FAQs

1. How does the workout tracking app work?

- The workout tracking mode works using the users manual input using the workout name, how many sets the user has a goal of completing or has completed and how many reps the user has completed or has a goal of completing.

2. Is the app free to use? Are there any in-app purchases?\*\*

- The app currently does not have any paid features which makes the application a free to use app.

3. Can I track different types of workouts, such as cardio, strength training, and flexibility exercises?

- Currently the Proteine Plus Workout tracking feature is built for Strength training. In the future Proteine Will work on cardio, and Flexibility Workout tracking.

4. How does the app track my workouts?

- Explanation of the tracking methods, such as manual input, automatic syncing with wearables, or integration with other fitness devices.

5. Is the app customizable for different fitness goals?

- This feature will be coming soon but currently this feature is not available.

6. Does the app provide workout plans or routines?

- Yes! Proteine Plus has three different sample Strength training workouts for users to give a go and test out for themselves.

7. Is there a social aspect to the app? Can I connect with friends or join communities?

- Proteine Plus has big plans. The Proteine Team encourages socialization and plans to connect our users with their friends and family on their fitness journey.

8. Does the app offer progress tracking and analytics?

- Yes! The Proteine Plus app keeps a record of the users’ workouts and Meals so that the user can look back and compare when they started to their most recent workout and meals.

9. Is the app suitable for beginners, intermediate, and advanced users?

- Yes! The Proteine Plus app is created for all kinds of skill level as the team has carefully taken the time to formulate example exercises and meals for anyone.

10. Can I track nutrition or diet information within the app?

- Yes! The Proteine Plus app has macro tracking Built in, this includes tracking for Protein, Calories and Fat in food. In our sample meals we have all the macros included.