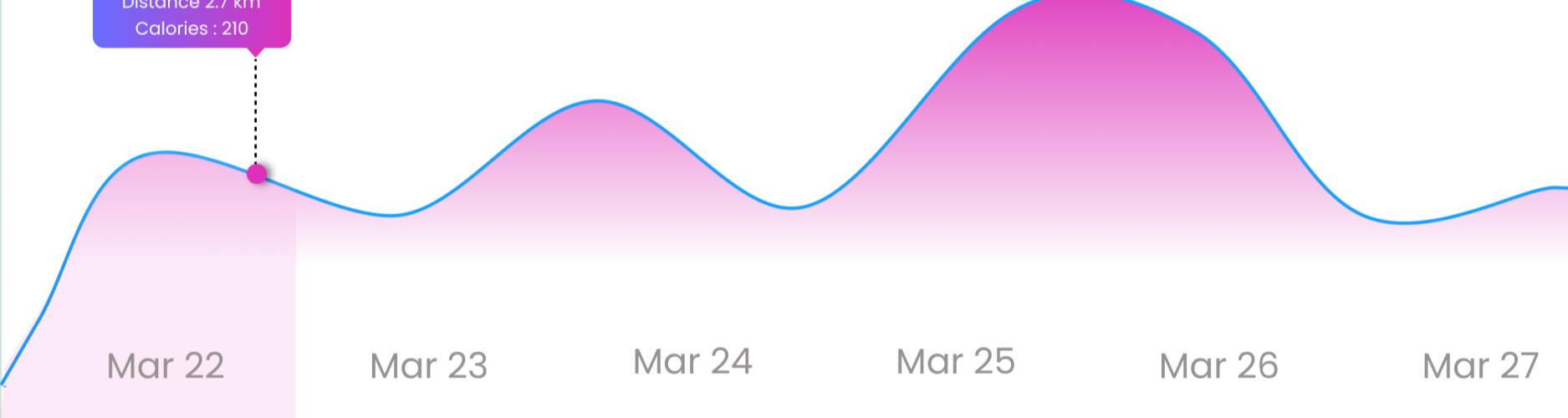
4930 Kcal

Week

Month

3 Month

Distance 2.7 km  
Calories: 210



## Recent Workouts

Running in Gym 48 min  
380 Kcal 01.03.2024

Functional Training 45 min  
240 Kcal 02.03.2024

Mortal Combat 40 min  
425 Kcal 03.03.2024

Mortal Combat 40 min  
425 Kcal 04.03.2024

Running in Gym 48 min  
380 Kcal 05.03.2024

Elliptical 68 min  
480 Kcal 08.03.2024

Strength 43 min  
320 Kcal 09.03.2024

Upper Body 48 min  
268 Kcal 10.03.2024

[View More](#)

## Nutrition

Month ▾

- Calories burn 33.5% + 1.25%
- Protein 18.6% + 1.25%
- Carbohydrate 12.8% + 1.25%



## Sleep

Today ▾

- Sleep time 7 hr 32 min + 1.25%
- Deep sleep 1 hr + 1.25%
- Avg heat rate 33.5% + 1.25%



## Weekly Challenge



Yoga  
60 mins  
160 Kcal / hour

[Try now](#)



Boxing  
40 mins  
380 Kcal / hour

[Try now](#)



Fit ball  
30 mins  
210 Kcal / hour

[Try now](#)



Stretching  
40 mins  
180 Kcal / hour

[Try now](#)

[View more](#)

## Monthly Challenge

Sleep 120 / 240 hrs

Drink Water 40 / 160 L

Breath 21 / 24 Sessions

Weight Loss 4 / 6 Kg

Steps 11850 / 12000 Day

[View more](#)

# Welcome !

Search



Good Morning  
Monday, 22 Apr 2024



Vigneshwaran

Edit Profile

Dashboard

Schedule

Mail

Chat

History

Settings

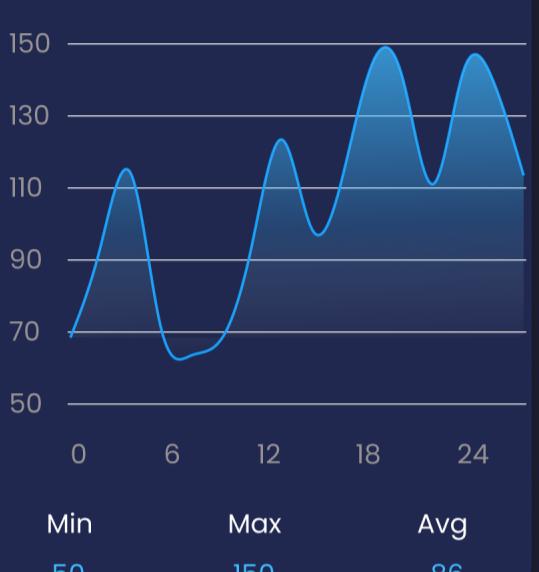
Support

Logout

Dark Mode

## Heart Rate

Week Month 3 Month



## Calories

205 Kcal Spent

Received 560/700 Kcal



## Water

09:00 PM Last drunk

Received 1.4 L/2.8 L



## Burn 600 Calories in a CrossFit Workout

Who has already joined the training:



Join workout



## Activity

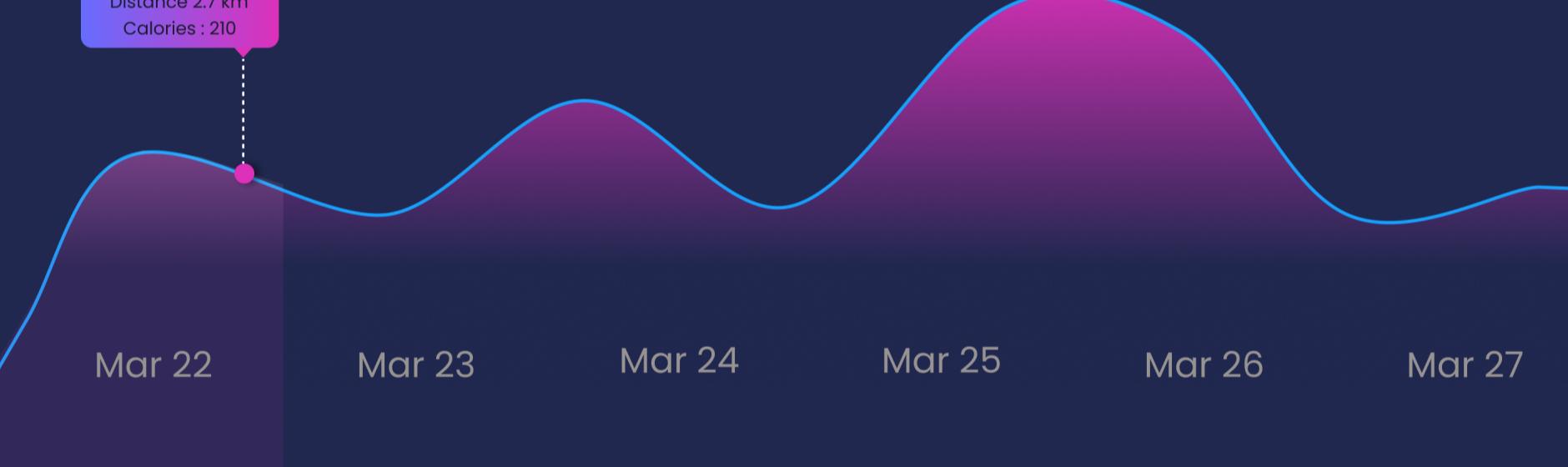
4930 Kcal

Week

Month

3 Month

Distance 2.7 km  
Calories : 210



## Recent Workouts

Running in Gym 48 min  
380 Kcal 01.03.2024

Functional Training 45 min  
240 Kcal 02.03.2024

Mortal Combat 40 min  
425 Kcal 03.03.2024

Mortal Combat 40 min  
425 Kcal 04.03.2024

Running in Gym 48 min  
380 Kcal 05.03.2024

Elliptical 68 min  
480 Kcal 08.03.2024

Strength 43 min  
320 Kcal 09.03.2024

Upper Body 48 min  
268 Kcal 10.03.2024

## Weekly Challenge



Yoga

60 mins  
160 Kcal / hour

Try now



Boxing

40 mins  
380 Kcal / hour

Try now



Fit ball

30 mins  
210 Kcal / hour

Try now



Stretching

40 mins  
180 Kcal / hour

Try now

[View more](#)

## Monthly Challenge

Sleep 120 / 240 hrs

Drink Water 40 / 160 L

Breath 21 / 24 Sessions

Weight Loss 4 / 6 Kg

Steps 11850 / 12000 Day

[View more](#)

## Nutrition

Month ▾

- Calories burn 33.5% + 1.25%
- Protein 18.6% + 1.25%
- Carbohydrate 12.8% + 1.25%



## Sleep

Today ▾

- Sleep time 7 hr 32 min + 1.25%
- Deep sleep 1 hr + 1.25%
- Avg heat rate 33.5% + 1.25%



[View More](#)