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search

Logo

Dashboard

Fitness

Nutrition

Workout

### User Login

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### New User Registration

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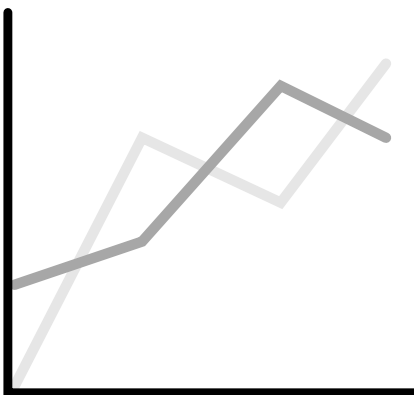
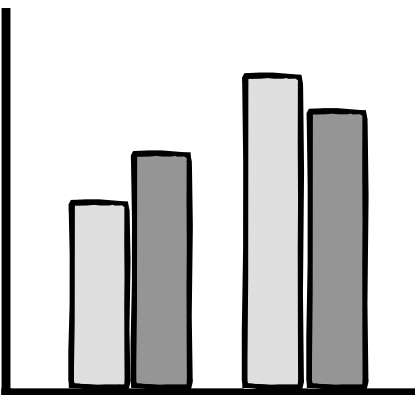
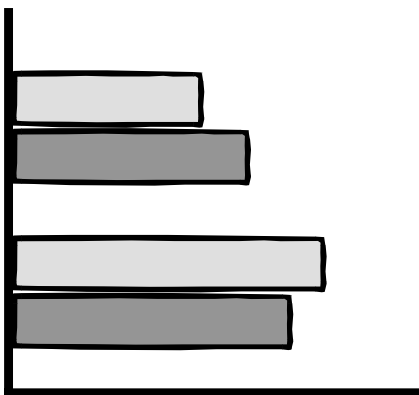
# Welcome Message

Dashboard

Fitness

Nutrition

Workouts

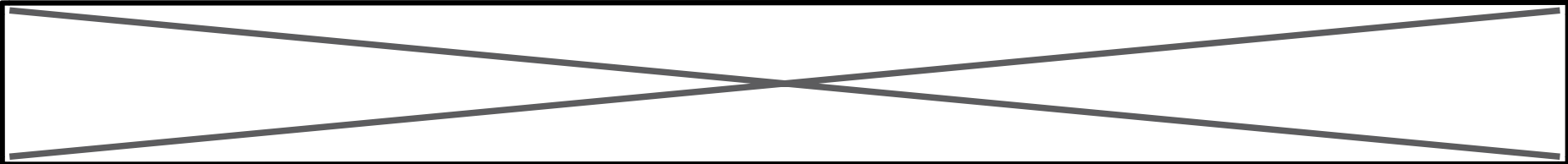


## Fitness Statistics



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- Dashboard
- Fitness
- Nutrition
- Workouts

OCTOBER 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

Log Workout

not selected  
selected  
indeterminate  
disabled  
disabled selected  
disabled indeterminate

not selected  
selected  
indeterminate  
disabled  
disabled selected  
disabled indeterminate

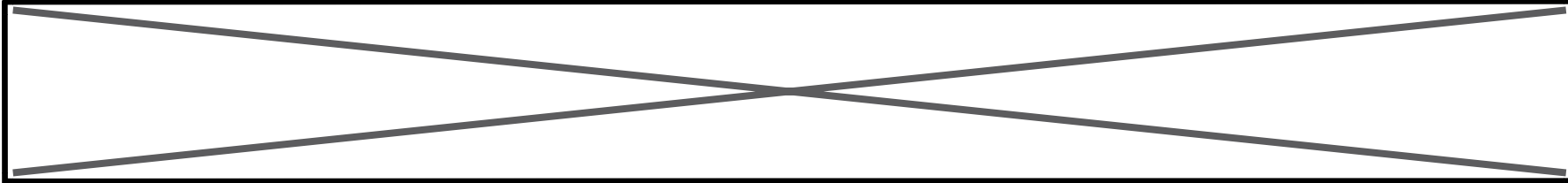
- ☐ not selected
- ☒ selected
- ☐ indeterminate
- ☐ disabled
- ☒ disabled selected
- ☐ disabled indeterminate

A row without a checkbox



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search



Dashboard

Fitness

Nutrition

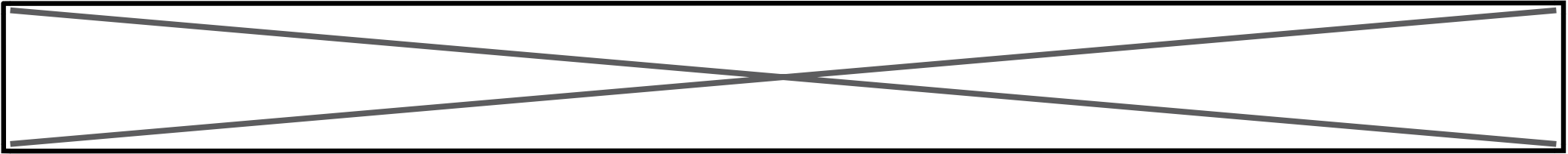
Workouts

### Meal Log

- ★ Item One
- ♥ Item Two
- Item Three

### Dietary Recommendations

These are some of the dietary recommendations  
that we have for you. We have a lot of  
different options for you to choose from.  
We have a lot of different options for you to choose from.  
We have a lot of different options for you to choose from.



Dashboard

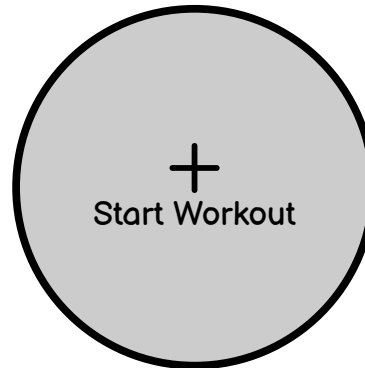
Fitness

Nutrition

Workouts

### Workout Library

Item One  
Item Two  
Item Three



Start Workout

### Workout Description

There are many ways to stay fit and healthy. One of the best ways is to exercise regularly. This workout is designed to help you achieve your fitness goals. It includes a variety of exercises that target different muscle groups. You can choose to do this workout at home or at the gym. The duration of the workout is 30 minutes. You can adjust the intensity to suit your needs. This workout is suitable for beginners and intermediate fitness enthusiasts. It is a full-body workout that will help you burn calories and build muscle. You will need a mat and some weights for this workout. Make sure you are hydrated and eat a healthy meal before and after the workout. Consistency is key to seeing results. Stick to this workout plan and you will be on your way to a healthier lifestyle.