## **NutriTrack User Manual**

### **Overview**

NutriTrack is a desktop application designed to help users track their health goals, monitor weight and activity, and stay motivated through personalized feedback.

### **System Requirements**

* Python 3.8+
* Pillow & breezypythongui libraries
* Windows OS (recommended)

### **Using NutriTrack**

#### **Start the App**

Run NutriTrack.py in your Python IDE or terminal.

#### **New User Setup**

1. Click **New User**
2. Complete health form
3. Create username & password
4. View **Welcome Legend Screen**
5. Click **Next** to access profile

#### **Returning Users**

1. Click **Returning User**
2. Enter credentials
3. View **Welcome Legend Screen**
4. Click **Next** to access profile

### **Profile Dashboard Includes**

* Motivational welcome message
* BMI calculation
* Current weight vs. goal
* Dietary & activity summary
* Buttons