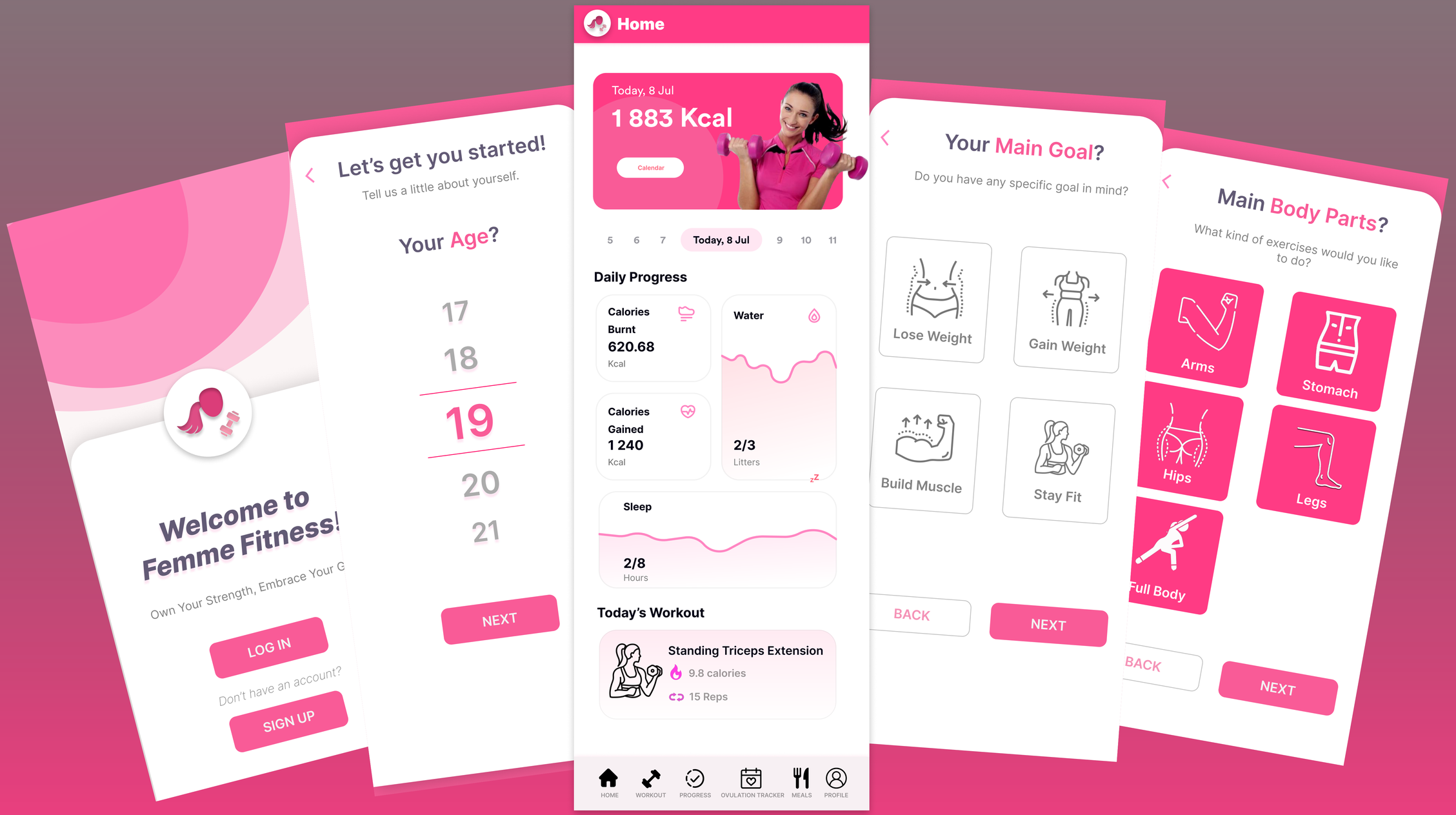
Femme Fitness!



9:41

Login

Email address

Input email address

Password

Input your password

Login

Forgot Password?

You don’t have an account? Sign up

Let’s get you started!

Tell us a little about yourself.

Your Age?

17

18

19

20

21

NEXT

Great Start!

Help us know you better.

Your Height (Ft)?

17

18

19

20

21

BACK

NEXT

Keep Going!

Almost there.

Your Weight (KG)?

Enter Weight in Kg

BACK

NEXT

Any Health Condition ?

Do you have any of the following health conditions?

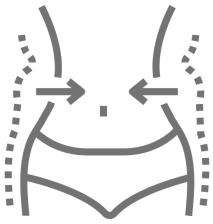
- Hypertension
- Diabetes Type 2
- Menopause
- None

BACK

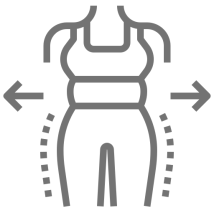
NEXT

Your Main Goal?

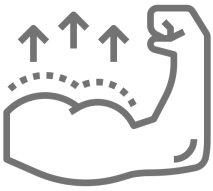
Do you have any specific goal in mind?



Lose Weight



Gain Weight



Build Muscle

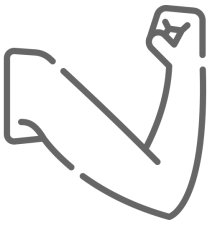
Stay Fit

BACK

NEXT

Main Body Parts?

What kind of exercises would you like to do?

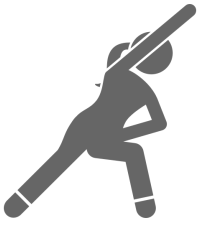


Arms

Stomach

Hips

Legs



Full Body

BACK

NEXT

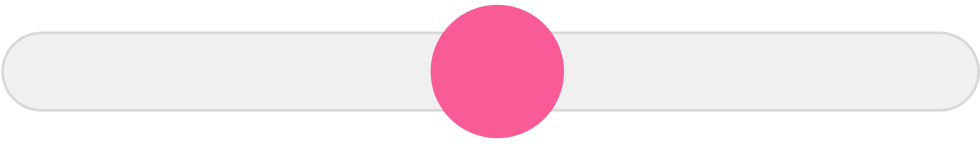
Your Activity Level ?

How actively do you exercise?

Select Activity Level:

Not Active

Highly Active



50%

BACK

NEXT

Select Your Challenge ?

Choose exercise days.

15 Days

30 Days

45 Days

90 Days

Skip

BACK

NEXT

Preferred Rest Days ?

Almost Done.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

BACK

NEXT

9:41

Sign Up

Email address

Input email address

User Name

Input your user name

Password

Input your password

Sign up

9:41

Sign Up

Sign Up Completed!

Please wait while we process your information.

Any Health Condition ?

Do you have any of the following health conditions?

Hypertension

Diabetes Type 2

Menopause

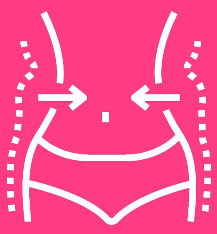
None

BACK

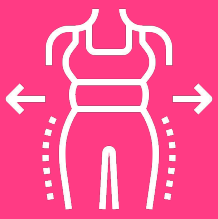
NEXT

Your Main Goal?

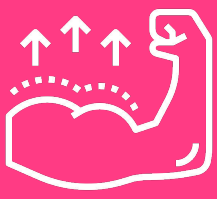
Do you have any specific goal in mind?



Lose Weight



Gain Weight



Build Muscle

Stay Fit

BACK

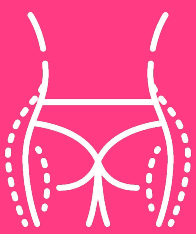
NEXT

Main Body Parts?

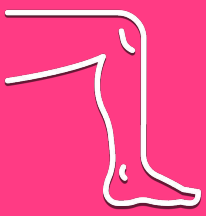
What kind of exercises would you like to do?

Arms

Stomach



Hips



Legs

Full Body

BACK

NEXT

Home

Today, 8 Jul

1 883 Kcal

Calendar

5 6 7 **Today, 8 Jul** 9 10 11

Daily Progress

Calories Burnt
620.68
Kcal

Water
2/3
Litters

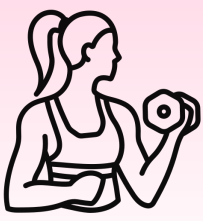
Calories Gained
1 240
Kcal

Sleep
2/8
Hours

Today's Workout

Standing Triceps Extension
9.8 calories
15 Reps

Standing Triceps Extension
9.8 calories
15 Reps



Standing Triceps Extension
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15 Reps

Standing Triceps Extension
9.8 calories
15 Reps

HOME WORKOUT PROGRESS OVULATION TRACKER MEALS PROFILE