Welcome to The MyFitness App
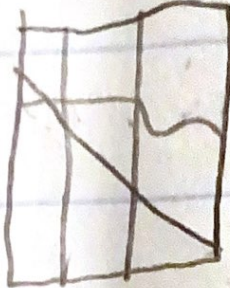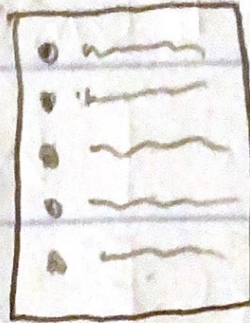
Username

Password

Sign-in

MAP

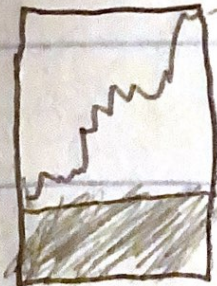Leaderboard

Diet

New
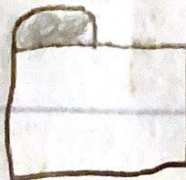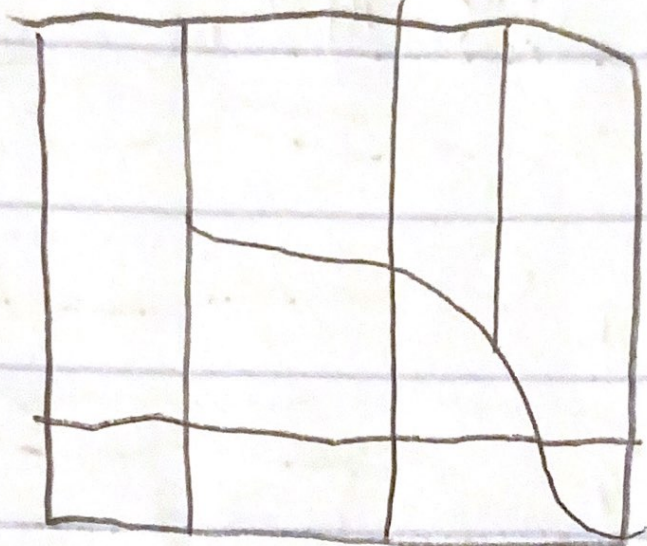Workouts

progress

saved
Workouts

MAP

Friends Currently
At the Gym

Leaderboard

Squat:

1. ~~~~~~~~~~~~~
2. ~~~~~~~~~~~~~
3. ~~~~~~~~~~~~~

Bench:

1. ~~~~~~~~~~~~~
2. ~~~~~~~~~~~~~
3. ~~~~~~~~~~~~~

Deadlift:

O

Progress

Daily calories:

- _____
- _____
- _____

Max Tracker:

- _____
- _____

Current Weight:

- _____

Goal Weight:

- _____