



# POWER PULSE

Feel the Power, Pulse with Strength.



**Username**



**Password**

**SIGN IN**

**Or**

**SIGN UP**



# POWER PULSE

Welcome, create your account



**Username**



**Email**



**Password**

**SIGN UP**



50%



5.000/10.000



***Listen to Your Body, Rest When  
Needed***

Distance

**1.5 mi**

Time

**23 min**

Calories

**43 kcal**

Heart rate

**100 bpm**



**See Your Route**





# Day Month

## OCTOBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
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				

### Sunday 1



50%



25%



100%

## Monthly Summary

Total Steps	183.469
Total Distance	450 km
Calories Burned:	18.469 kcal





# Day Month

## Daily activity

4:17 pm



**Slow Walking**

4.500

90

2.25 miles in 45 minutes

steps

kcal

4:17 pm



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4:17 pm



**Slow Walking**

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90

2.25 miles in 45 minutes

steps

kcal





## Slow walking



Distance

2.25 mi



Calories

90 kcal



Time

45 min



Steps

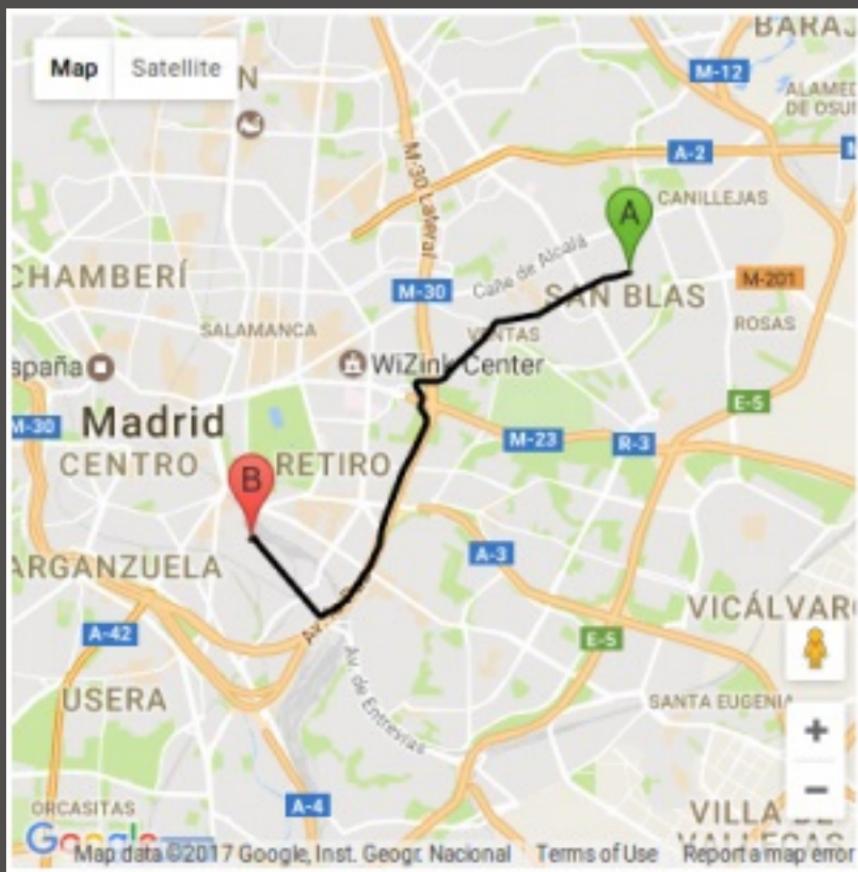
4.500 stp



Heart rate

120 bpm

## Route



# My profile



**JohnnyChad**

**johnny01@gmail.com**

**79**

**Weight**

**25**

**Age**

**180**

**Growth**

## My Records

**Daily Mile Record**

**6.8 mi**

**Longest route**

**5.1 mi**



Average  
Daily Steps

**8.000**



Unlocked  
Rewards

**162**



Daily Rank  
Position

**#59**





## Tracking Panel



My Devices



DreamView



BodyMetrics



Rewards



Nutrition



Workout

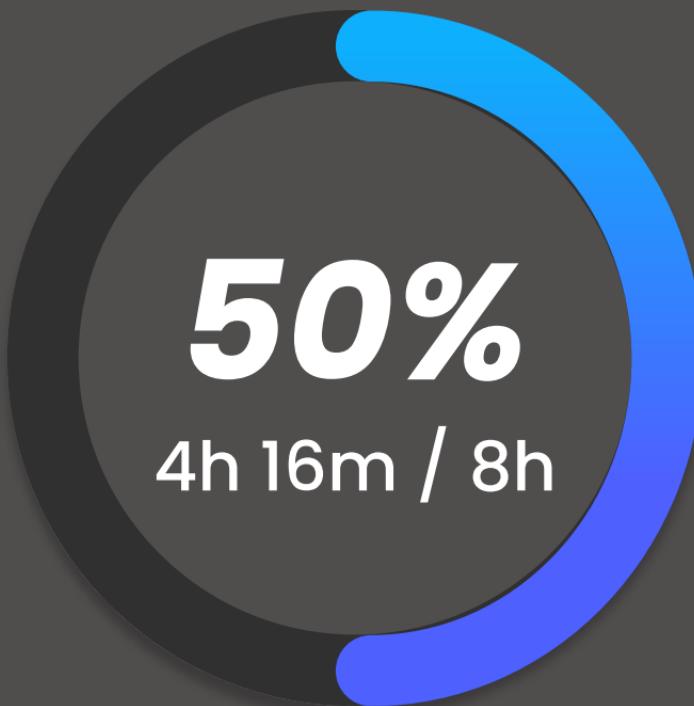




## Sleeping diary

Tuesday, November 7, 2023

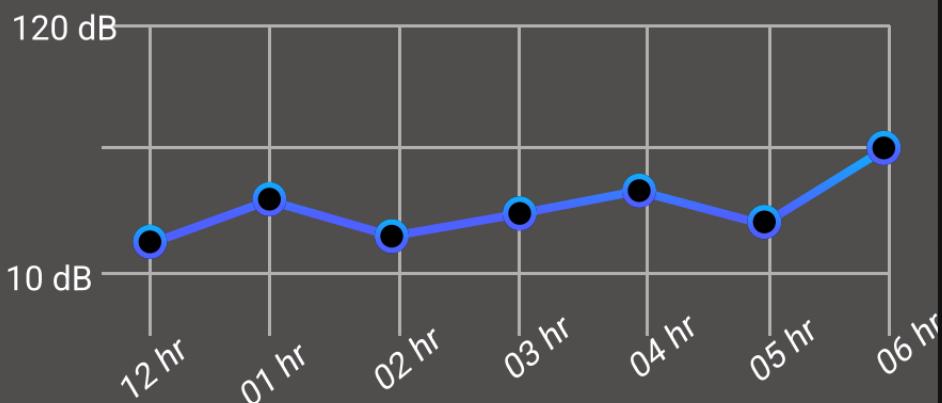
Today hours



Modify Goals

Start Sleeping

Noise levels are during this night





## My devices

Manage your wearable devices



**Pokemon i2**

Status: **Connected**

Battery: **55%**

[Unlink](#)

[Edit](#)



**Runner s24**

Status: **Connected**

Battery: **100%**

[Unlink](#)

[Edit](#)



**Iclock A-99**

Status: **Disconnected**

Battery: **Unknown**

[Unlink](#)

[Edit](#)



[Add a new device](#)





# BodyMetrics



## Weight



Actual

**79 kg**



Target

**75 kg**

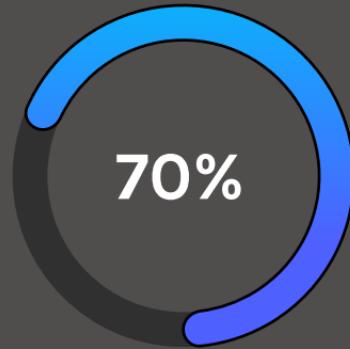


## Body Fat



Actual

**34 %**



Target

**24 %**





# POWER PULSE



## Rewards



162



### Runner!

3



Walk 1000 kilometers this year



### Collector

1



Links 2 wearables



### Have sweet dreams

2



Stick to your sleep schedule 7 days in a row



### Super human

5



Take 15000 steps 10 days in a row



### Collector

1



Links 2 wearables





## Workout

### Choose Your Route

***Customize Your  
Workout***

***Recommended  
Routines***



### Hypertrophy Workout



*Lorem ipsum dolor sit amet, consectetur  
adipiscing elit.*

**START**





## Daily ranking

Steps↑↓

Km↑↓

Calories↑↓

Sle

1  Johnny chad  8000 steps

2  Johnny chad 2n  7999 steps

3  Johnny chad 3n  7998 steps

4  fourth :c  900 steps

4  fourth :c  900 steps

4  fourth :c  900 steps

4  fourth :c  900 steps

4  fourth :c  900 steps

4  fourth :c  900 steps

4  fourth :c  900 steps

4  fourth :c  900 steps

4  fourth :c  900 steps

