

Introducing Polar Flow & MyFitnessPal

Tytti, Miina and Aada / Forssa

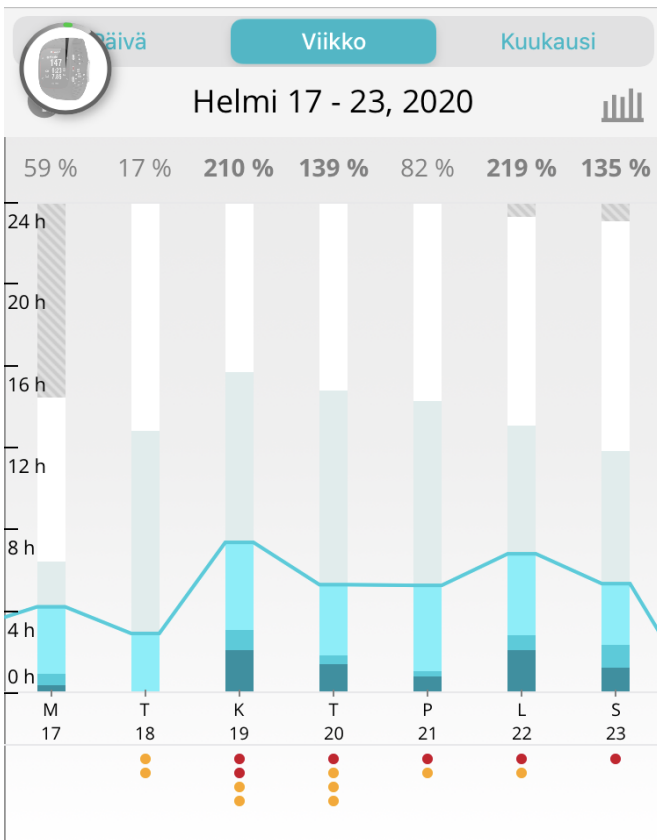
Polar Flow

Polar Flow is an app for Polar watches

Polar watch is on your wrist 24h / day and it tracks your steps, calories and sleep. You can move information from your watch to Polar Flow app, where you can see your daily goals.

If you're having an exercise (like skating or running), you can put on a practice mode, then the watch gets data from example of your speed and it can track your distance. It is useful because then you can see later what you have been doing.





i 123%

Päivittäisestä tavoitteesta saavutettu keskimäärin



Syöte



Aktiivisuus



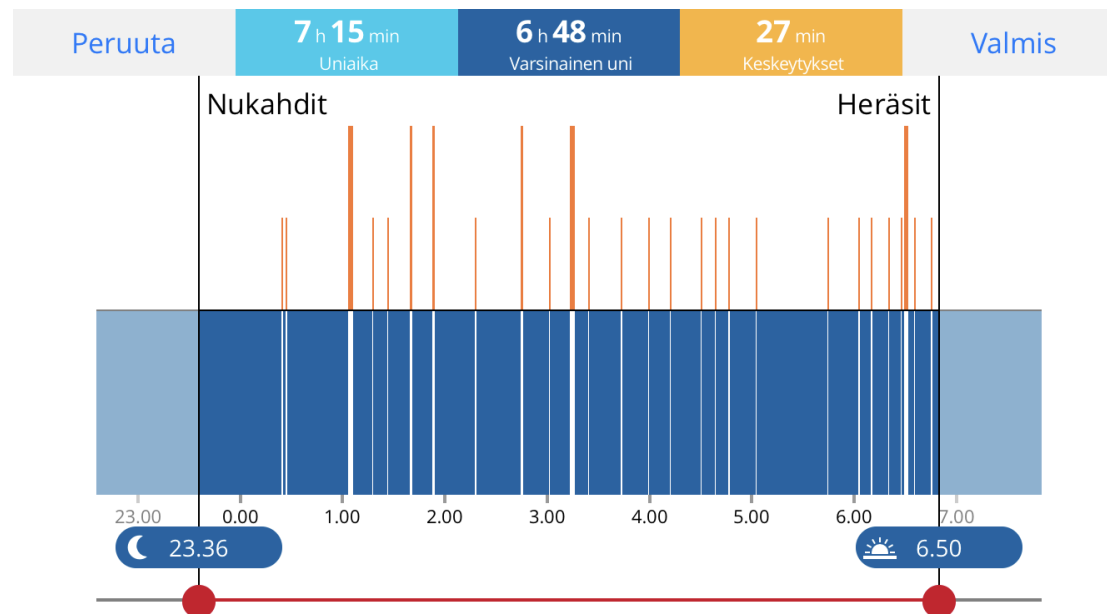
Harjoittelu



Uni



Lisää





MyFitnessPal

MyFitnessPal is free app, that tracks your diet and training.

You can download it to your phone and write there what you eat during the days. It shows your consume (how much you lost calories) and shows if you need more nutrition (example vitamins).

You can connect MyFitnessPal to Polar Flow.

YESTERDAY				
1,200	+2,292	-396	1,896	-696
GOAL	FOOD	EXERCISE	NET	REMAINING
Breakfast				1,281 cal 
Kale smoothie				231
1 serving				
16" Ultimate Meat Pizza				1,050
Marketside, 0.2 container (1 th pizza ea.)				
Lunch				796 cal 
Pearl Snap Pils				636
Austin Beerworks, 4 Bottle				
Fritos - Scoops! - Corn Chips				160
Frito-Lav 1 oz (28g/About 10 chips)				