

Get Fit

Delete

Header for session 1

▼

Header for session 2

▼

Header for session 3

▼

View statistics

Add session

Add new session

Name of session

Date

dd:mm:yyyy

Duration

hh

mm

Exercise type

Running ▼

Tags

Long distance ▼

Maximum heart rate

000

How did this workout feel?

12345678910

Comment:

Create session

Add new session

Name of session

Date

dd:mm:yyyy

Duration

hh

mm

Exercise type

Running ▼

Tags

Long distance ▼

Maximum heart rate

000

How did this workout feel?

12345678910

Distance

km

Comment:

Create session

Get Fit

Header for session 1

Date

▼

Header for session 2

Date: dd:mm:yyyy

▲

Duration: hh:mm

How did this workout feel?

12345678910

Exercise type: Running

Comment:

Tags: Long distance

Maximum heart rate: 000

Distance: km

Edit

View statistics

Add session

Statistics

Statistics

From

To

Exercise type

dd:mm:yyyy

dd:mm:yyyy

Running ▼

Data

Total duration:

120 min

Number of sessions:

2

Average feeling:

7

Maximum heart rate:

156

Average speed:

10 km/h

Weeks

Months

Years

Return