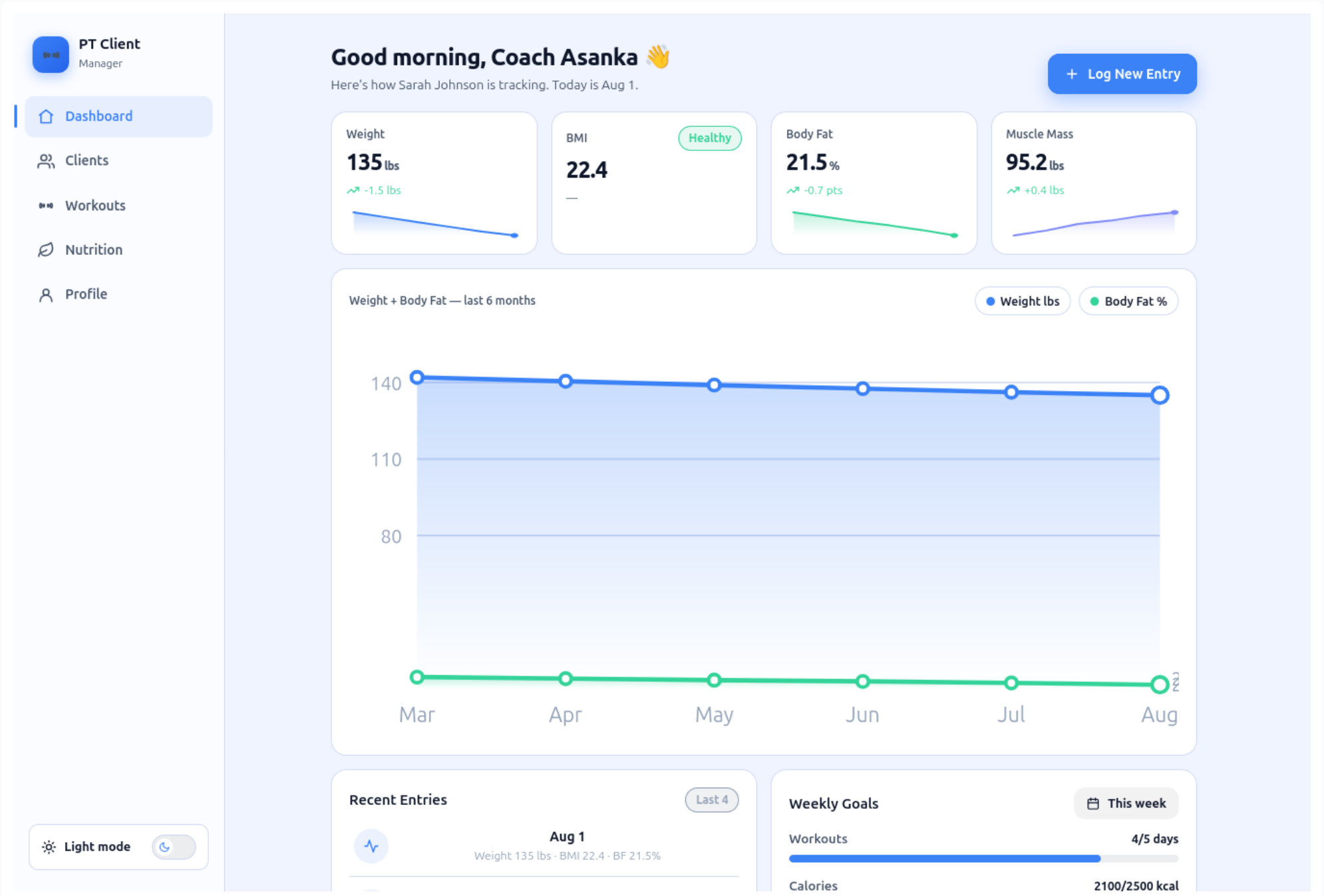
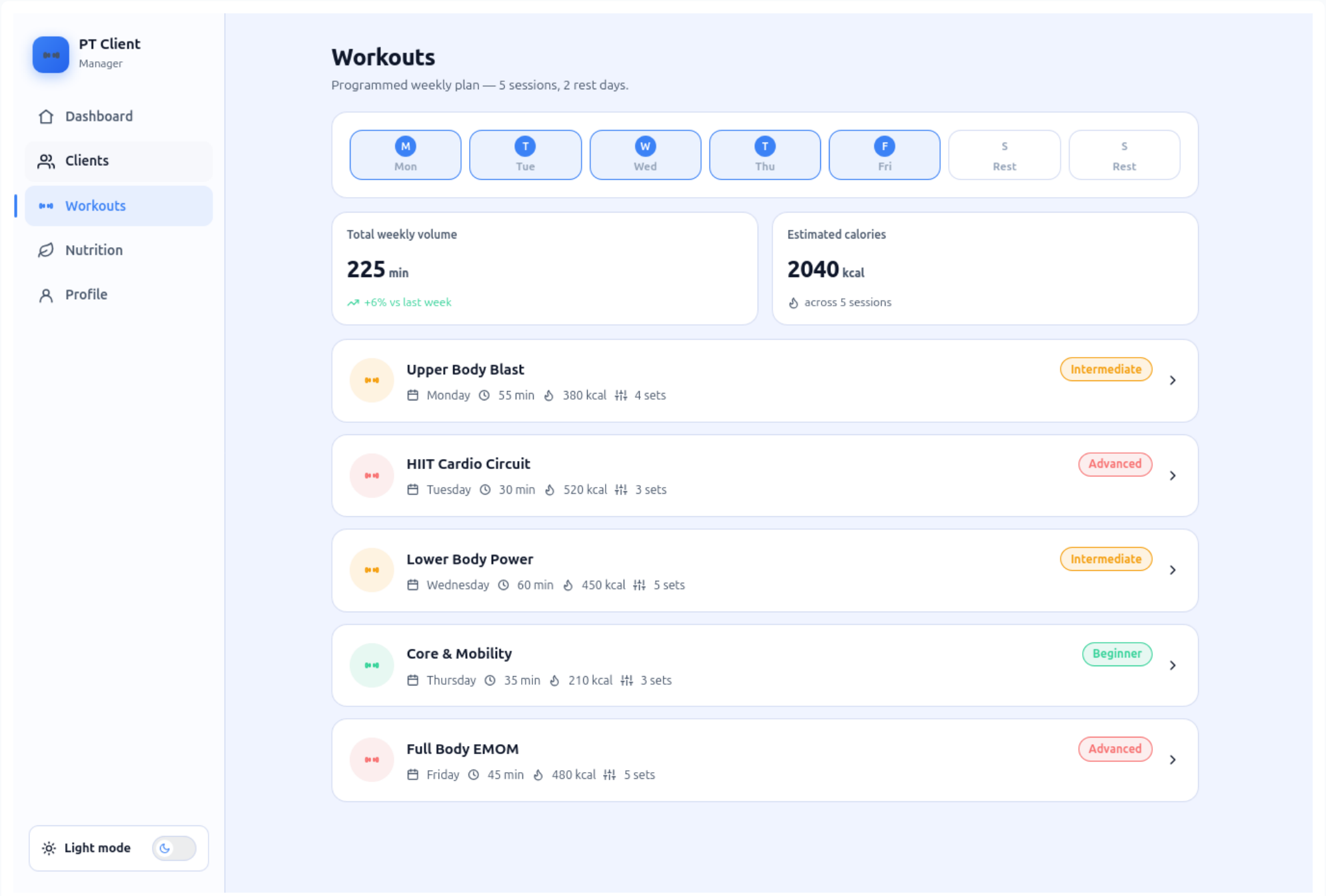
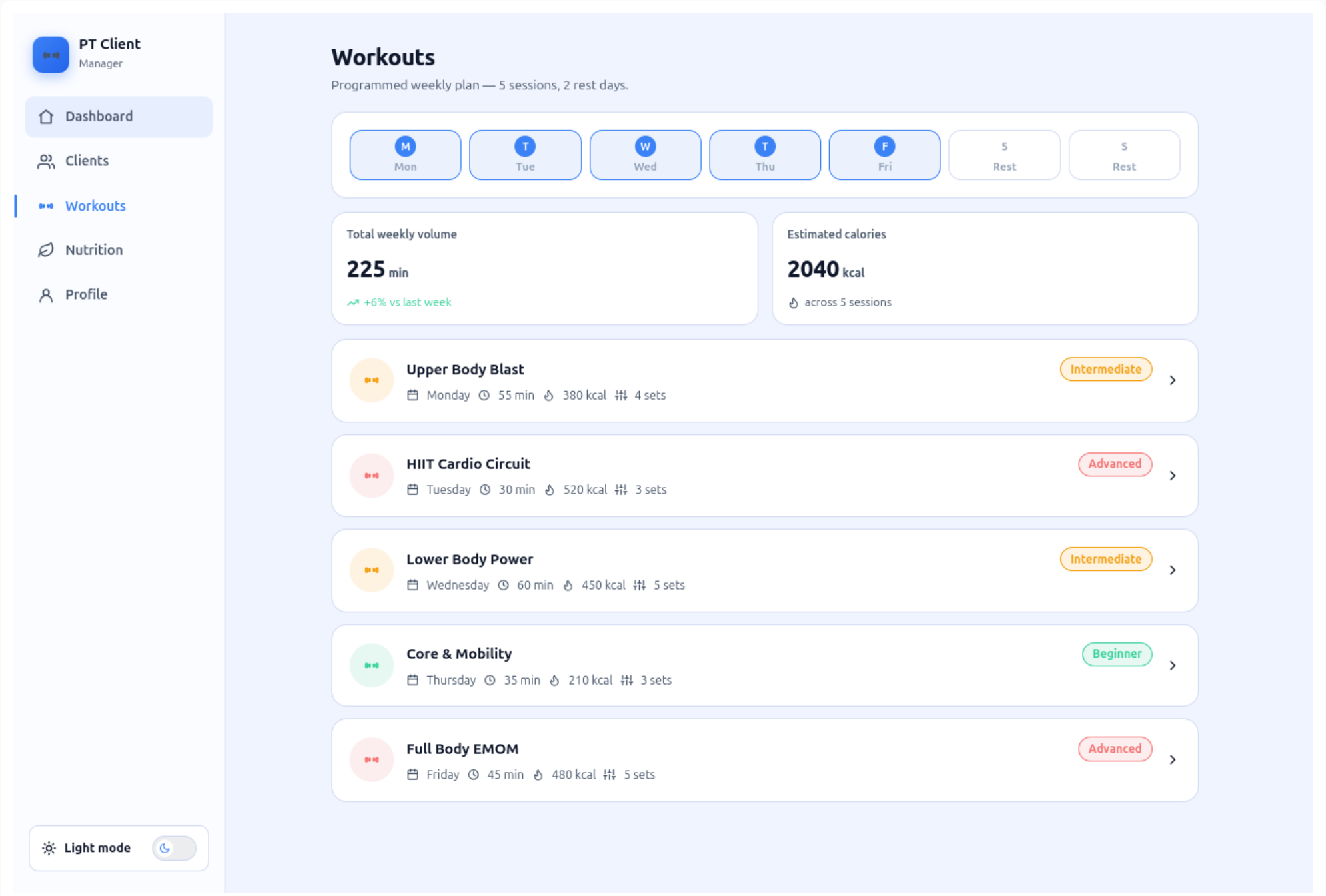
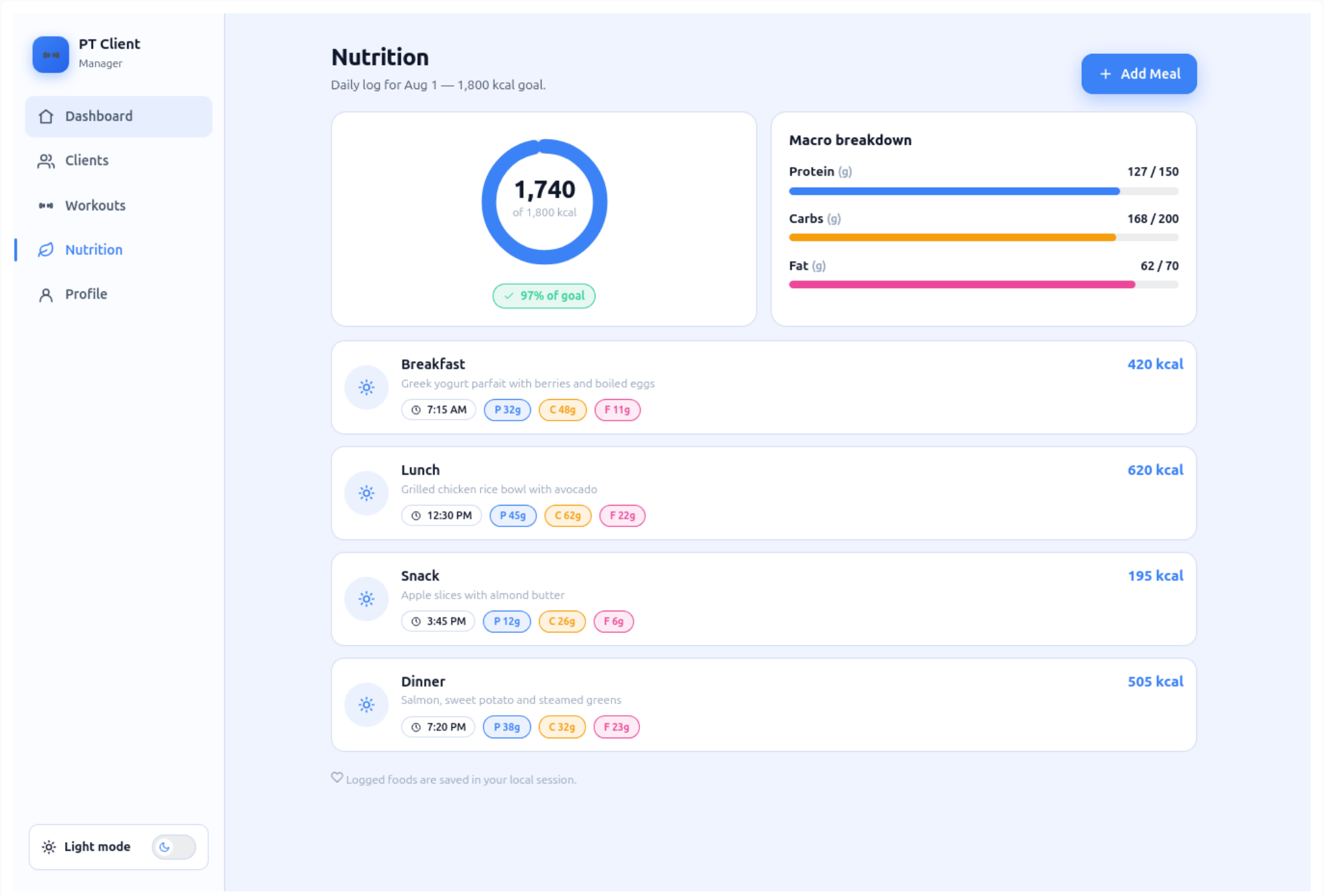
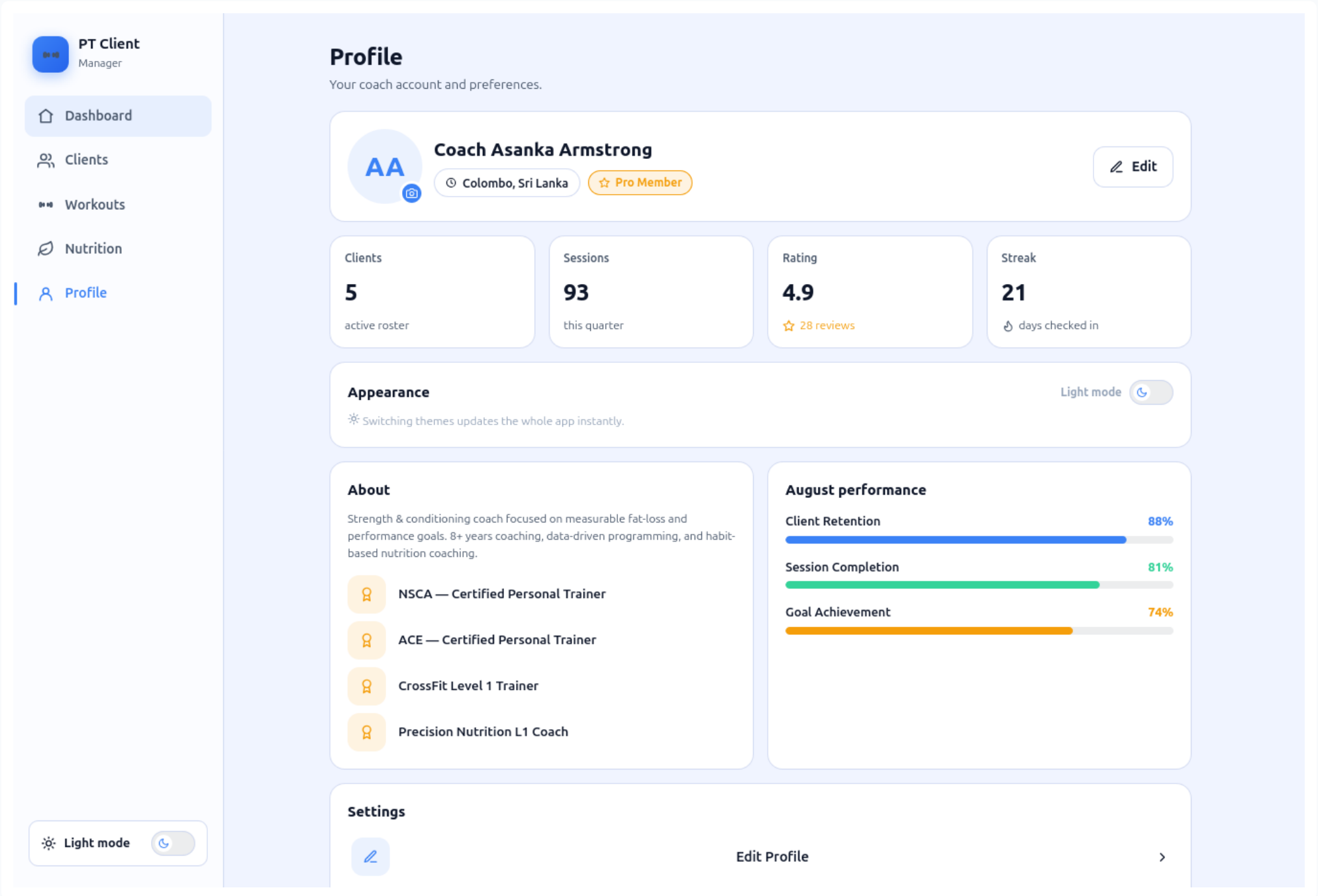

PT Client
Manager
Dashboard
Clients
Workouts
Nutrition
Profile
Light mode
Good morning, Coach Asanka 👋
Here's how Sarah Johnson is tracking. Today is Aug 1.
+ Log New Entry
Weight
135 lbs
-1.5 lbs
BMI
Healthy
22.4
—
Body Fat
21.5 %
-0.7 pts
Muscle Mass
95.2 lbs
+0.4 lbs
Weight + Body Fat — last 6 months
Weight lbs
Body Fat %
140
110
80
Mar
Apr
May
Jun
Jul
Aug
Recent Entries
Last 4
Aug 1
Weight 135 lbs · BMI 22.4 · BF 21.5%
Weekly Goals
This week
Workouts
4/5 days
Calories
2100/2500 kcal


PT Client
Manager
Dashboard
Clients
Workouts
Nutrition
Profile
Light mode
Workouts
Programmed weekly plan — 5 sessions, 2 rest days.
M Mon
T Tue
W Wed
T Thu
F Fri
S Rest
S Rest
Total weekly volume
225 min
+6% vs last week
Estimated calories
2040 kcal
across 5 sessions
Upper Body Blast
Monday 55 min 380 kcal 4 sets
Intermediate
HIIT Cardio Circuit
Tuesday 30 min 520 kcal 3 sets
Advanced
Lower Body Power
Wednesday 60 min 450 kcal 5 sets
Intermediate
Core & Mobility
Thursday 35 min 210 kcal 3 sets
Beginner
Full Body EMOM
Friday 45 min 480 kcal 5 sets
Advanced


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Nutrition
Profile
Light mode
Nutrition
Daily log for Aug 1 — 1,800 kcal goal.
Add Meal
1,740
of 1,800 kcal
97% of goal
Macro breakdown
Protein (g) 127 / 150
Carbs (g) 168 / 200
Fat (g) 62 / 70
Breakfast
Greek yogurt parfait with berries and boiled eggs
7:15 AM
P 32g
C 48g
F 11g
420 kcal
Lunch
Grilled chicken rice bowl with avocado
12:30 PM
P 45g
C 62g
F 22g
620 kcal
Snack
Apple slices with almond butter
3:45 PM
P 12g
C 26g
F 6g
195 kcal
Dinner
Salmon, sweet potato and steamed greens
7:20 PM
P 38g
C 32g
F 23g
505 kcal
Logged foods are saved in your local session.


PT Client
Manager
Dashboard
Clients
Workouts
Nutrition
Profile
Light mode
Profile
Your coach account and preferences.
AA
Coach Asanka Armstrong
Colombo, Sri Lanka
Pro Member
Edit
Clients
5
active roster
Sessions
93
this quarter
Rating
4.9
28 reviews
Streak
21
days checked in
Appearance
Light mode
Switching themes updates the whole app instantly.
About
Strength & conditioning coach focused on measurable fat-loss and performance goals. 8+ years coaching, data-driven programming, and habit-based nutrition coaching.
NSCA — Certified Personal Trainer
ACE — Certified Personal Trainer
CrossFit Level 1 Trainer
Precision Nutrition L1 Coach
August performance
Client Retention
88%
Session Completion
81%
Goal Achievement
74%
Settings
Edit Profile


PT Client
Manager
Dashboard
Clients
Workouts
Nutrition
Profile
Dark mode
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Body Fat
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