

Users

Users

Reports

List of Exercises

<input type="checkbox"/> Author ↓	Time	Sleep	Nutrition	Fatigue	Title	
<input type="checkbox"/>  Jane Doe Senior Designer	Cell Text	Cell Text	Cell Text	Cell Text		...
<input type="checkbox"/>  Jane Doe Senior Designer	Cell Text	Cell Text	Cell Text	Cell Text		...
<input type="checkbox"/>  Jane Doe Senior Designer	Cell Text	Cell Text	Cell Text	Cell Text		...

Reports

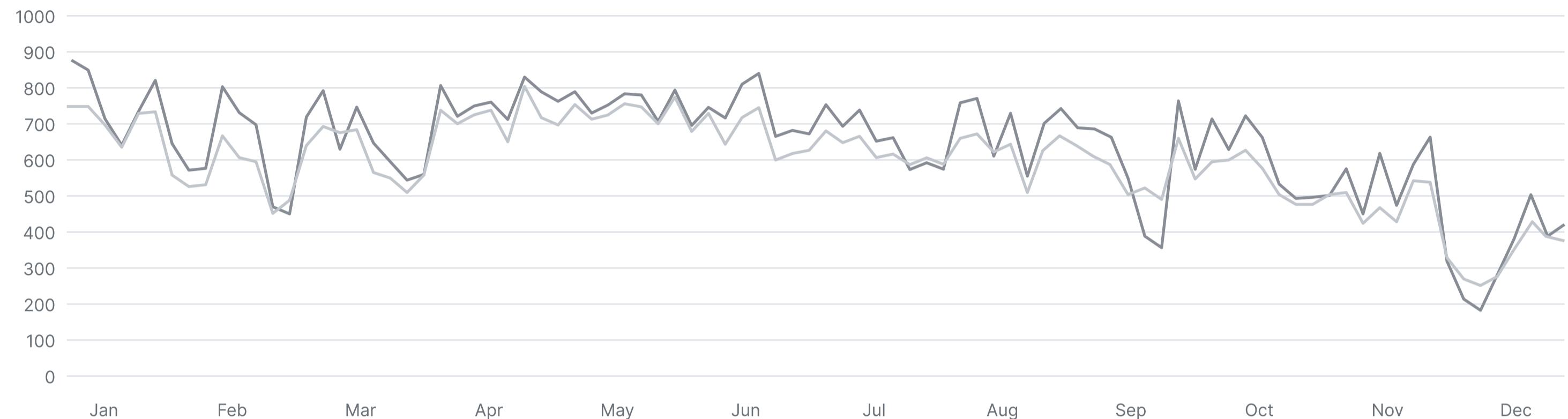
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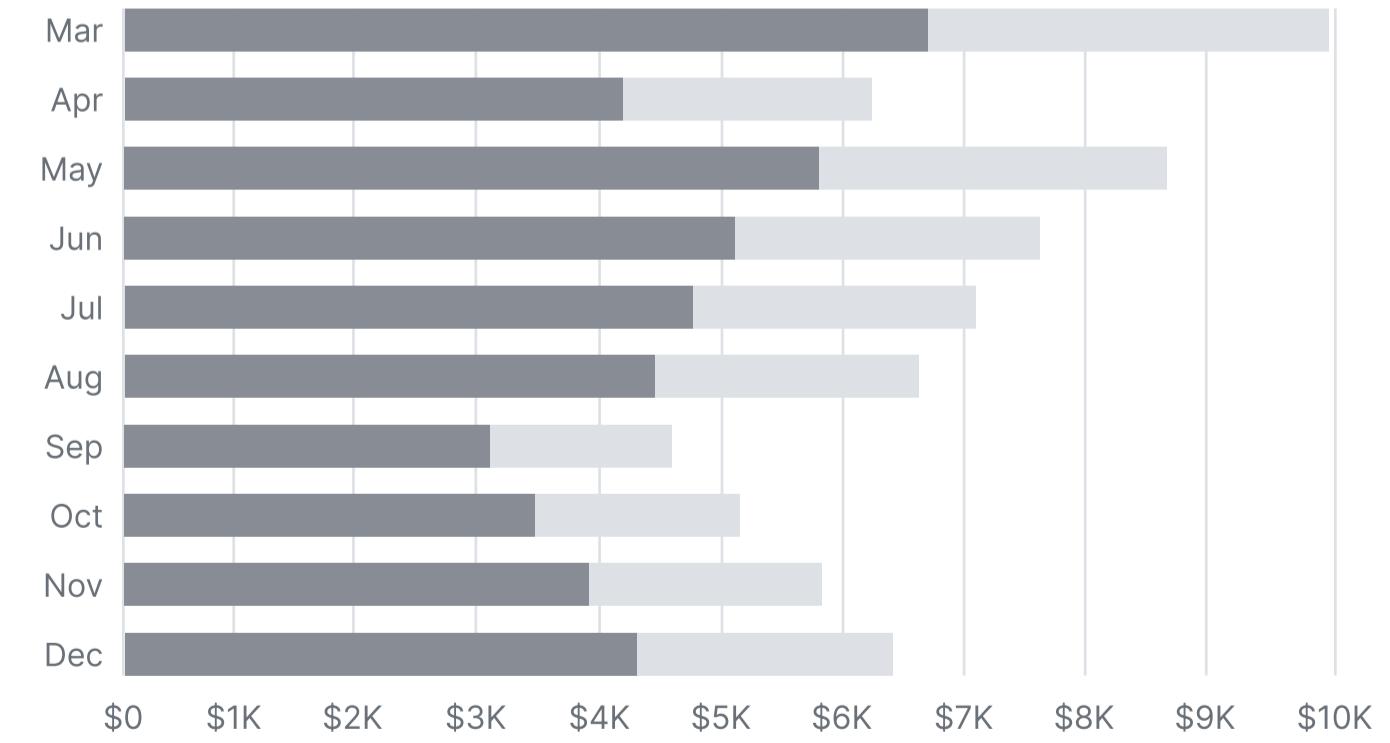
Time spent Training

● Current Year ● Past Year



Sleep schedule

● Time ● Quality



Fatigue

● Measured ● Custom



Exercises

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