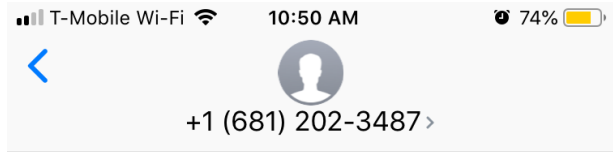
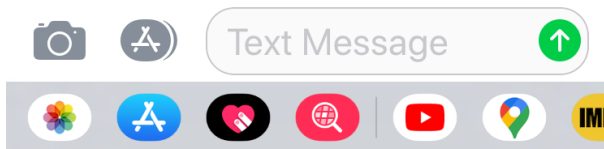


Text Message  
Today 10:49 AM

Sent from your Twilio trial account - Hey, Ethan! You just reached a new Personal Record for bench press with a weight of 250.0 lbs for 10 repetitions. Keep up the great work!!!



Text Message  
Today 10:50 AM

Sent from your Twilio trial account - Hey, Ethan! This message is to inform you that you have gone over your Target Calories amount for today by 324.0 calories. Changing your eating habits is tough, but a healthy life it worth it!!!

