

19:02



DETAILED ANALYTICS

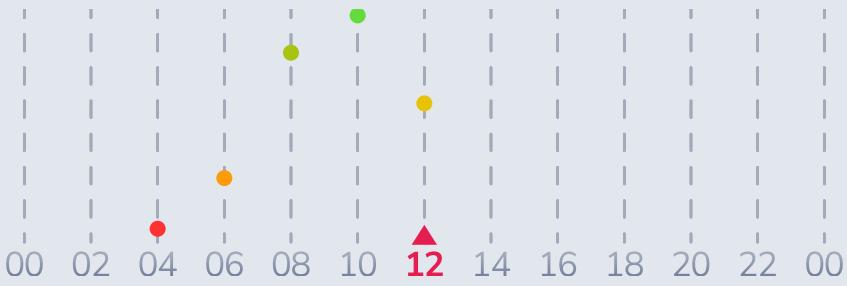
Pulse

Heart Score

HRV

TODAY, 12:51

60/100



Measurement streak: 1

MO

8

TU

9

WE

10

TH

11

FR

12

SA

13

SU

14



Blood pressure



Oxygen



Heart rate



Wellbeing



Nutrition



Self - care



Home



Stress

High 100%



SETTINGS



Account

Privacy, security, change email or number



Chats

Theme, wallpapers, chat history



Notifications

Message, group & call tones



Storage and data

Network usage, auto-download



Help

Help centre, contact us, privacy policy

Invite a friend

19:02



HEALTH METRICS

Heart Rate

78 BPM

1 min ago



Blood Sugar

80 mg / dL



Blood Pressure

102 / 72 mmhg



Calories

160 kcal



Home





FitBot



Hi there! How can I help?

What's the best workout to lose belly fat?

The best way to reduce belly fat is a mix of cardio (running, cycling, HIIT) and strength training. Also, focus on a high-protein diet and stay consistent! Want me to suggest a workout plan?

Source

[Generating a workout plan.... >](#)

Answer



How many calories should I burn daily to lose weight?

Thinking



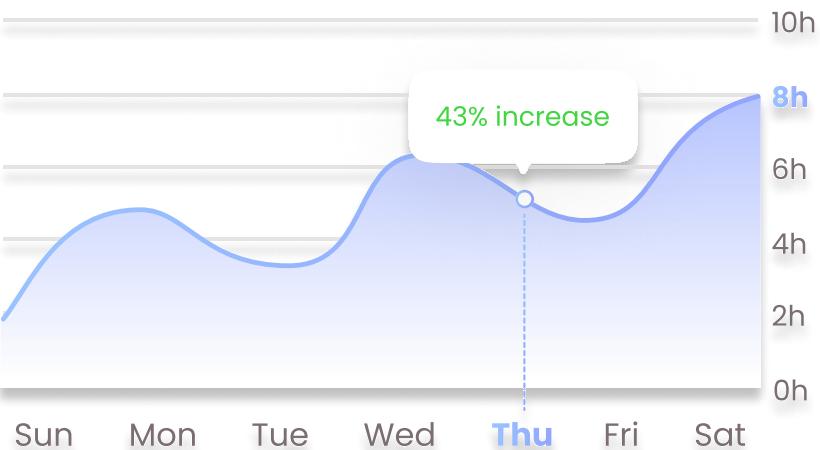
Home



19:02



SLEEP MONITOR



Last Night Sleep

8h 20m

Daily Sleep Schedule

Check

Today Schedule



Bedtime, 09:00pm

in 6hours 22minutes



⋮



Alarm, 05:10am

in 14hours 30minutes



⋮



Home



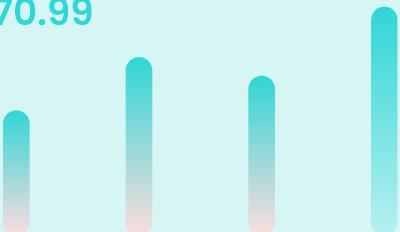
19:02



CALORIE STATS

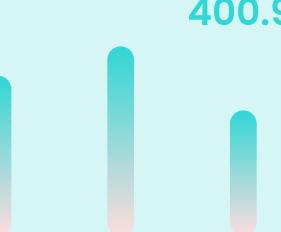
Daily calories

2070.99



Calories to eat

400.90



Daily Calories
Intake

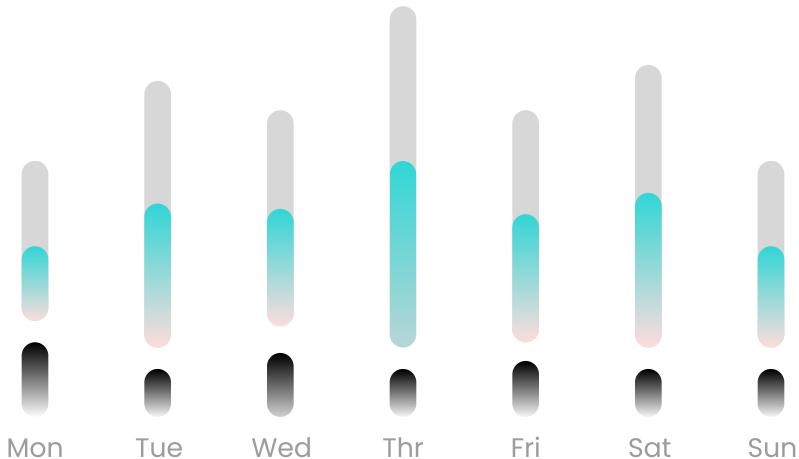
Eat upto 2070.99 calories



Today's calorie
Intake

Today's eaten calories
1670.09

Calorie Burn Chart

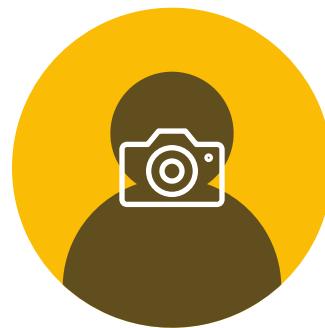


Home





EDIT PROFILE



Full Name

Natasha Singh



Phone

987XXX3210

Email address

natasha28@example.com

Weight

65

LBS

KG

Height

165

FEET

CM

Gender

♂ Female



Home





MY PROFILE



Natasha Singh

natasha28@example.com

65 Kg
Weight

28
Years Old

1.65 CM
Height



Edit Profile



Favorite



Privacy Policy



Settings



Help



Logout



Home





Notification



Breakfast Reminder !

About 1 minutes ago



Don't miss your lowerbody workout

About 3 hours ago



Hey, let's add some meals for your b..

About 3 hours ago



Congratulations, You have finished A..

01 Jan



Ups, You have missed your Lowerbo...

24 Dec



Home





DISCOVER

THE PERFECT HEALTHY FOOD



Search



Olive Salad



120 cal

RECIPE



Lentil Salad



113 cal

RECIPE



Fresh Fruit Salad



125 cal

RECIPE



Ceaser's Salad



190 cal

RECIPE



Home



Fresh Fruit Salad



135 cal

RECIPE



Ceaser's Salad



145 cal

RECIPE



BMI CALCULATOR

Your BMI:

22.5

Normal



65 kg

Weight

165 cm

Height

28

Age

female

Gender

HEALTHY WEIGHT FOR THE HEIGHT:

53.5 kg - 72.3 kg



Home



19:02



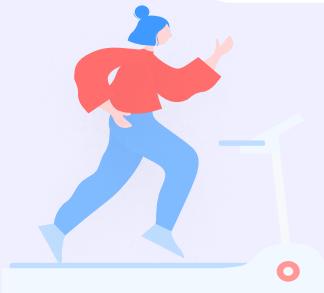
EXERCISE

Workout

Today at 2:45 PM

FITNESS

Vellore



Overview



3.950

Cal Burnt



3h 14min

Total Time



15

Exercises

Daily progress



Sleep

8h/8h

Calories

150/2000

Steps

10000/12000



Home



19:02



DAILY TARGET



My Activity

Today ▾

7 am-8 am

Time
2h.45 min

Distance
15.6 km

10 am-11 am

Time
3h.15 min

Distance
20 km



Home



19:02



WORKOUT SCHEDULE



Feb 2024



Tue
11

Wed
12

Thus
13

Fri
14

Sat
15

Sun
16

06:00 AM

07:00 AM

Core Workout, 7:30am

08:00 AM

09:00 AM

Upperbody Workout, 9am

10:00 AM

11:00 AM

12:00 AM

01:00 PM

02:00 PM

03:00 PM

Lowerbody Workout, 3pm

04:00 PM

05:00 PM

06:00 PM

07:00 PM

08:00 PM



Home





search for help

How do I manage my notifications? ▾

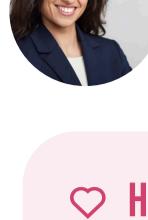
To manage notifications, go to "Settings," select "Notification Settings," and customize your preferences.

**How do I start a guided meditation ▾
session?****How do I join a support group? ▾****How do I manage my notifications? ▾****Is my data safe and private? ▾**

Home



19:02



Hello
NATASHA



❤ HEART RATE

78 bpm

⚡ EXERCISE

24 min

👣 WALKING

10 km

💤 SLEEP

8 hrs

⚡ WORKOUT



WATER INTAKE

22.5

BMI

MEAL NUTRITIONS

WEEKLY ▾

Calories 82% ↑

Fibre 88% ↑

100%

80%

60%

0%

Sun Mon Tue Wed Thu Fri Sat



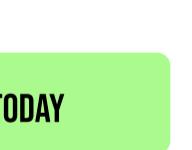
CALORIES



RECIPE

FITBOT

● Always active



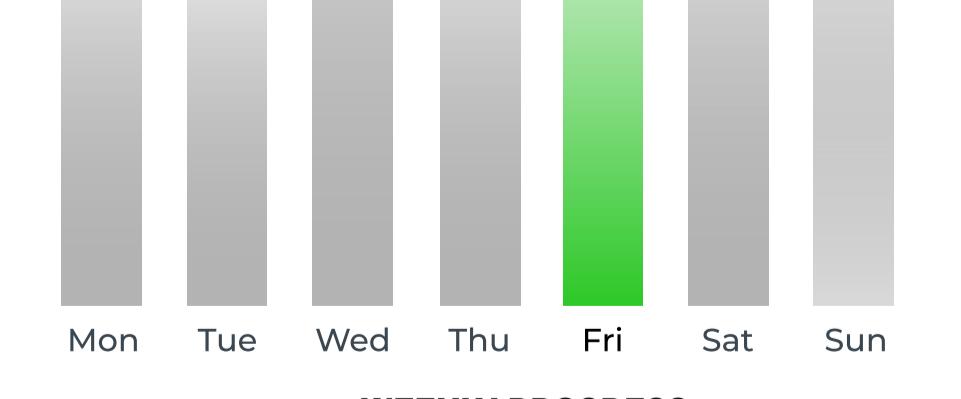
WORKOUT



SUMMARY

TODAY WEEK MONTH

Mon Tue Wed Thu Fri Sat Sun



WEEKLY PROGRESS



WORKOUT SUMMARY

Total time

00:45 min

Total calories

120 kcal

Total weight

59kg

Heart rate

115 bmp

Total time

00:45 min

Total calories

120 kcal

Total weight

59kg

Heart rate

115 bmp



Home



19:02



WORKOUT PLAN

CATEGORIES

All

Cardio

Warm-Up

Running

Yoga

Stretching

Stretch

Arms

Boxing

EXERCISE

All

Biceps

Back

Shoulders

Triceps

Legs

LEVEL

Beginner

Average

Hard

MEAL

Breakfast

Lunch

Dinner

TIME

10-15 Min

15-30 Min

30-45 Min



Home

