





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

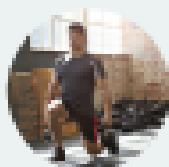


CATEGORY

See all



Yoga



Gym



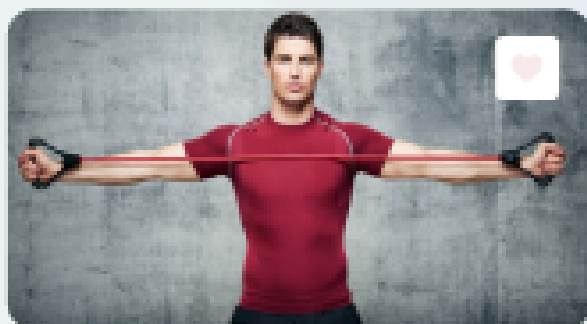
Cardio

POPULAR EXERCISE

See all

Stretching Arm

Beginner | ⌚ 30 min



Athlete Practicing Monochrome

Beginner | ⌚ 20 min







Sleep Tracker



steps



All goals are complete. You are ready.

Today Target



8L

Water Intake



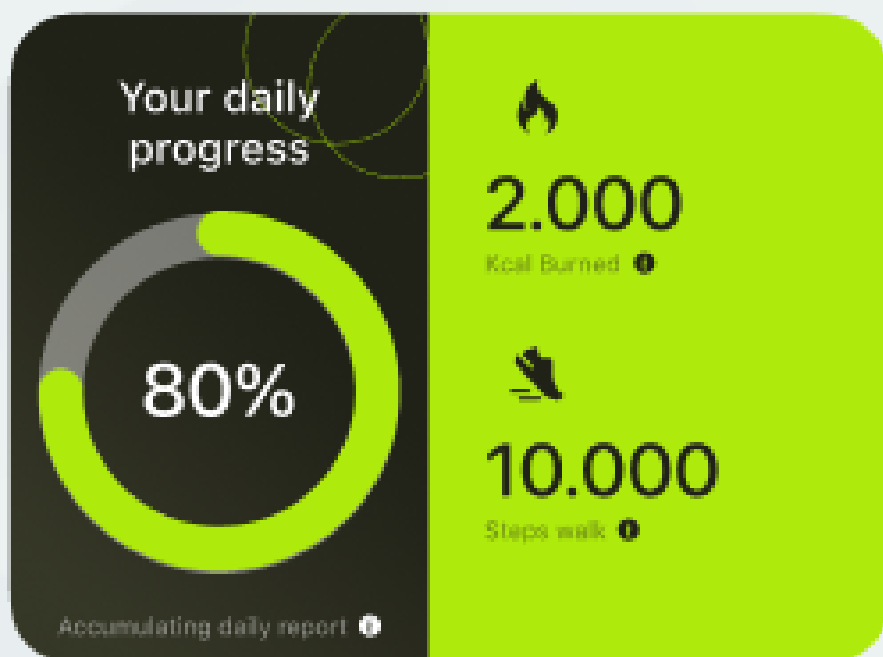
2400

Foot Steps

Set And Track Steps Goals.



Good Evening Noreen, your trek begins in



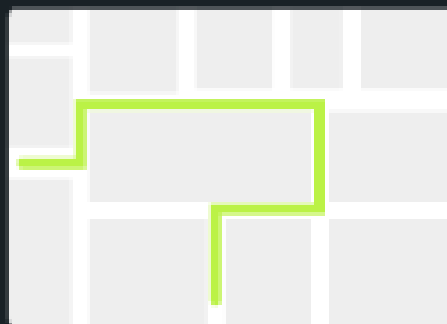
Steps

999/2000



Keep it Up! 💪

step



Checklist

- ☑ Exercise for 2,160 minutes
- ☑ Drink 576 glasses of water
- ☑ Meditate for 360 minutes



Hearth Rate



79 Bpm

What do you want to achieve?

What you are going to select will effect your workout program

Strength Training for Muscle Gain ✓

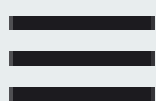
High-Intensity Interval Training for Fat Loss

Cardiovascular Exercise for Fat Loss

Functional Training for Overall Fitness



Start Now



Nice,Noreen

Jan 10th 2025



Today Steps

Steps

6625



10,000

Daily Average

77
BPM

Calories



399
Kcal

Workout



222

Excercise

6.1
Km

Sleep Score

73

Good



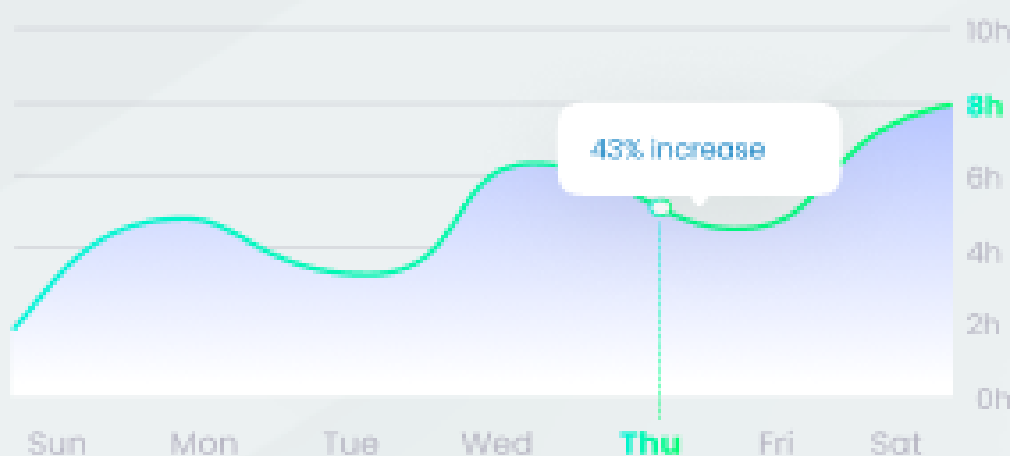
11:00 PM

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





let's Sign in
You have been missed!

Email/Username

Enter your email or Username

Password

Enter Your Password

[Forget 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

3

ABC

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.

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

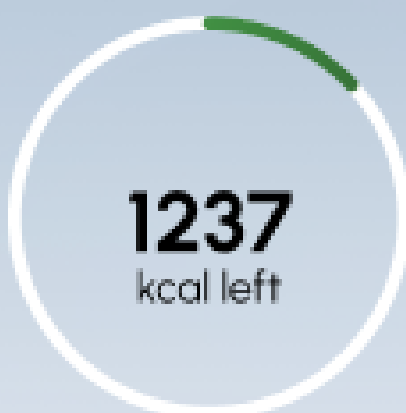


Meals



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

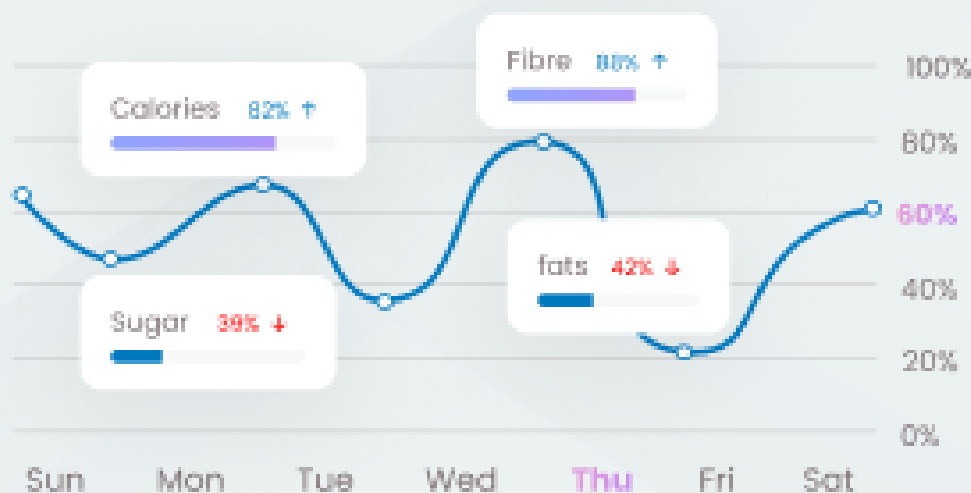


Meal Planner



Meal Nutritions

Weekly ▾



Daily Meal Schedule

Check

Today Meals

Breakfast ▾



Lowfat Milk

Today | 8am



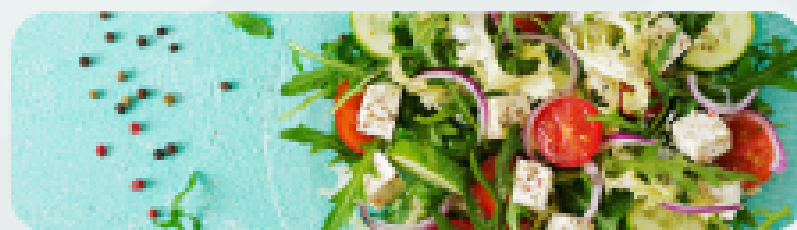
MEAL PLANS

See all



Greek salad with lettuce, green onion

150 kcal

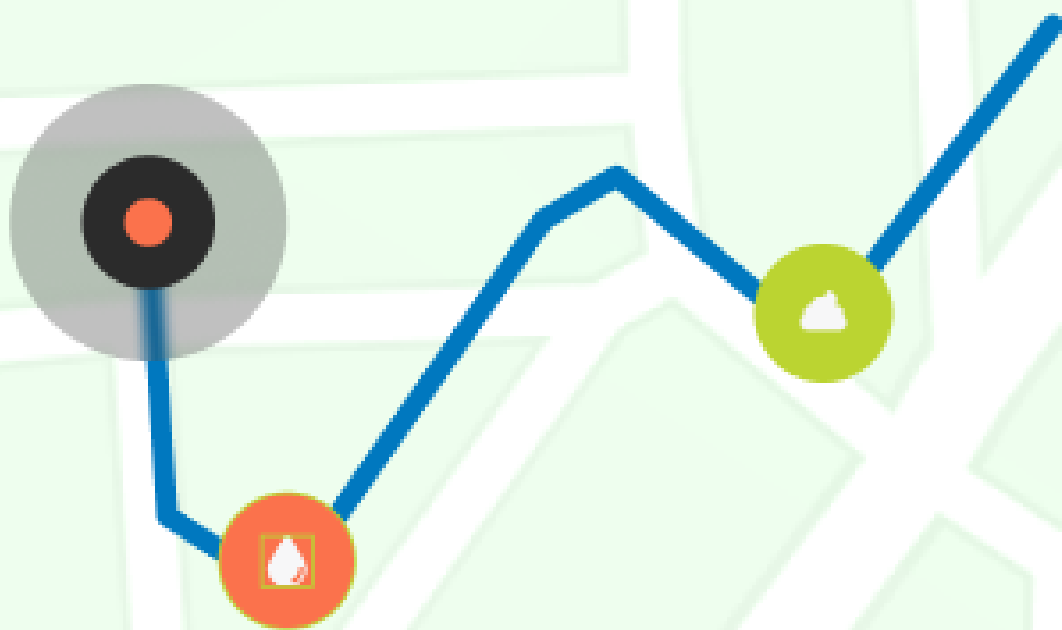


Salad of fresh vegetables

270 kcal



Map



Time

00:45:33

Distance

1.5 km

END



Login

Sign Up

or login with



— — —

What's your Age?

48

49

50



Next



What is your
height?

inches

cm

100



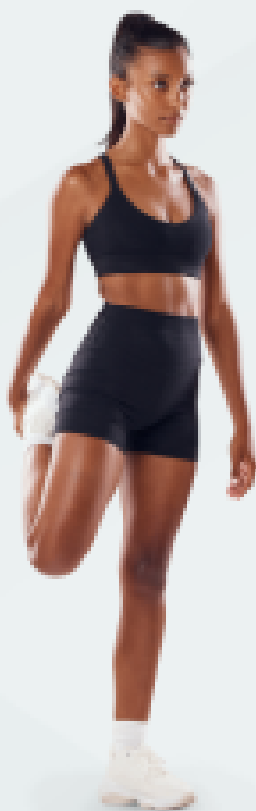
cm



Next



What's your gender?



♀ Female

☐

♂ Male

☐

Next





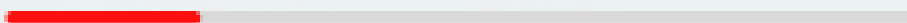
Password Changed!

Your password has been
changed successfully.

[Back to Login](#)

Create new password

Your new password must be unique from those previously used.



Your Password Is To Weak

Reset Password



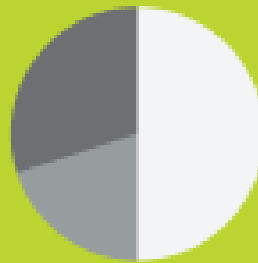
Balanced Diet



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

[View More](#)



Activity

Jan 1th 2024

This Week

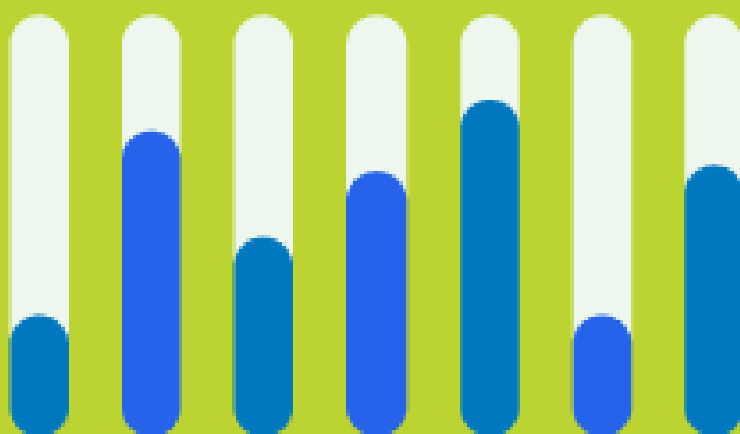
5 Hr

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