



# Welcome to FitMind!

Hello there, sign in to  
continue!

Email address

dimitriskaisophia@gmail.com



Password

\*\*\*\*\*



[Forgot Password?](#)

Login

Or Login with



Connect with Google



Connect With Facebook

Don't have an account? **Register!**

9:41



Hello, Good Morning



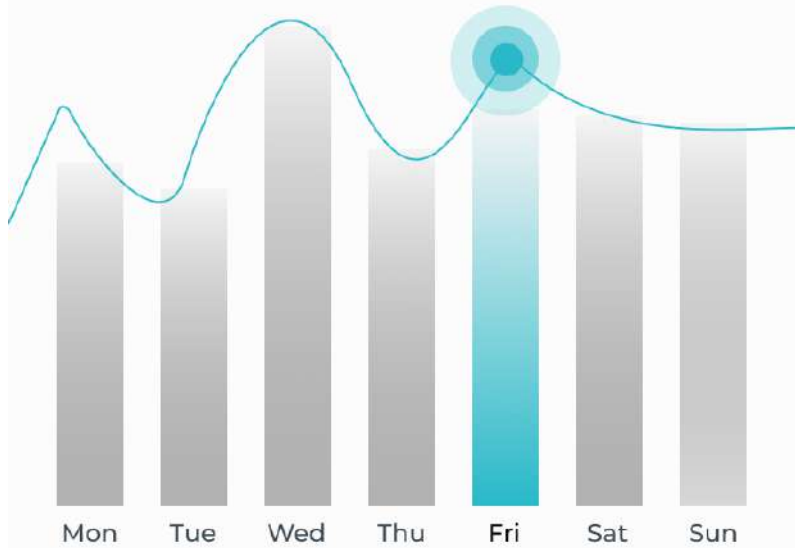
Sophia !

My Progress

Today

Week

Month



### Measurement



Walk

2265  
Steps



Sleep

8:50  
Hours



Workout



222  
Exercise



Calories

399  
Kcal



Home



Meal Plans



Exercise



Instructors



## Profile



### Sophia!

Basic member

**55** kg

Weight

**170** cm

Height

**18** year

Age

## Goal



Yoga



Gym



Cardio



Stretch



Full Bod

## Macronutrient Goals



**Protein**

**130**

Grams per day



**Carbs**

**235**

Grams per day



**Fat**

**60**

Grams per day



## FitMind AI 3.4

Premium account

How can my FitMind help you ? 😊

**Brainstorm diet plans**



for my summer trip coming in 3 months

**Suggest some excercises for  
big arms**



so I can look like Popeye

**Suggest me a cut diet**



so it can reveal my core

**Explain how to do cable rows**



to a woman who has never touched a  
dumbell

Ask me anything...





# Calendar

Thursday, 08 July

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
Sat	Sun	Mon	Tue	Wed	Thr	Fri

8 Tasks

[See All](#)

Get ready for Workouts and Meals



Indoor Run

7.12 km

35 min

 452 kcal



Green beans, tomatoes,  
eggs  
24 min

4.22 km

+135 kcal



## 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

---



# Tasks



Date



December



2024

Sun	Mon	Tue	Wed	Thu	Fri
20	21	22	23	24	25



Time

05:44 AM



Set Task

Reminder on



Create



# Full Exercise

**Cardio**

Legs

Back

Chest



## Exercises with Jumping Rope

110 kcal | 10 min

Beginner



## Exercises for Triceps

135 kcal | 8 min

Intermediate



## Exercises with Sitting Dumbbells

135 kcal | 5 min

Beginner



## Sit Up (20 Sit Ups per set)

215 kcal | 5 min

Beginner



## Exercises with Sitting Dumbbells



Home



Meal Plans

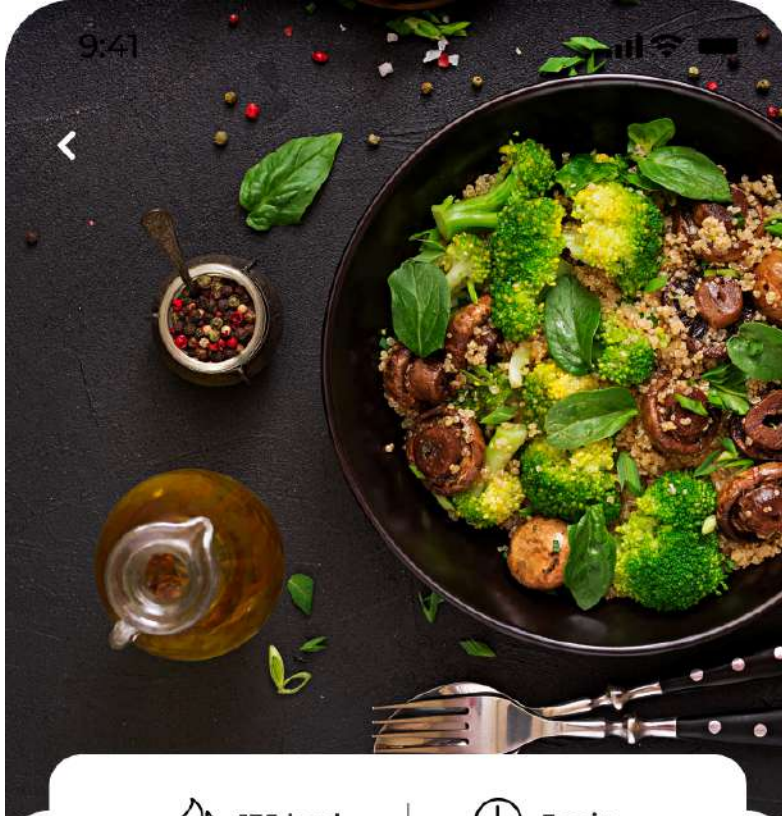


Exercise



Instructors





135 kcal



5 min

Fat

Protein

Carbs

1.5 g

10.9 g

13.5 g

## Healthy balanced vegetarian food

There are many variations of passages of Lorem Ipsum available, but the majority have suffered alteration in some form, by injected humour,

### Meal plan



**Tortilla wrap with falafel and fresh salad**

Fat

Protein

Carbs

1.5 g

10.9 g

13.5 g



**Healthy vegan salad of vegetables**

Fat

Protein

Carbs

1.5 g

10.9 g

13.5 g



**Ketogenic/paleo diet. fried eggs, salmon**

Fat

Protein

Carbs

1.5 g

10.9 g

13.5 g



# Meal plans



< December >  
2024

**Sun****20**

Mon

21

Tue

22

Wed

23

Thu

24

Fri

25

Breakfast

Lunch

Dinner

## 15 meals



Green beans, tomatoes, eggs

135 kcal | 30 min



Healthy balanced vegetarian food

135 kcal | 30 min



Home



Meal Plans



Exercise



Instructors

# Live Instructors

Search coach, class, nutritionist etc



## Top Instuctors

[View all](#)

### Steve Gymbeast

Personal Trainer

★★★★★ (1221)

[Open](#)

### Tim Nullak

Nutrtionist

★★★★★ (964)

[Open](#)

### Yoga class with Naomi Yoku

10-20 people

★★★★★ (762)

[Close](#)

### CrossFit Class with Zack & Kyle

5-10 people 350 calories

★★★★★ (762)

[Open](#)

### Zumba Class with Ayla Yole

5-10 people 200 calories

★★★★★ (762)

[Open](#)

Home



Meal Plans

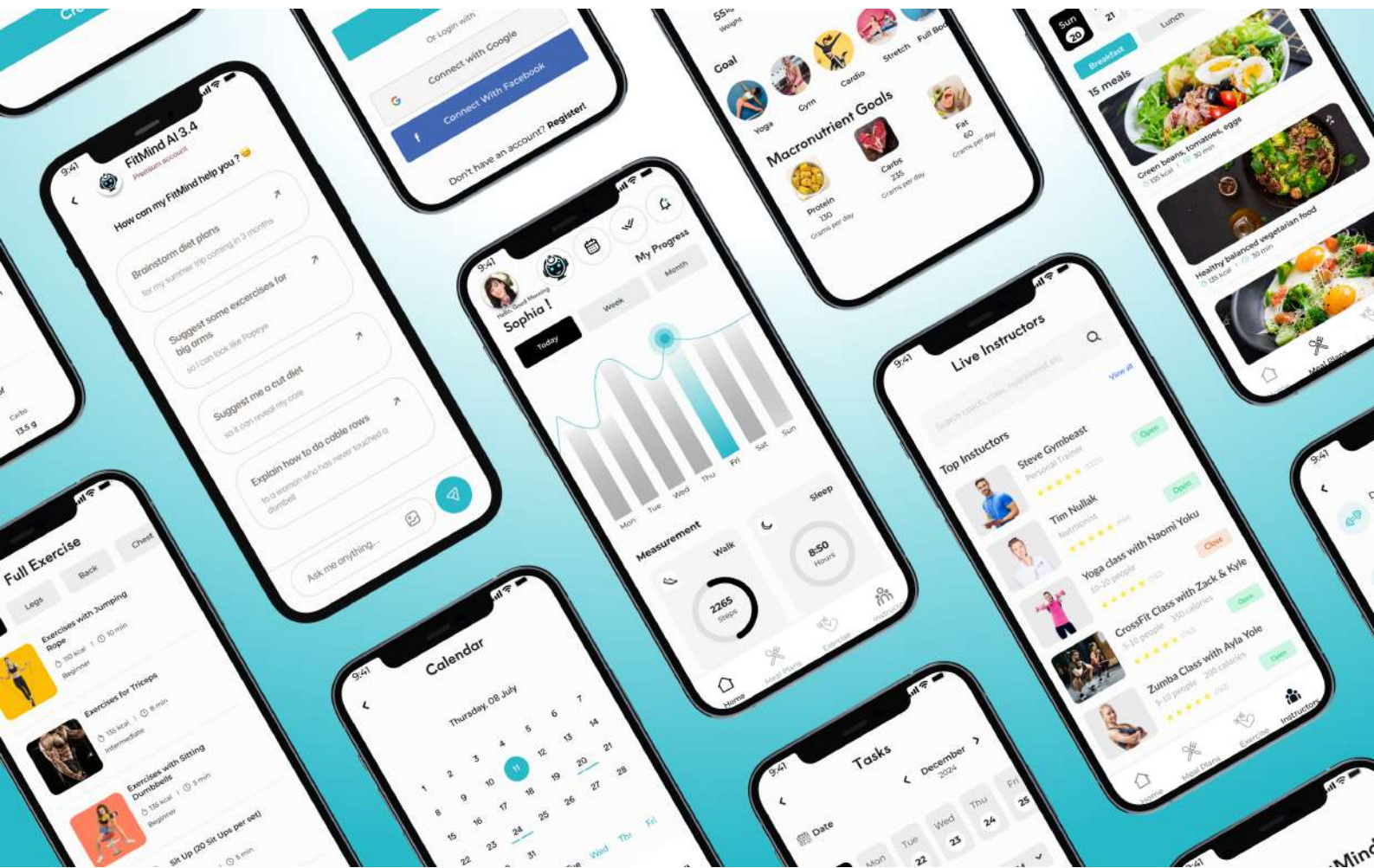


Exercise

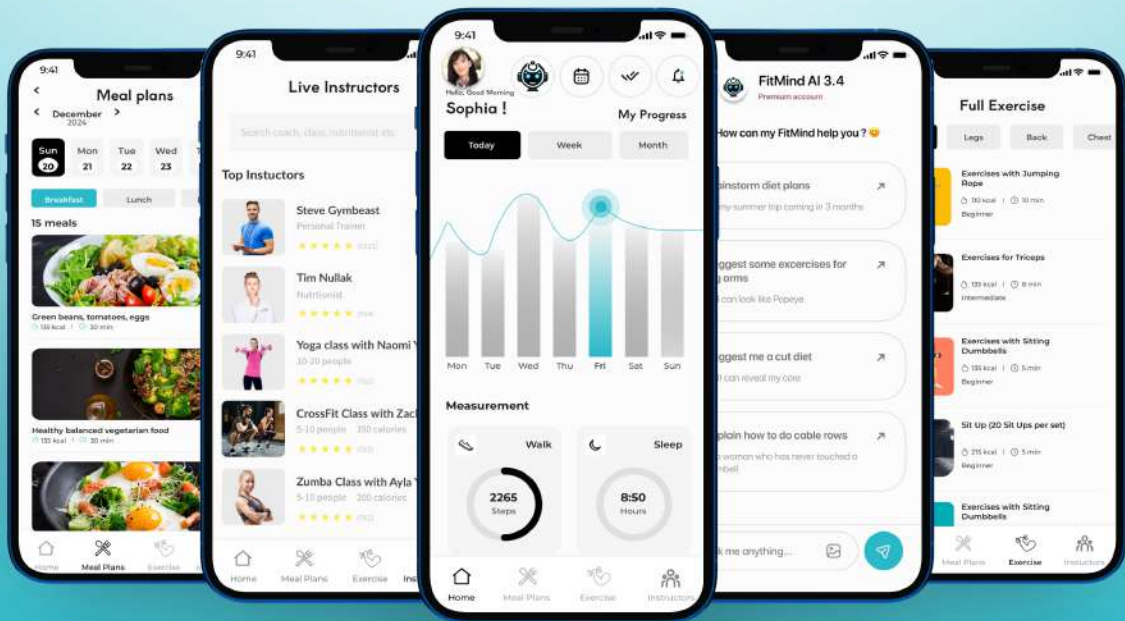


Instructors





# FitMind





FitMind