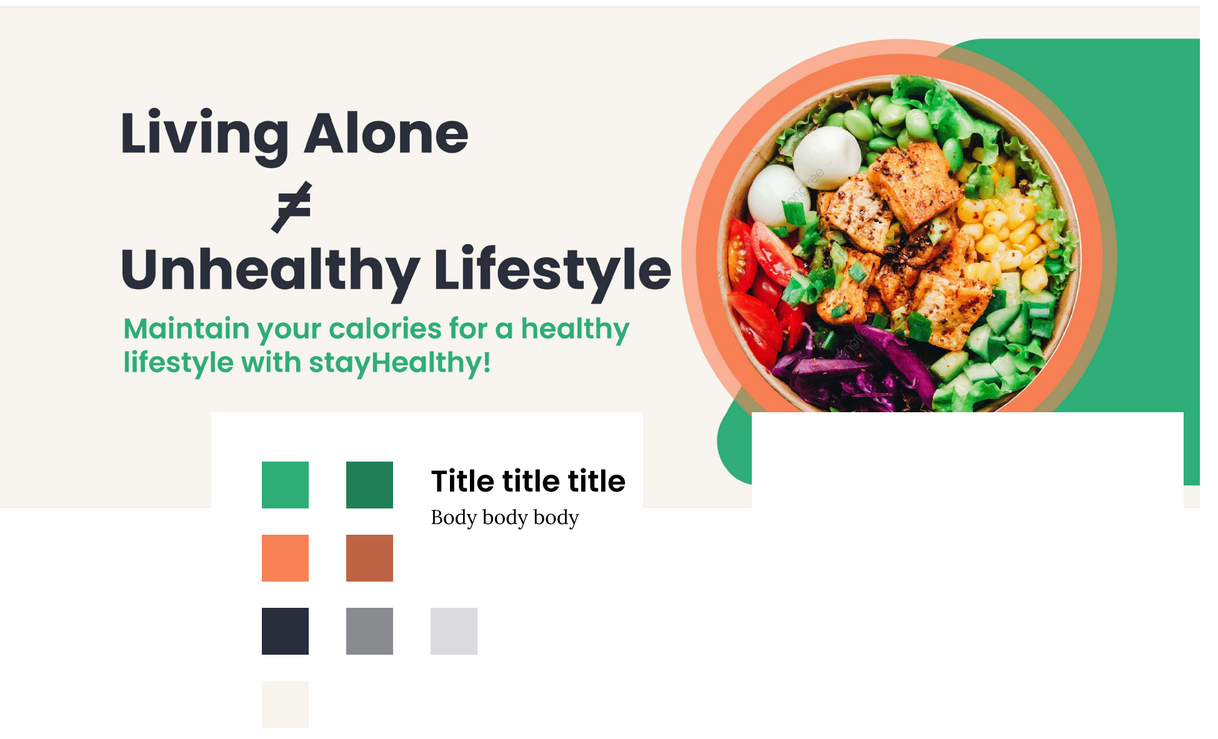
stayHealthy



Living Alone

≠

Unhealthy Lifestyle

Maintain your calories for a healthy lifestyle with stayHealthy!

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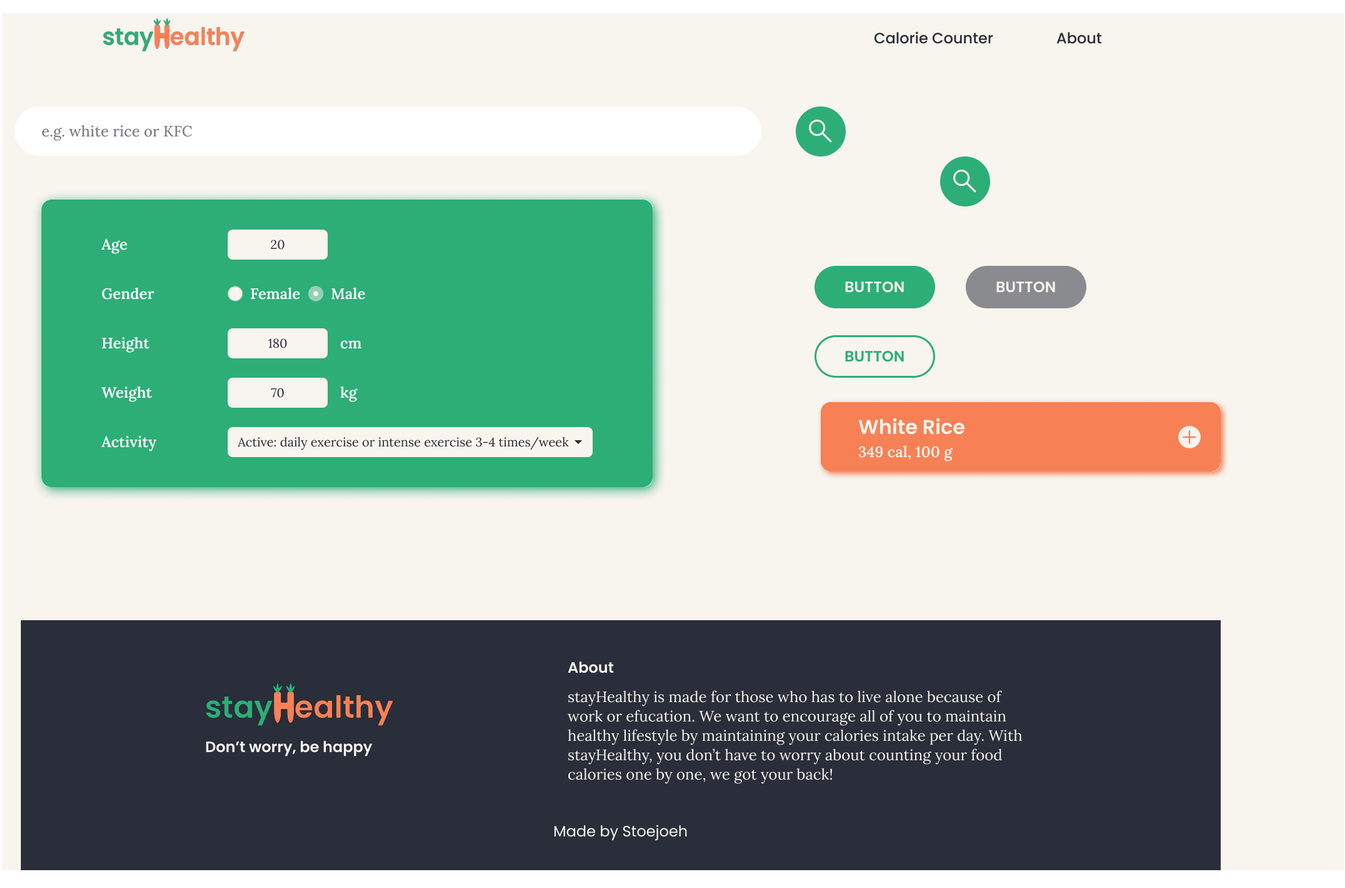


stayHealthy Calorie Counter About

e.g. white rice or KFC

Age	20
Gender	○ Female ● Male
Height	180 cm
Weight	70 kg
Activity	Active: daily exercise or intense exercise 3-4 times/week ▾

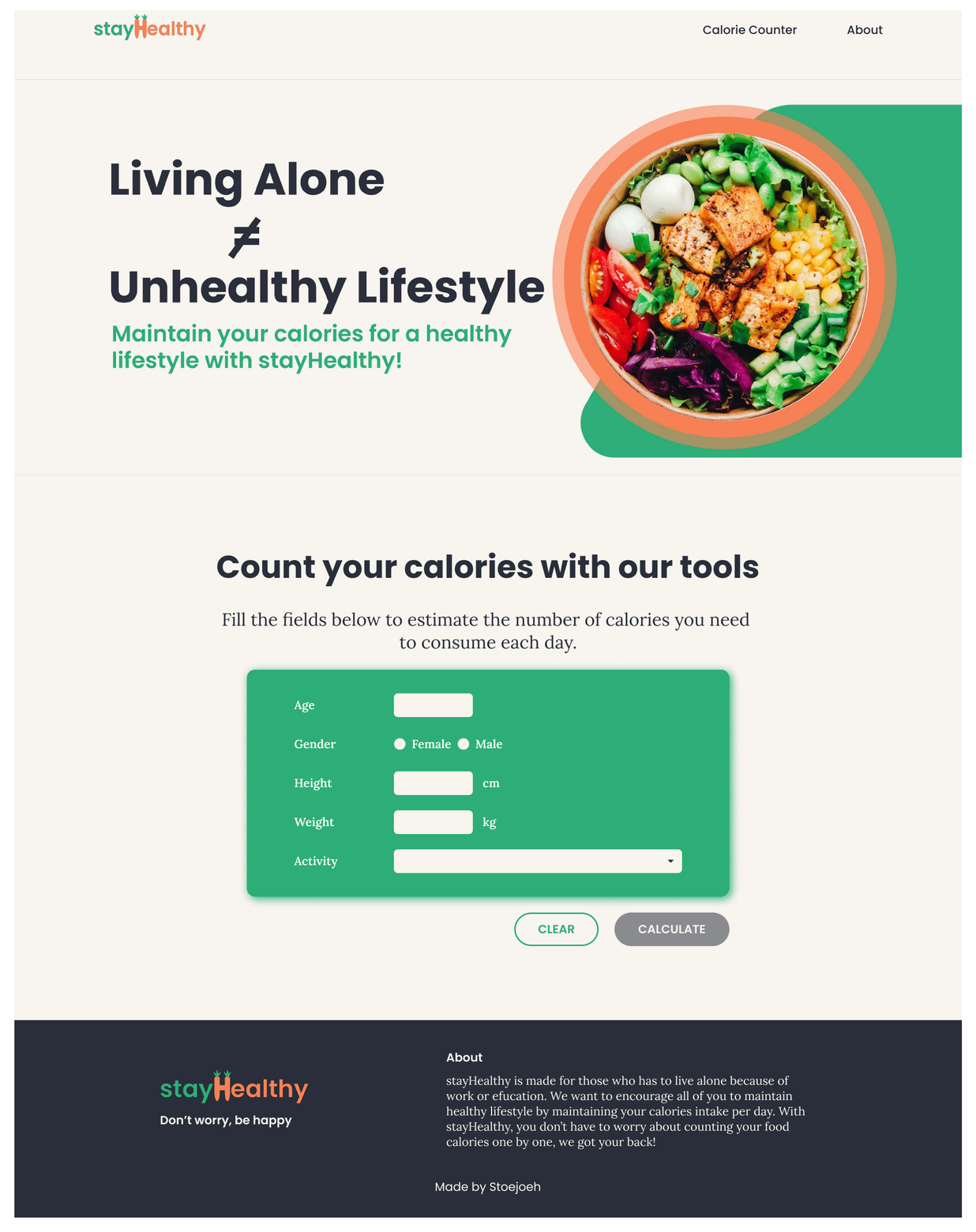
stayHealthy

Don't worry, be happy

About

stayHealthy is made for those who has to live alone because of work or efucation. We want to encourage all of you to maintain healthy lifestyle by maintaining your calories intake per day. With stayHealthy, you don't have to worry about counting your food calories one by one, we got your back!

Made by Stoejoeh



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Count your calories with our tools

Fill the fields below to estimate the number of calories you need to consume each day.

Age	
Gender	○ Female ○ Male
Height	cm
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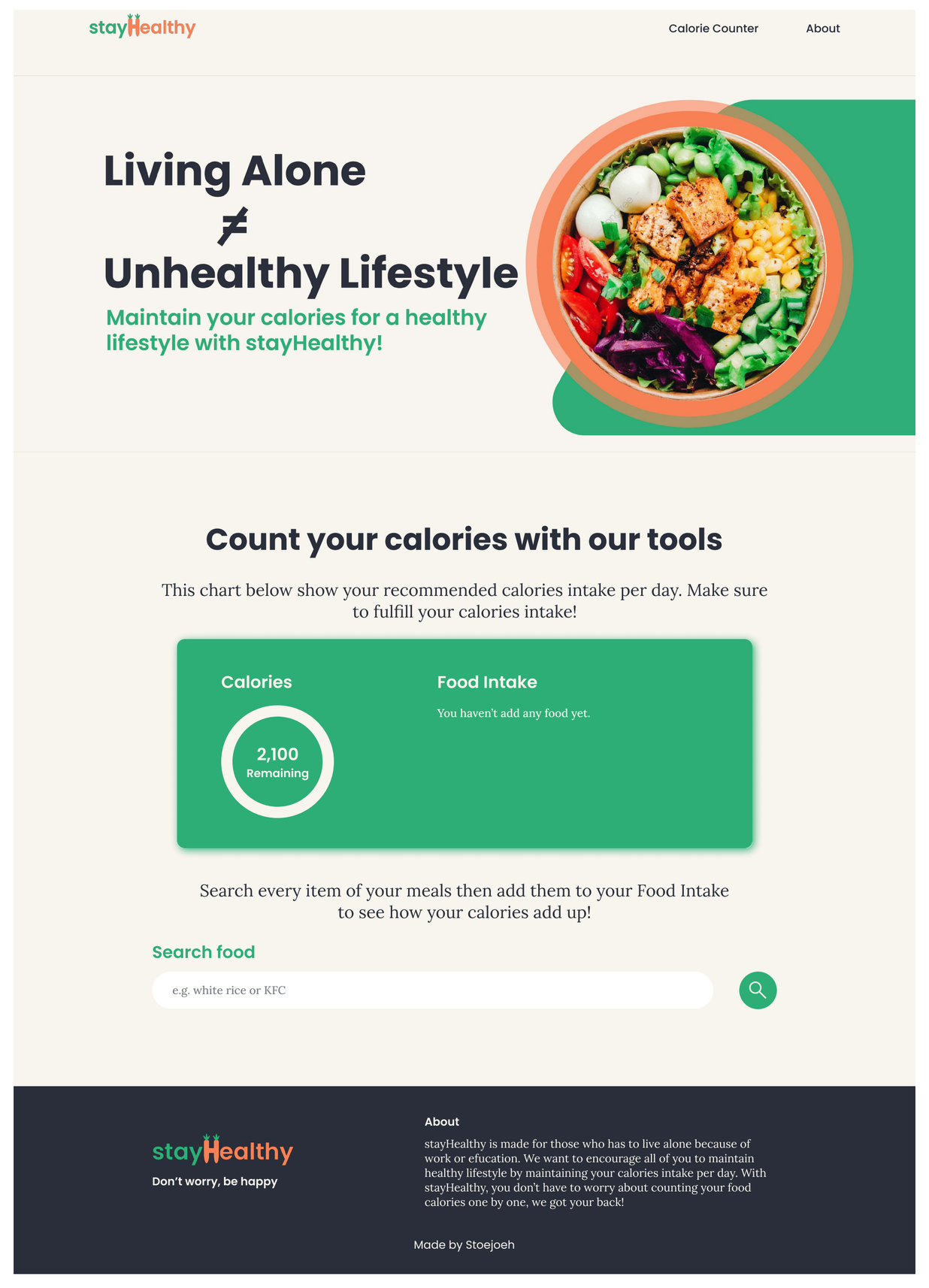

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This chart below show your recommended calories intake per day. Make sure to fulfill your calories intake!

You haven't add any food yet.

Search every item of your meals then add them to your Food Intake to see how your calories add up!

Search food

e.g. white rice or KFC

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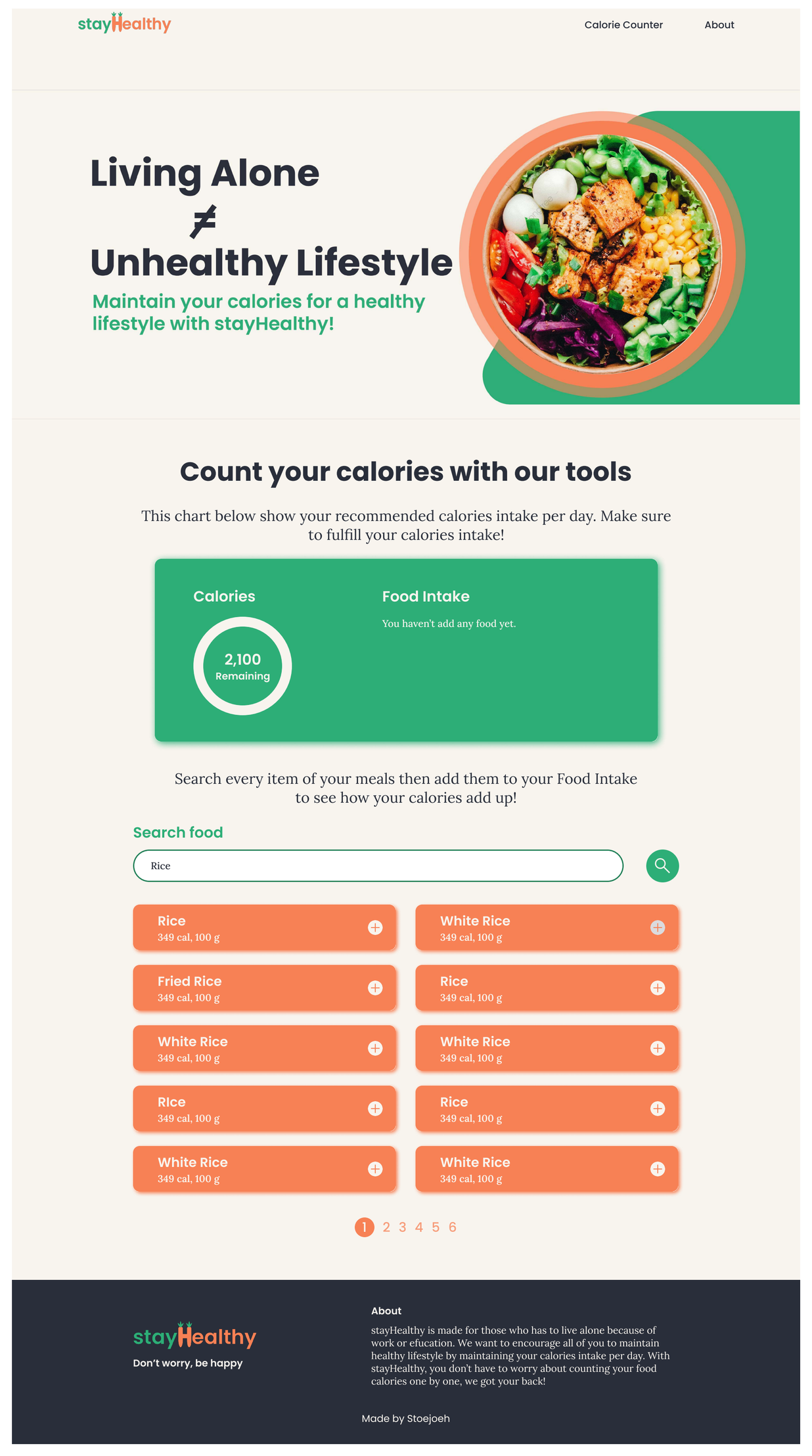

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Search food

Rice

Rice 349 cal, 100 g	White Rice 349 cal, 100 g
Fried Rice 349 cal, 100 g	Rice 349 cal, 100 g
White Rice 349 cal, 100 g	White Rice 349 cal, 100 g
Rice 349 cal, 100 g	Rice 349 cal, 100 g
White Rice 349 cal, 100 g	White Rice 349 cal, 100 g

1 2 3 4 5 6

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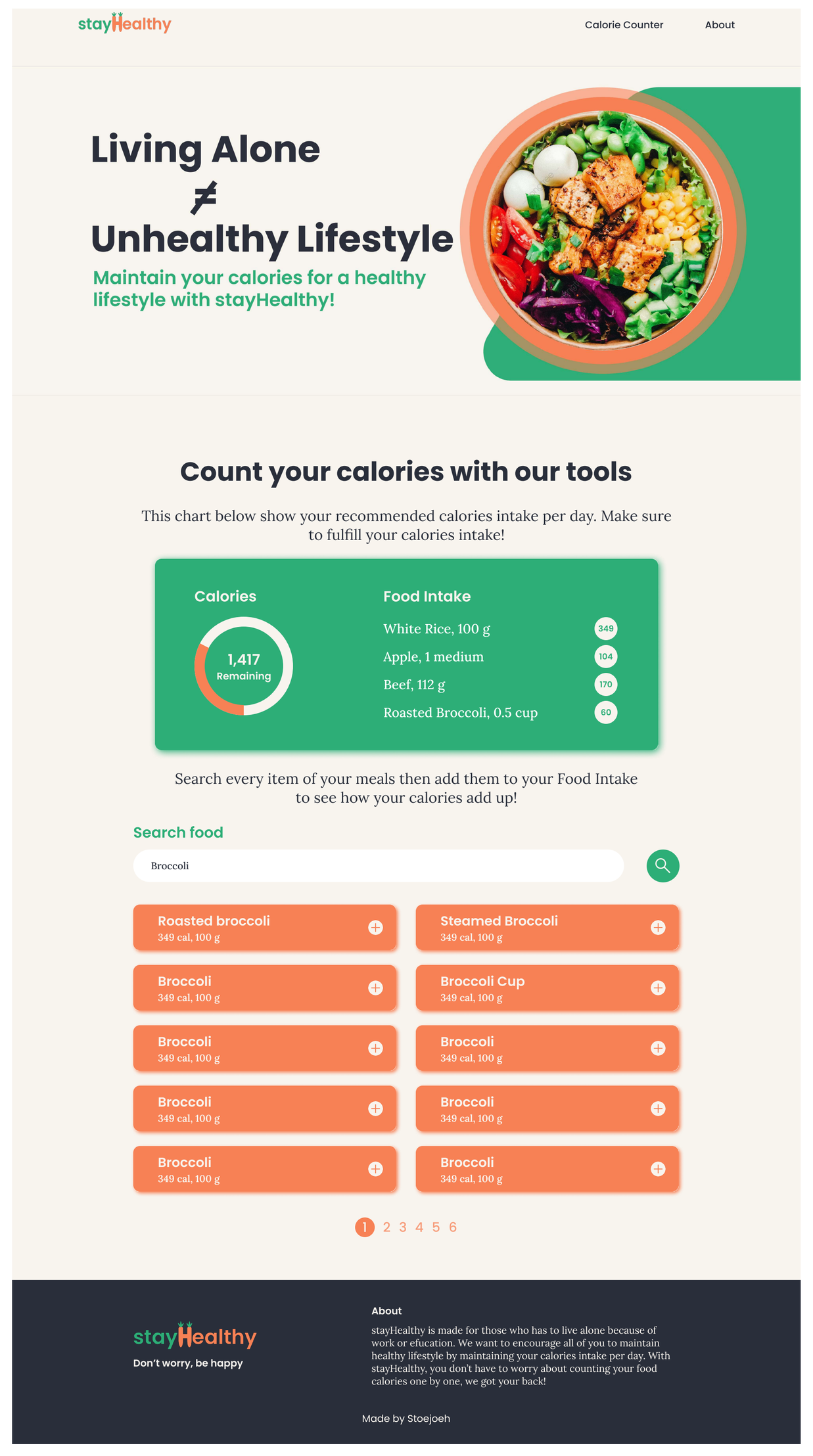

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White Rice, 100 g	349
Apple, 1 medium	104
Beef, 112 g	170
Roasted Broccoli, 0.5 cup	60

Search every item of your meals then add them to your Food Intake to see how your calories add up!

Search food

Broccoli

Roasted broccoli 349 cal, 100 g	Steamed Broccoli 349 cal, 100 g
Broccoli 349 cal, 100 g	Broccoli Cup 349 cal, 100 g
Broccoli 349 cal, 100 g	Broccoli 349 cal, 100 g
Broccoli 349 cal, 100 g	Broccoli 349 cal, 100 g
Broccoli 349 cal, 100 g	Broccoli 349 cal, 100 g

1 2 3 4 5 6

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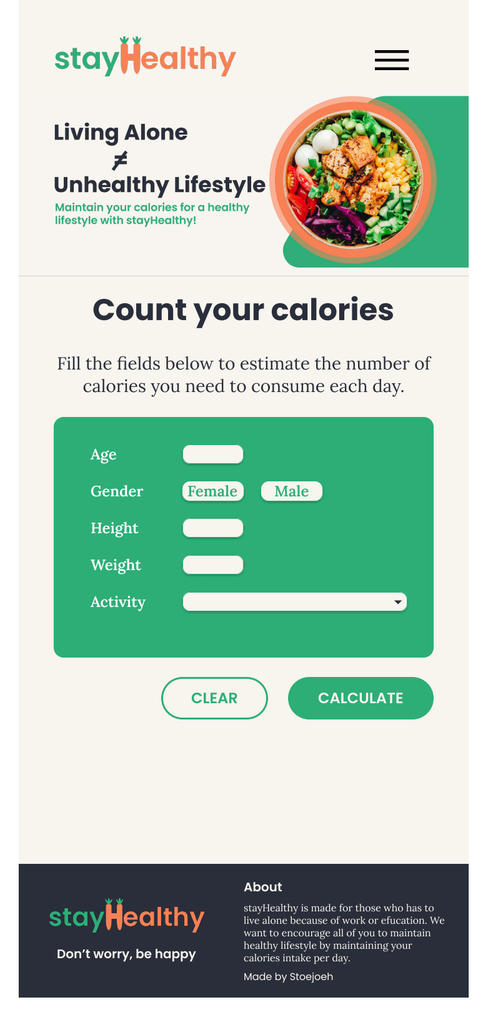

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Height	
Weight	
Activity	▾

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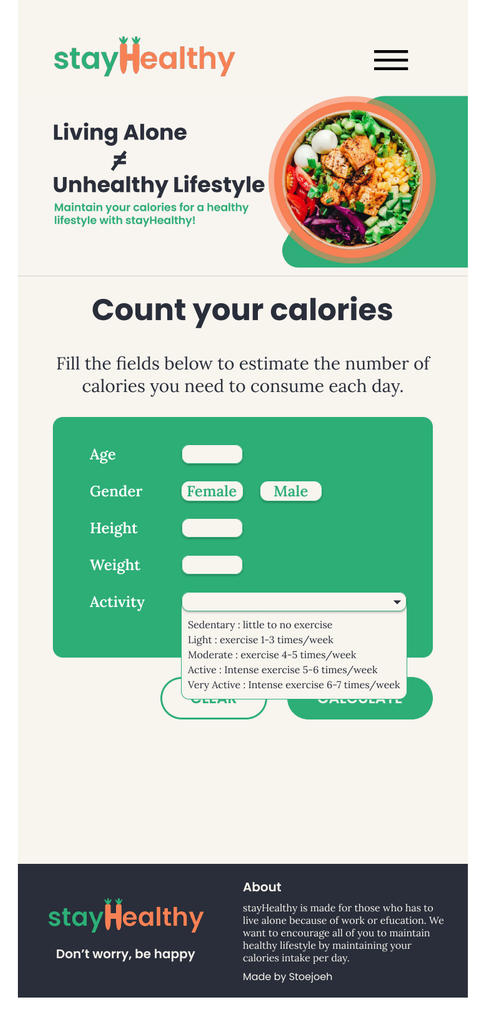

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Living Alone ≠ Unhealthy Lifestyle

Count your calories

Fill the fields below to estimate the number of calories you need to consume each day.

Age

Gender Female Male

Height

Weight

Activity

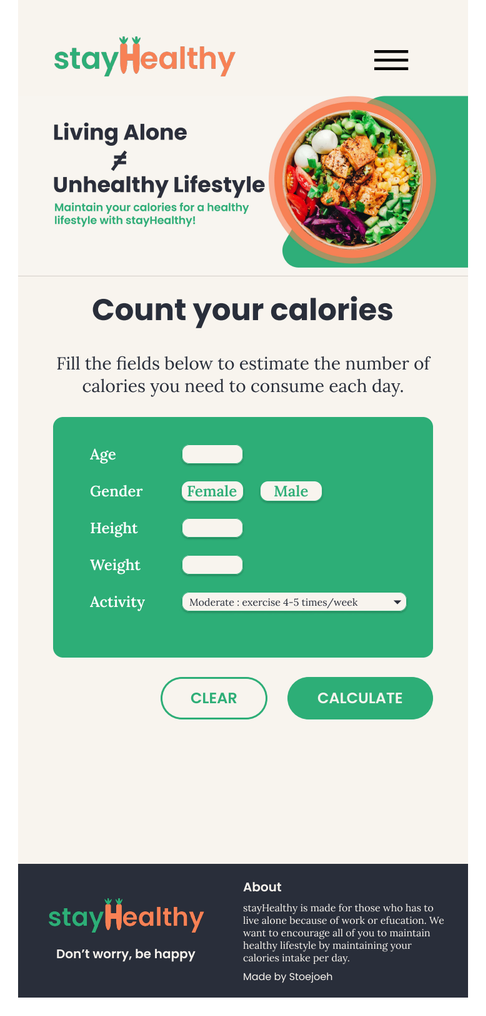
Sedentary : little to no exercise

Light : exercise 1-3 times/week

Moderate : exercise 4-5 times/week

Active : Intense exercise 3-6 times/week

Very Active : Intense exercise 6-7 times/week



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Gender	Female Male
Height	
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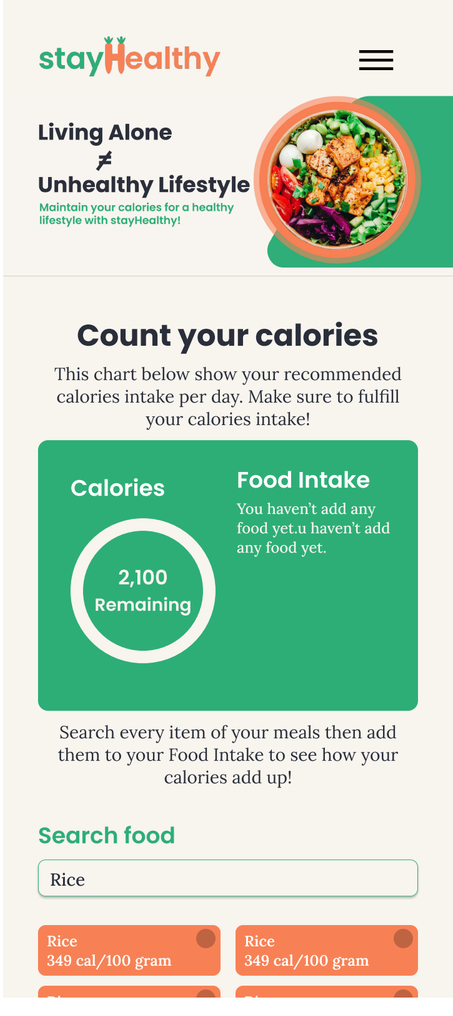

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Rice 349 cal/100 gram

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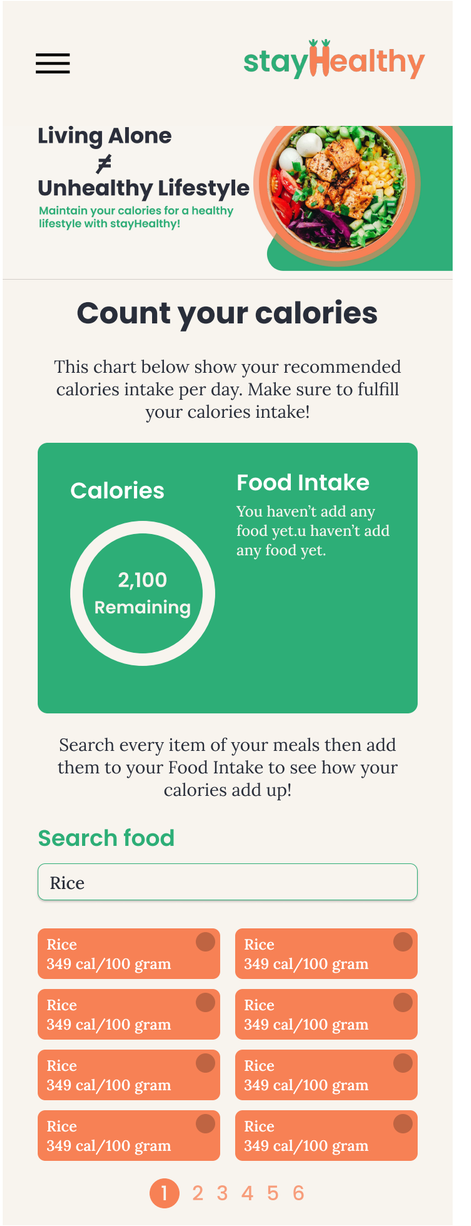

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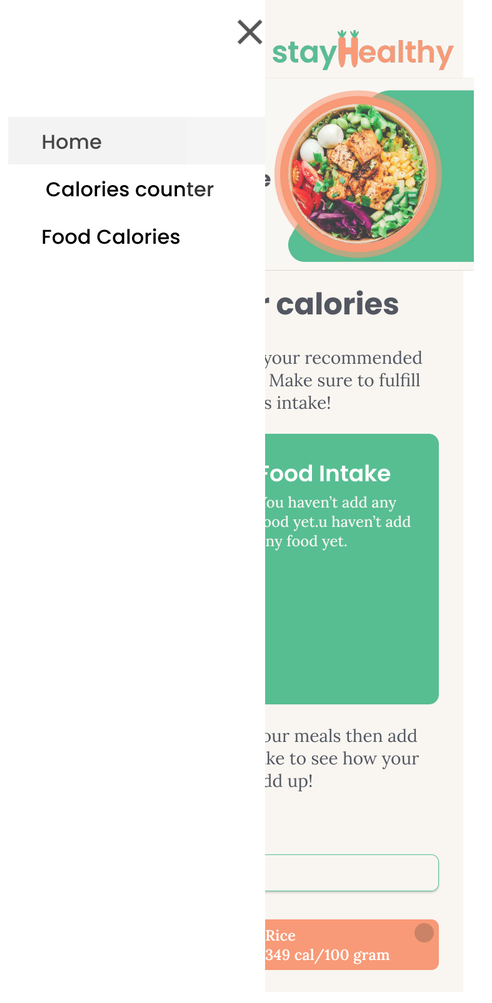
1 2 3 4 5 6



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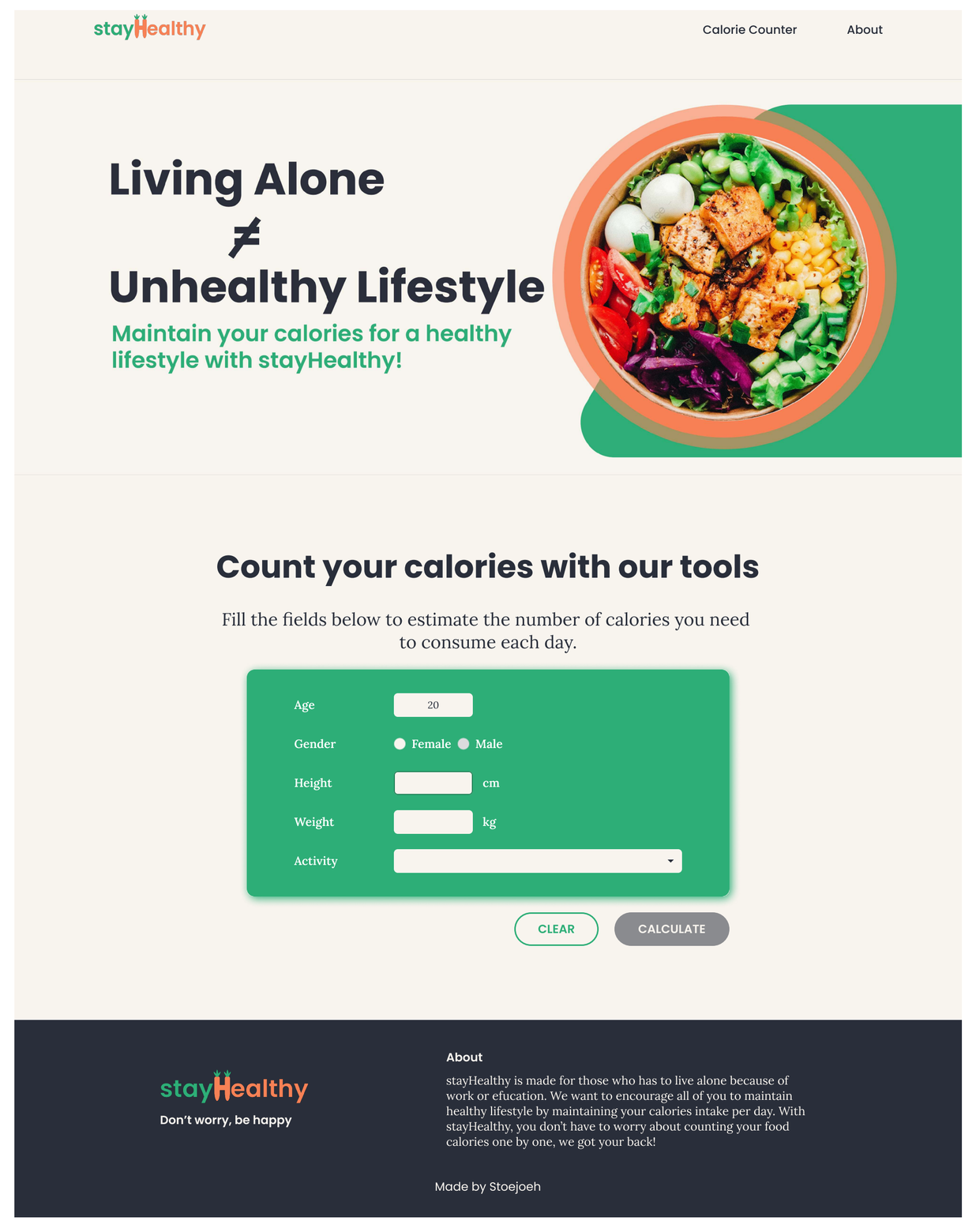
Home

Calories counter

Food Calories



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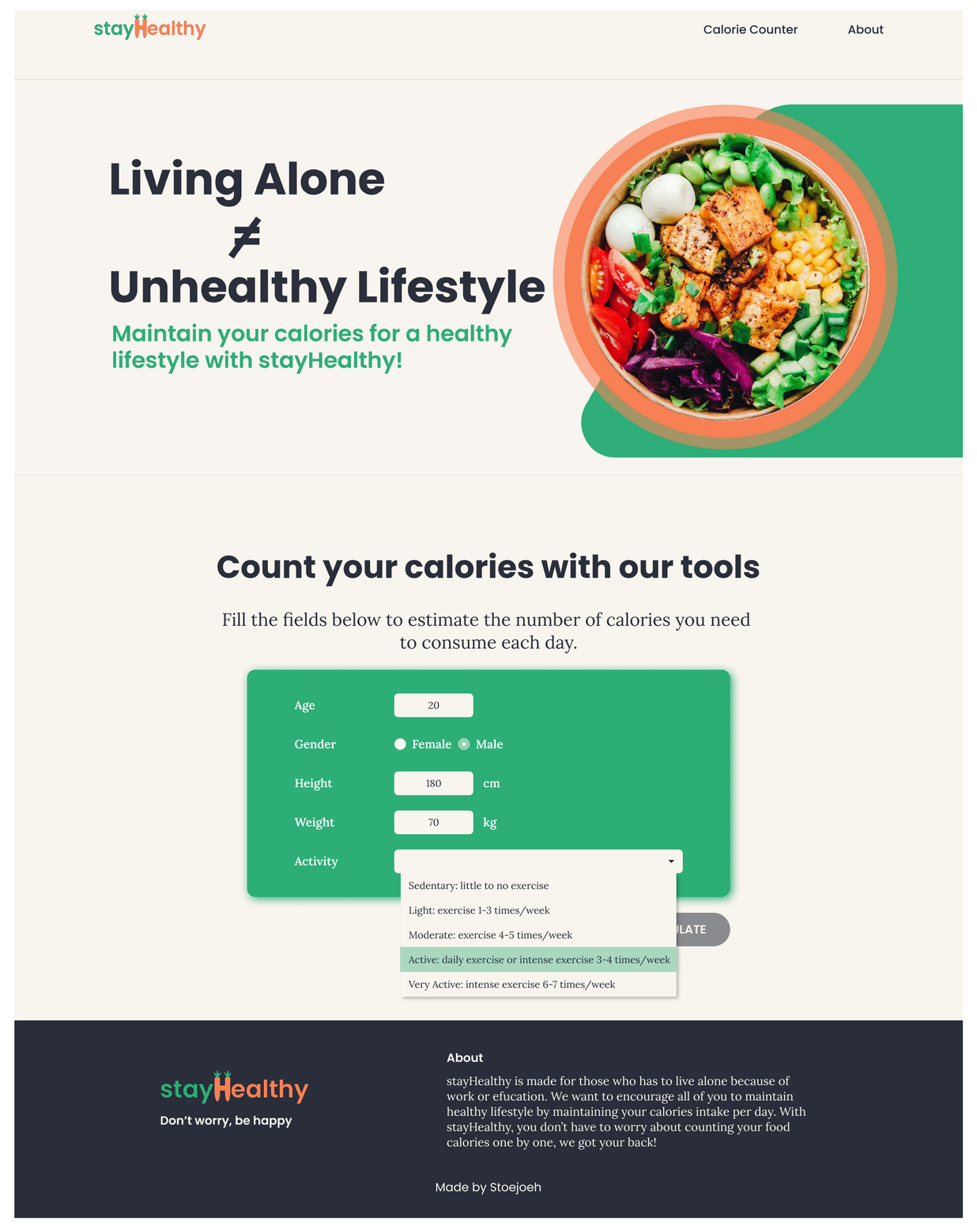

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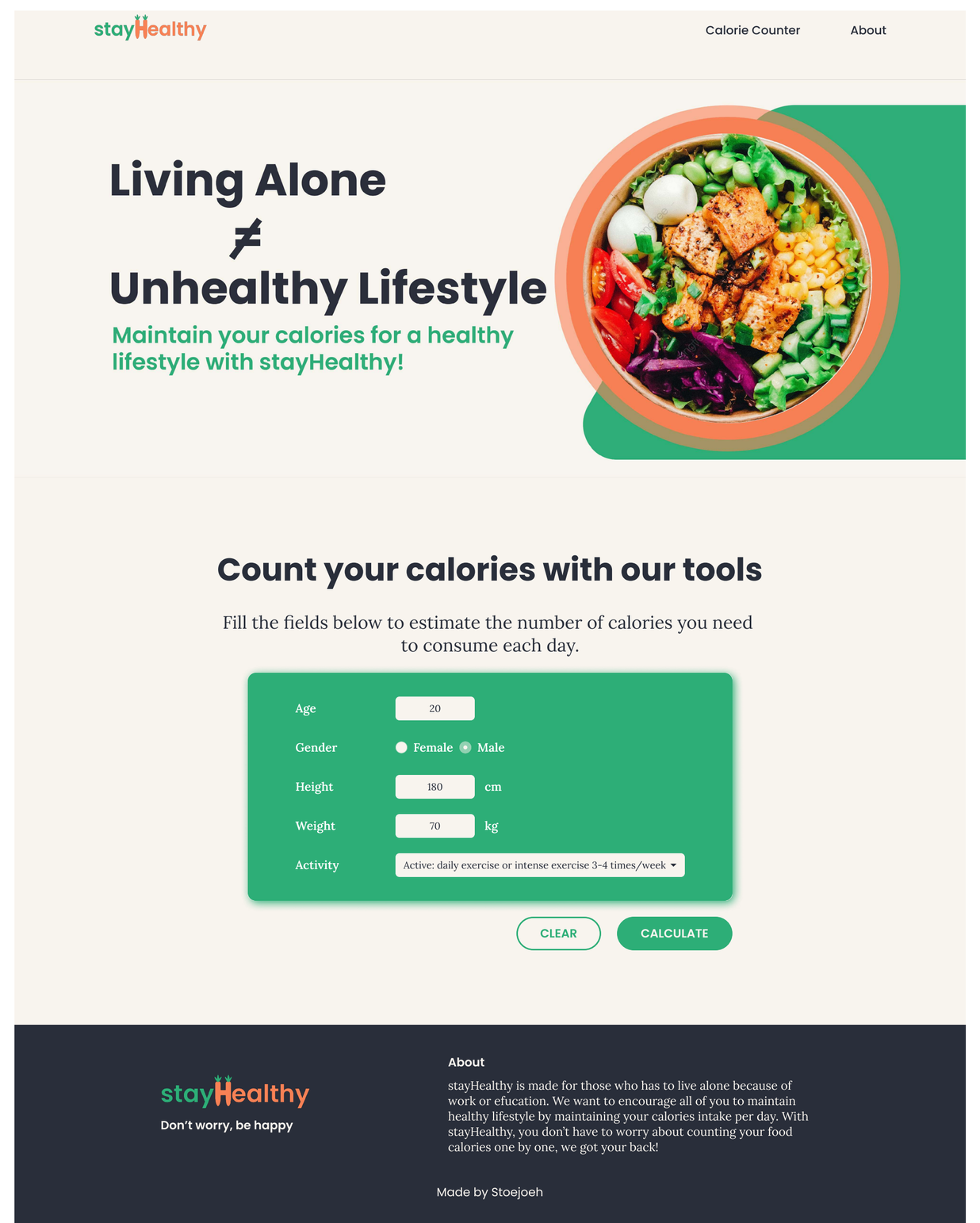

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