

Workouts

Goals



Walk — 20-minute walk, 100 calories



Jog — 10-minute jog, 120 calories



Bike — 8-minute bike, 90 calories



Other

Today

2

Streak

103

Calories

0.7

Miles

20

Minutes



Activity



Insights

Day

Week

Month



Today

6,221

of 6,000 steps

3

Streak

336

Calories

2.3

Miles

1:04

Hours



Activity



Insights

Day

Week

Month



Today

2,328 steps

11/10

1,787 steps

You're already 541 steps ahead of last Monday's pace!

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Your current goal today is 6,000 steps. If you take a 10-minute walk at your regular pace, you will be about 1,028 steps closer to your goal.

Would you like to start a 10-minute timer?

Yes

No

Activity



Insights