



Health Goals

Set and track your wellness objectives

+ Add Goal



3

Total Goals



0

Completed



3

Active



58%

Avg Progress

Lose 15 pounds

high

active



Reach target weight of 125 lbs through healthy diet and exercise

Category: Weight Management 📅 Due: 5/31/2024

Progress

140 / 125 lbs

0% complete

Sleep 8 hours nightly

medium

active



Maintain consistent 8-hour sleep schedule

Category: Sleep 📅 Due: 2/29/2024

Progress

7.2 / 8 hours

90% complete

Walk 10,000 steps daily

medium

active



Maintain daily step goal for better cardiovascular health

Category: Activity Due: 12/30/2024

Progress

8500 / 10000 steps

85% complete



Track Goals Automatically

Connect your health devices to automatically track progress toward your goals. We'll sync data from your fitness trackers, smart scales, and health apps.

Connect Devices