

Screenshots of the MyWellnessCloud web platform.

WEEKLY ACTIVITY LEVEL
Last mywellness key sync on: 25/01/2016

LOW ACTIVE

0 MOVES

YOUR WEEKLY GOAL: 210 MOVES

Add activities and exercises New activity

Logbook

Aspirations determinate the way people live and move. Discover what makes you move

All

- MOVEMENT
- DAILY ACTIVITIES
- EXERCISES
- TRAINING PROGRAMME

Workout done @mywellness.com
12 November 2015 12:00
Your have completed the workout <<Free workout>> of 1 exercise - 20 min - 472 MOVES

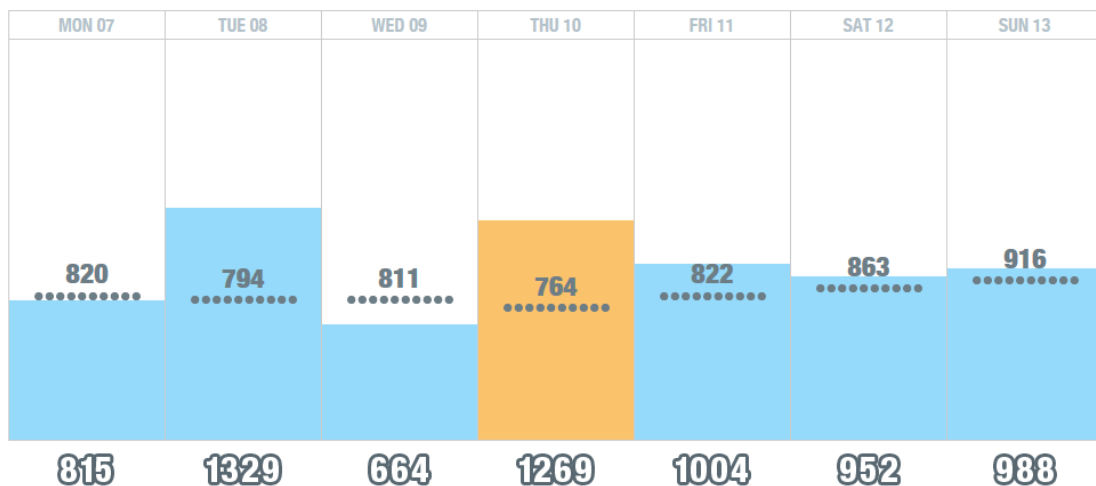
mywellness key
12 November 2015
Your mywellness key has been synchronised. Your daily MOVES are 474

WEEKLY MOVES

•• DAILY GOAL ■ TRAINING PROGRAMME ■ EXERCISES ■ DAILY ACTIVITIES ■ MOVEMENT

◀ 07-13 OCTOBER 2013 ▶

OCTOBER 2013



RESULTS

Select the type of result to view



HIGHEST NUMBER OF MOVES ON A BIKE
472 MOVEs
12 November 2015

TIME IN INTENSITY

Time in intensity day by day

◀ 14-20 OCTOBER 2013 ▶

WEEKLY

MONTHLY

YEARLY

