3/23/25, 9:19 PM FitTrack Pro

Your Fitness Profile Age 15 80 Gender Male Female Height (cm) 170 140 210 Weight (kg) 150 40 Workout Duration (min) 10 120 Heart Rate (bpm) 60 200 Body Temp (°C) 37.50 42.00 36.00 Daily Calorie Goal (kcal) 300 400 вмІ 24.2 200 💾 Save Workout Workout saved!

Personal Fitness Tracker Pro

Transform your fitness journey with Al-powered insights!

- i How to Use FitTrack Pro
- 1. Adjust your profile settings in the sidebar.
- 2. See your predicted calories burned and progress.
- Check your achievements and get personalized recommendations.
- 4. Explore community comparisons and workout plans.

Calories Burned Prediction



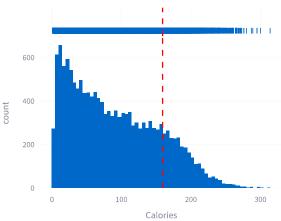
159 kcal

Start training to unlock achievements!

159 / 300 kcal burned today

Your Progress

Calories Burned Distribution



Personalized Recommendations



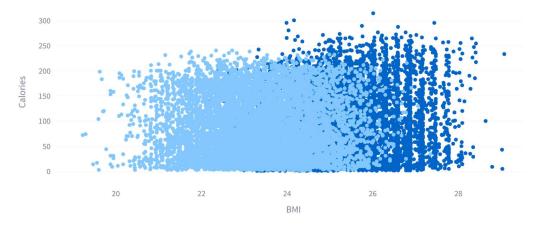
Community Comparison

BMI Analysis Age Trends Heart Rate Impact

BMI vs Calories Burned

(5) Great workout durate

FitTrack Pro



Recommended Workouts

Light Exercise Plan:

- 🚶 30 min brisk walking
- 👃 15 min yoga session
- ▼ 10 min stretching

Workout History

	calories	duration	heart_rate	timestamp
0	237.08	30	120	2025-03-23 21:18:57
1	159.18	45	102	2025-03-23 21:19:47

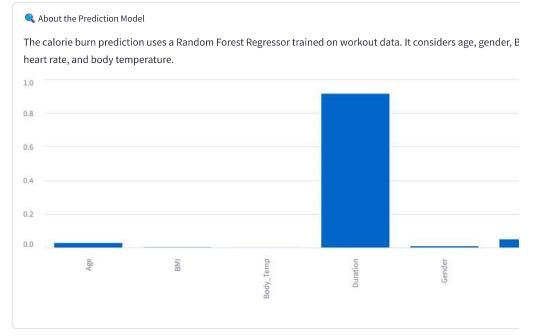
Total Calories Burned

396 kcal

Average Heart Rate

111 bpm

Download Workout History



localhost:8501 2/3

localhost:8501 3/3