



CUSTOMER ID

Enter your Customer ID

PASSWORD

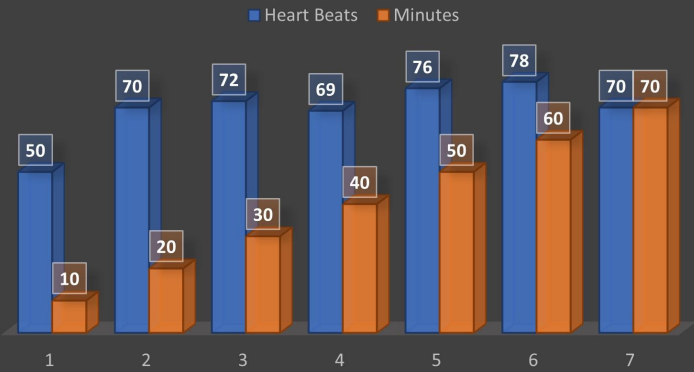
Enter your Password

LOGIN

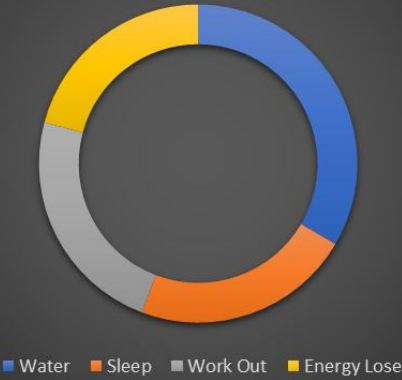
Hello,
Arun Pravin

WELCOME TO DASHBOARD

HEART BEATS



Month Goals



Routine

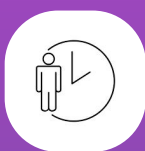


MY DETAILS

Hello,
Arun Pravin



Good Morning !



Daily Activity



Height & Weight



Walking Distance



GYM Schedule



Food Fitness



DashBoard



Setting



My Profile

Hello,
Arun Pravin



Good Morning !

DAILY ACTIVITY

YOGA

GYM

WALKING

RUNNING

BACK

Hello,
Arun Pravin



Good Morning !

HEIGHT & WEIGHT

HEIGHT

WEIGHT

BACK

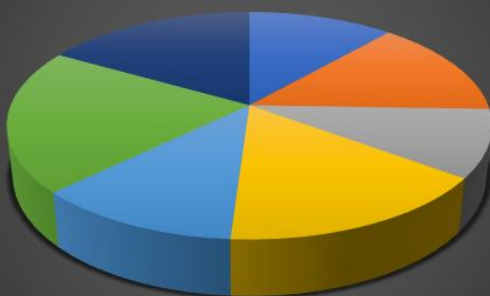
Hello,
Arun Pravin



Good Morning !

WALKING

WALKING OF
THE WEEK



■ DAY 1 ■ DAY 2 ■ DAY 3 ■ DAY 4 ■ DAY 5 ■ DAY 6 ■ DAY 7

BACK

Hello,
Arun Pravin



Good Morning !

SCHEDULE

THIS MONTH SCHEDULE					
Monday		7	14	21	28
Tuesday	1	8	15	22	29
Wednesday	2	9	16	23	30
Thursday	3	10	17	24	
Friday	4	11	18	25	
Saturday	5	12	19	26	
Sunday	6	13	20	27	

BACK
























Hello,
Arun Pravin



Good Morning !

FOOD HABITS

MUSCLE BUILDING
SHOPPING LIST

PROTEIN	CARBS	FATS
 CHICKEN	 RICE	 AVOCADO
 SEITAN	 POTATOES	 PEANUTS
 TOFU	 PASTA	 NUT BUTTER
 TURKEY	 NOODLES	 CHEESE
 EGGS	 QUINOA	 OLIVE OIL
 STEAK	 COUSCOUS	 CASHEWS
 TOFU	 BEANS	 COCONUT OIL
 FISH	 FRUITS	

BACK

Hello,
Arun Pravin



Good Morning !

PROFILE

BACK