**Areas to track**

**Physical:-**

1. Cardiovascular Endurance
2. Strength
3. Flexibility
4. Body composition
5. Balance and co-ordination
6. Reaction time
7. Anaerobic fitness
8. Posture

**Mental:-**

1. Sleep quality
2. Emotional well-being.
3. Social connections

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Description automatically generated with medium confidence

**FitHub**