Home ,(/my_home/)   My Workouts

MY WORKOUTS

IMPORT WORKOUTS (/WORKOUT/IMPORT/DASHBOARD/)

LOG A WORKOUT (/WORKOUT/CREATE/)

2.58mi Walk 5264 Steps	1.47mi Walk 3440 Steps	3.12mi Walk 6342 Steps	1.60mi Walk 3750 Steps

SEPTEMBER 2019

◄ ► today   **GO TO**

All Types   Calendar   ✛ (/workout/create/) ⚙ (/account/display_settings)

DISTANCE	DURATION	CALORIES	WORKOUTS
66.16 MI	**22.26** hrs	**4,135** Burned	**48**

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
26 Walk *0.56*	27 Walk *3.12* Walk *0.45*	28 Walk *0.97* Walk *0.54*	29 Walk *1.56*	30 Walk *3.2* Walk *2.84* Walk *0.7*	31 Walk *0.57* Walk *0.45* Walk *3.4* Walk *1.16*	1 Walk *2.08* Walk *0.49*	**15 total** 22.1 mi **1.5k** cals **8.13** hrs
2 Walk *1.42* Walk *0.57*	3 Walk *2.66* Walk *0.54*	4 Walk *1.3* Walk *0.42*	5 Walk *0.54* Walk *2.56*	6 Walk *0.94* Walk *2.58*	7 Walk *2.33*	8 Walk *1.59*	**12 total** 17.5 mi **994** cals **6.45** hrs
9 Walk *1.61* Walk *0.56*	10 Walk *0.57*	11 Walk *0.51*	12 Walk *1.37*	13 Walk *1.44* Walk *0.6* Walk *0.51*	14 Walk *2.91*	15 Walk *3.75*	**10 total** 13.8 mi **787** cals **4.61** hrs
16 Walk *1.31* Walk *0.42*	17 Walk *1.49* Walk *0.5*	18 Walk *1.34* Walk *0.58* Run *2.22*	19 Walk *1.44* Walk *0.23*	20 Walk *1.5*	21 Walk *1.63* Walk *0.56*	22 Walk *2.76*	**13 total** 16 mi **1.2k** cals **5.21** hrs
23 Walk *1.39* Walk *0.25*	24 Walk *1.36*	25 Walk *0.54* Run *2.28*	26 Walk *1.18* Walk *0.56*	27 Walk *2.58*	28 Walk *1.6*	29 Walk *3.12*	**10 total** 14.9 mi **931** cals **4.51** hrs
30 Walk *1.47*	1	2	3	4	5	6	**0 total** 0 mi **0** cals **0** hrs

View Your Lifetime Stats (/workouts/dashboard/lifetime/)

ADVANCED WORKOUT CHARTS

Power Zones
Track your overall effort and view total time spent in each power zone for more efficient training.

Performance Summary
Visualize workout trends and overall performance. Stay within upper and lower limits to avoid over training.

Heart Rate Zones
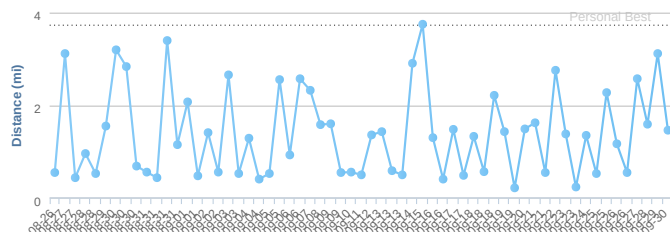Monitor your workout intensity with heart rate and track total time spent in each heart rate zone.

MONTHLY STATS

Distance
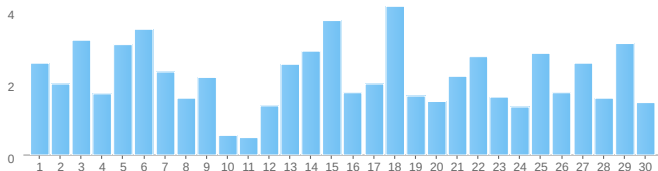
MONITOR YOUR PROGRESS

Distance

Personal Goals (/profile/144335659/goals/create/)
YOUR BESTS

WALK (/WORKOUT/3774033145)
FOR 1:44:02
Longest Workout

WALK (/WORKOUT/3792541048)
3.8 MI IN 0:59:33
Farthest Workout

RUN (/WORKOUT/3813465811) 345 KCAL
09/25/2019
Hardest Workout

Track every mile you run, connect your devices, and get closer to your next PR.

(https://itunes.apple.com/us/app/imapmyfitness/id298903147/?mt=8&pt=64537&ct=mmf_web|MMFitness|ref|imapmy-idx)

(https://play.google.com/store/apps/details?id=com.mapmyfitness.android2&referrer=utm_campaign%253Dmmf_web%2526utm_term%253D%2526utm_medium%253Dreferral%2526utm_source%253I idx)

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Developer / API (https://developer.underarmour.com/)

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