



Good Morning

subscribe



Welcome Shakal 🎉

Steps

5.800 Steps

50% of your goals

Daily Running

7Km/ Week

79% of your goals

cycling hero

55% progress

Daily Progress

55% progress

Heart Rate

110 Bpm

Calories

Today Unvder

Progress

Weekly

Strength 20hrs

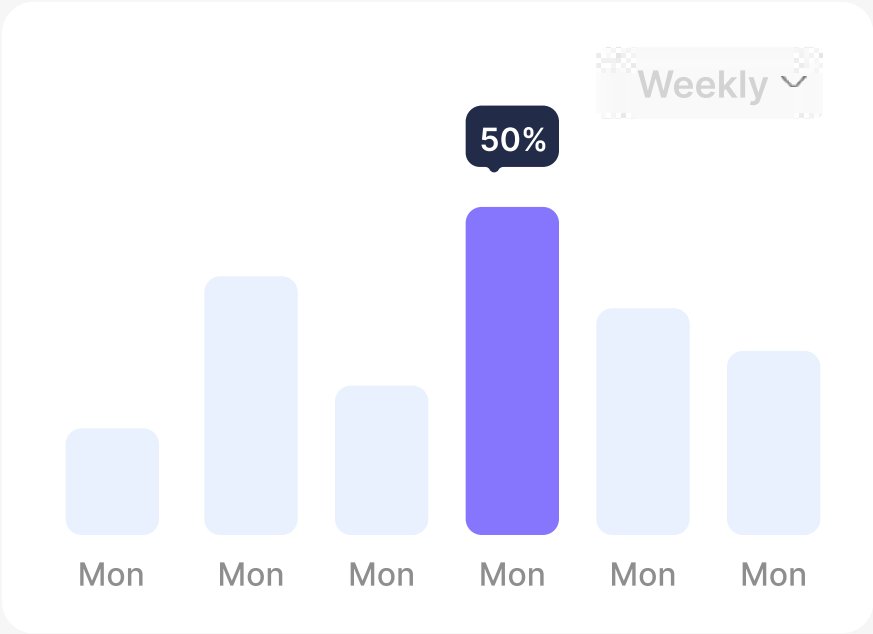
Cardio 30hrs

Stretching 40hrs

Treadmill 30 hrs

Strergh 20 hrs

Activity



Featured Diet Menu

Breakfast

10:00am

Avocado salad

8% carbs . 8% protein . 8% Fat .

Blueberry

8% carbs . 8% protein . 8% Fat .



Adel shakal
Damietta.Egypt

75kg

Weight

6.5

height

25yrs

Age

Your Goals

Sleeping

50hrs/60hrs

60%

Sleeping

50hrs/60hrs

60%

Monthly Progress

80%

You have achieved 80% of your goal this month