Welcome to Proteine Plus - Your Personal Calorie and Exercise Tracker!

Thank you for choosing Proteine Plus to help you achieve your health and fitness goals. This user instruction document will guide you through the features and functionalities of our calorie tracking app.

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# 1 Account Creation

- Sign up using your email and a secure password.

2 Dashboard Overview

- Quick links to the resources Proteine Plus provides

(Calorie Tracking, Exercise Tracking, Meals, Exercises)

3. Logging Meals

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3.1 Daily Calorie Summary

- View your daily calorie intake goal and complete log of all meals.

3.1 Add Food Items

- Tap "Add Food" to search or browse the database.

- Select the appropriate portion size.

- Add to your daily log.

3.2 Track Portion Sizes

- Use the built-in portion size guide or customize portions.

- Be accurate to ensure precise calorie tracking.

3.3 Meal Timestamps

- Log meals at the time of consumption for accurate tracking.

4. Barcode Scanner

4.1 Scan and Add Food

- Tap the barcode icon and scan the product's barcode.

- Verify nutritional information and adjust servings if needed.

4.2 Verify Nutritional Information

- Confirm that the scanned information matches the product label.

- Manually adjust if necessary.

5. Custom Foods and Recipes

5.1 Create Custom Foods

- Add your own foods with specific nutritional information.

5.2 Save and Reuse Recipes

- Save meals you frequently consume as recipes for quick logging.

6. Exercise Logging

6.1 Log Workouts

- Add your exercises manually or choose from the pre-existing list.

6.2 Track Calories Burned

- Monitor your exercise-related calorie expenditure.

7. Weight Tracking

7.1 Record Your Weight

- Log your weight regularly for progress tracking.

7.2 View Progress Over Time

- Visualize your weight trends and celebrate milestones.

8. Settings and Preferences

8.1 Personalize Your Profile

- Update your profile information as needed.

8.2 Adjust Daily Calorie Goals

- Modify your daily calorie intake goal based on your progress and changing needs.

9. Syncing with Wearable Devices

9.1 Connect and Sync Data

- Integrate with compatible wearables for automatic data sync.

10. Tips for Success

10.1 Stay Consistent

- Log meals and activities consistently for accurate results.

10.2 Set Realistic Goals

- Establish achievable targets for a sustainable and healthy journey.

10.3 Use the App's Resources

- Explore tutorials, FAQs, and support features for additional guidance.

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Congratulations! You are now ready to make the most out of Proteine Plus. Happy tracking!