





# Home

## All Workouts

Recommended

Top Workouts

Result



30 Mins

Night  
Stretches



45 Mins

Morning  
Bike Ride



60 Mins

Evening  
Workout

# What is your weight?

lb

kg

30    31    32



kg



Next



# Create Accounts

Please Enter Your Credentials To Proceed

Full Name

Enter Your Name

Phone

+2 Enter Your Phone Number

Email address

enter your Email



Next





# Top Workouts

Reminder

set



## CATEGORY

See all



Yoga



Gym



Cardio

## POPULAR EXERCISE

See all

### Stretching Arm

Beginner | 30 min



### Athlete Practicing Monochrome

Beginner | 20 min





# Sleep Tracker

..

steps

100%



All goals are complete. You are ready.

Today Target



8L

Water Intake



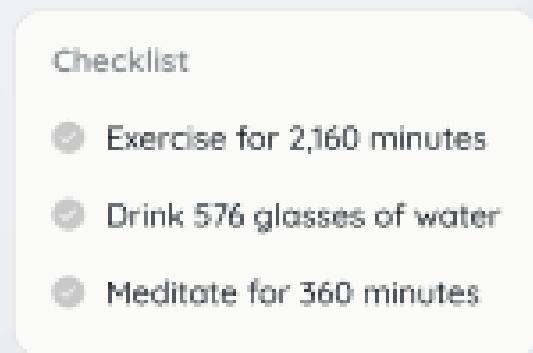
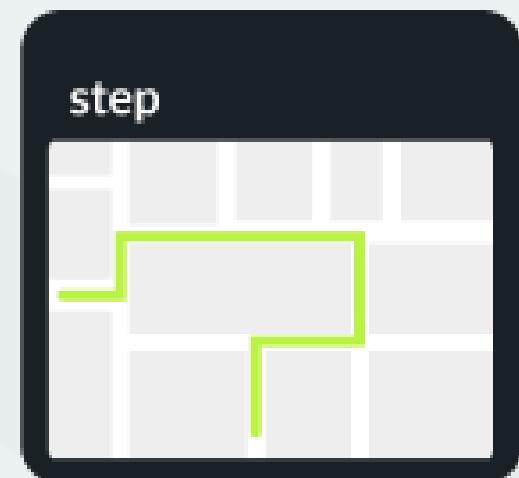
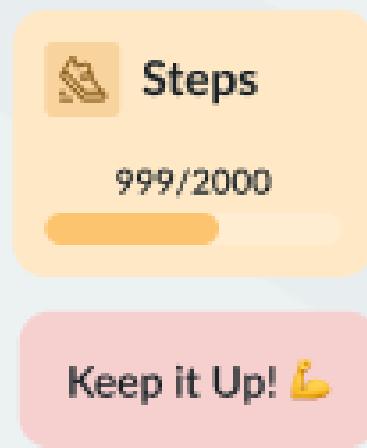
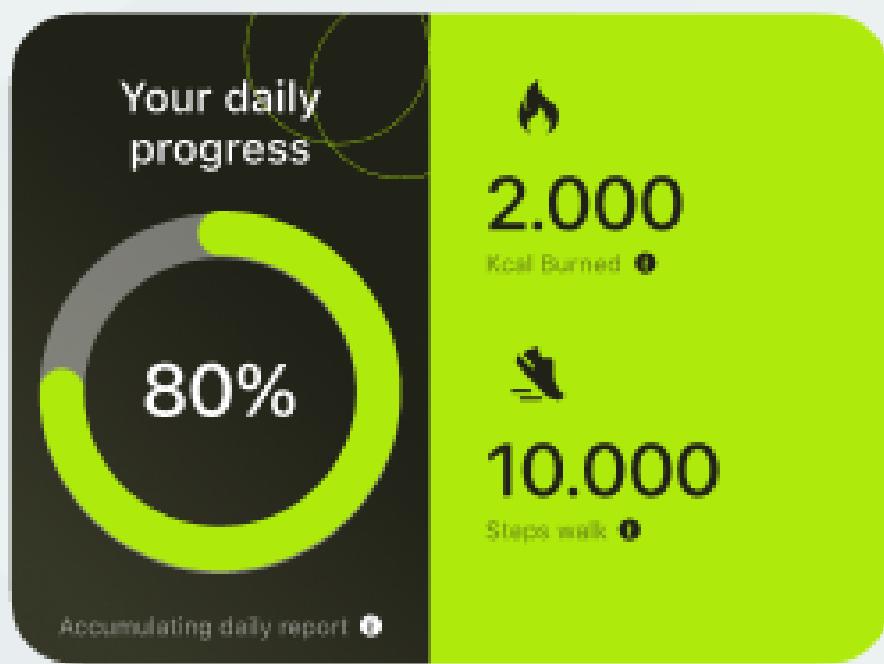
2400

Foot Steps

# Set And Track Steps Goals.



Good Evening Noreen, your trek begins in



# What do you want to achieve?

What you are going to select will effect  
your workout program

Strength Training for Muscle Gain



High-Intensity Interval Training for Fat Loss

Cardiovascular Exercise for Fat Loss

Functional Training for Overall Fitness



Start Now



Nice,Noreen

Jan 10th 2025



## Today Steps

Steps

6625

of 10,000

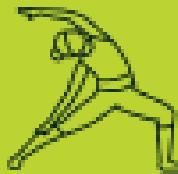
## Daily Average

77  
BPM

Calories

399  
Kcal

Workout



222

Excercise

6.1  
Km

Sleep Score

73

Good



11:00 PM

8:00 AM

9hrs 0min



# Sleep Tracker

...



## Last Night Sleep

8h 20m

Daily Sleep Schedule

check

## Today Schedule



Bedtime, 09:00pm

⋮

in 6hours 22minutes



Alarm, 05:10am

⋮

in 14hours 30minutes





# Sleep Schedule

...

Ideal Hours for Sleep

8hours 30minutes

[Learn More](#)



## Your Schedule

Tue  
11

Wed  
12

Thus  
13

Fri  
14

Sat  
15

Sun  
16



**Bedtime**, 09:00pm  
in 6hours 22minutes



**Alarm**, 05:10am  
in 14hours 30minutes



You will get 8hours 10minutes for  
tonight

96%

+



let's Sign in  
**You have been missed!**

Email/Username

Enter your email or Username

Password

Enter Your Password

[Forgot Password?](#)

**Sign in**



Don't have an Account? [Sign Up](#)

By continuing you agree Healthify 's Terms of Services & Privacy Policy



# Result



## Average Progress

Good

62%

May

June

### Front Facing



### Back Facing



### all body



Analysis



# Reminder



Date



February



2022

Sat

19

Sun

20

Mon

21

Tue

22

⌚ Time

05:44 AM



🔔 Set Reminder

Reminder on



Create



Hello, Good Morning  
noreen !



Search

Statistics >

Steps tracker >

Meals >

All Workouts >

Settings >

Sleep Tracking >

Account >

Log out



# OTP Verification

Enter the verification code we just sent on your email address.

5

5

2

Verify

Didn't received code? [Resend](#)

"design"

Design

Designer

1

2

ABC

3

DEF

4

GHI

5

JKL

6

MNO

7

PQRS

8

TUV

9

WXYZ

0





# Forgot Password?

Don't worry! It occurs. Please enter the email address linked with your account.

Enter your email

Send Code

Remember Password? [Login](#)



**Get Fit,  
Stay Fit,  
Live  
Better**



**Get Started**

Don't have an account?  
[Register Now](#)



# Notifications

...



Daily steps goal completed

Steps : 10000

15 mins ago



Today you have an average of  
71 bpm. it is very well keep it up.

50 mins ago



Congratulations

Steps : 10000

15 mins ago



Today you have an average of  
71 bpm. it is very well keep it up.

50 mins ago



Congratulations

Steps : 10000

55 mins ago



Today you have an average of  
71 bpm. it is very well keep it up.

50 mins ago

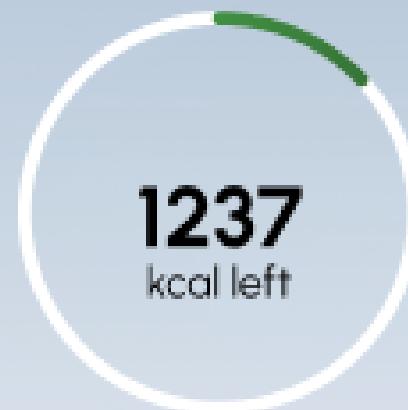


# Meals

...

Eaten  
**1534**

Burned  
**414**



Carbs  
45 / 295g

Protein  
3 / 118g

Fat  
2 / 79g



Today, 05 OCT



Water

0.25 L



This is perfect!

Remember, drink some extra water after you exercised to stay hydrated.

Breakfast



English Breakfast Tea, Banana bread

619 kcal

Lunch



Pasta carbonara

915 kcal

your focus

Check

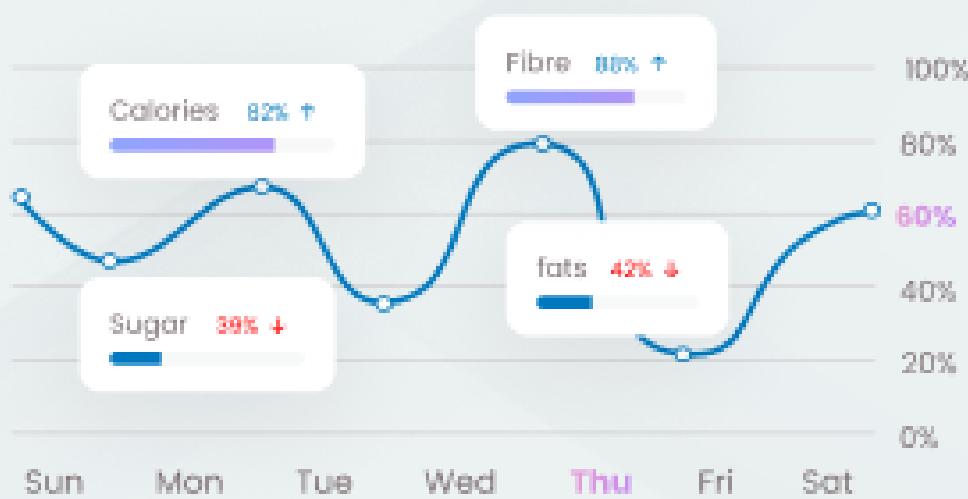


# Meal Planner

...

## Meal Nutritions

Weekly ▾



## Daily Meal Schedule

Check

## Today Meals

Breakfast ▾



Lowfat Milk

Today | 8am



## MEAL PLANS

See all



Greek salad with lettuce, green onion

150 kcal

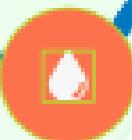
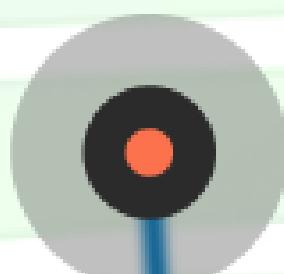


Salad of fresh vegetables

270 kcal



# Map



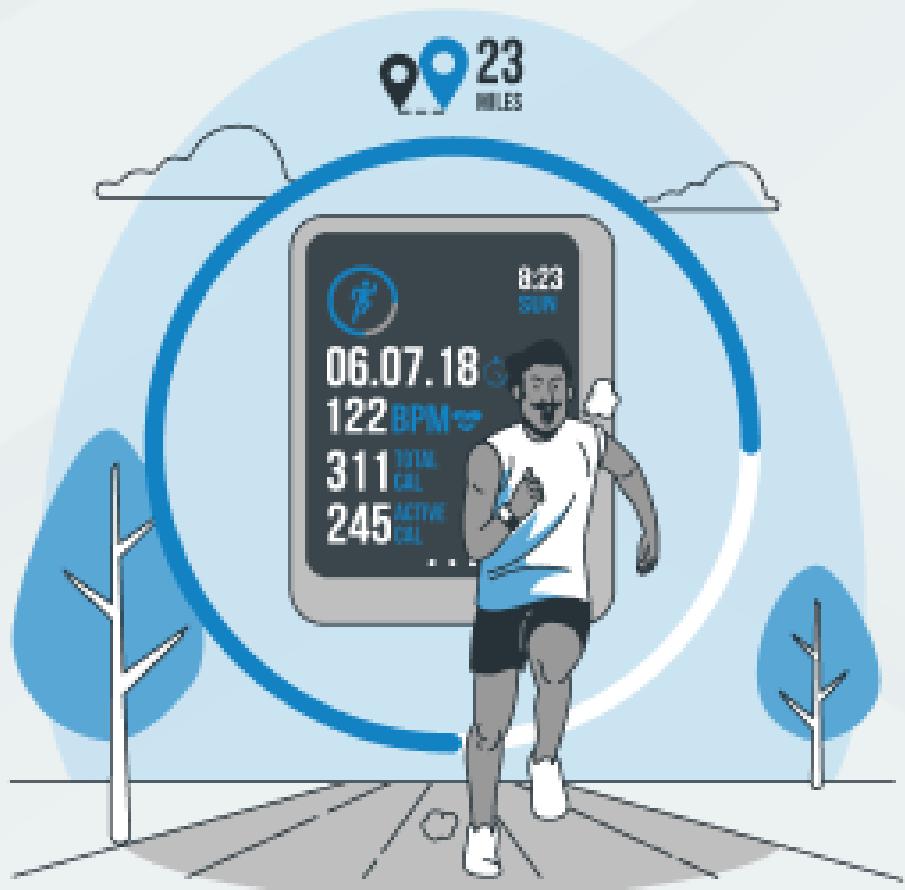
Time

**00:45:33**

**END**

Distance

**1.5 km**



**Login**

**Sign Up**

or login with



What's your Age?

48

49

50



Next

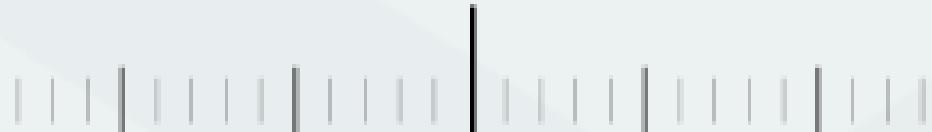


# What is your height?

inches

cm

100



cm

<

Next

>>>

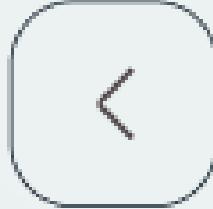
# What's your gender?



♀ Female



♂ Male



Next





# Password Changed!

Your password has been  
changed successfully.

[Back to Login](#)

# Create new password

Your new password must be unique from those previously used.

Enter Your Password

Your Password Is To Weak

Confirm Password

Reset Password



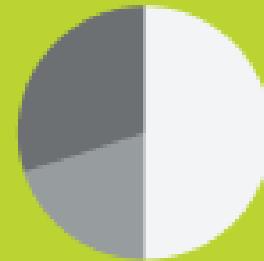
## Balanced Diet

...

### Your focus

**2357 kcal**

- Carbs 50%
- Protein 20%
- Fat 30%

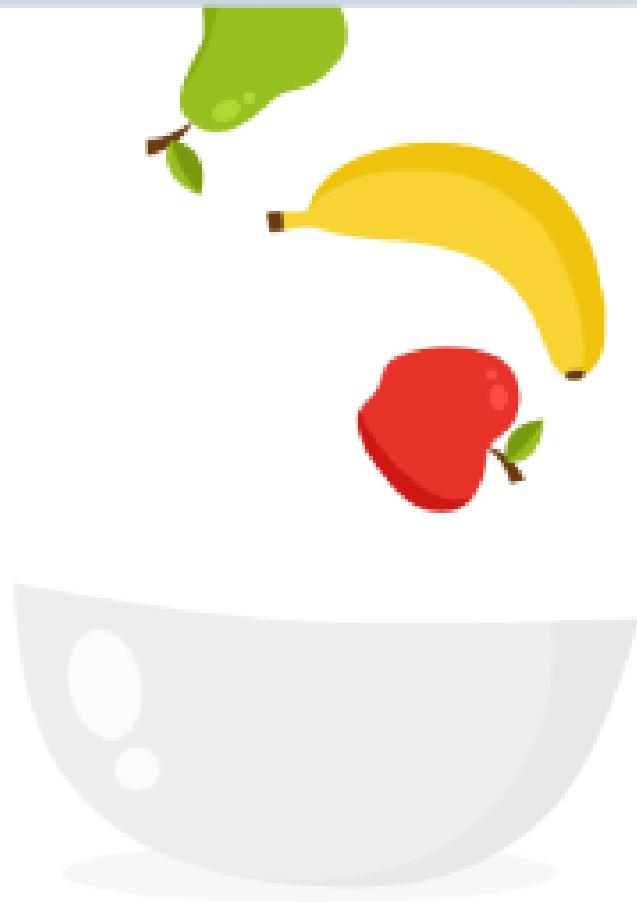


### Dos and don'ts

- ✓ Stay hydrated by having a water bottle nearby and use the water tracker
- ✓ Focus on carbs and protein before and after your run
- ✓ Plan your meals according to your running
- ✗ Don't eat less than your energy recommendation
- ✗ Don't skip carbs



**Start plan**



# Track Your Nutrition, Transform Your Health

Stay healthy by tracking every meal.



## Congratulations, You Have Finished Your Workout

Exercises is king and nutrition is queen.  
Combine the two and you will have a  
kingdom

-Jack Lalanne

[Back To Home](#)

# What's your sleep quality like?



Excellent

⌚ >8 hours



Great

⌚ 7-8 hours



Normal

⌚ 6-7 hours



Bad

⌚ 3-4 hours



Insomniac

⌚ <2 hours



Next



# Analysis

## Statistics

BMI (Body Mass Index)

You have a normal weight

20,1

[View More](#)

## Activity

Jan 1th 2024

This Week

5 Hr

4 Hr

3 Hr

2 Hr

1 Hr

Sun

Mon

Tue

Wed

Thu

Fri

Sat

## Last Week Goals



5/7

M T W T F S S



# Add Alarm

...



Bedtime

09:00 PM >



Hours of sleep

8hours 30minutes >



Repeat

Mon to Fri >



vibrate When Alarm Sound



Add



## Notifications Settings

General Notification



Sound



Don't Disturb Mode



Vibrate



Lock Screen



Reminders



Upgrade