

9:41



WEDNESDAY, SEP 7

Summary



Activity

Move

228/380CAL

Steps

6,290

Distance

3.7 MI



Workouts

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Outdoor Run
186CAL

Today >



Outdoor Cycle
217CAL

Yesterday >



Yoga with Jessica
258CAL

Yesterday >

Mindfulness

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Summary



Fitness+



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Erin Palinski-Wade

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