

# Comprehensive Fitness Tracker

1000

Set Goal

500

Track Steps

Reset Tracker

## Fitness Report

Steps: 500  
Calories Burned: 20.00 kcal  
Distance: 0.40 km  
Goal Progress: 50.00%

## History

No history available.

## Water Intake Tracker

1000

Track Water

Total Water Intake: 1000 ml

## Sleep Tracker

8

Track Sleep

Total Sleep: 8 hours

BMI Calculator

55

149

Calculate BMI

BMI: 24.77 (Normal weight)

Heartbeat Tracker

98

Track Heartbeat

Average Heartbeat: 98.00 bpm