



Welcome to VIVA...

Get in control of every
aspect of your life

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VIVA

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Sign Up

Create your account

YOUR NAME

EMAIL

PASSWORD

Sign Up



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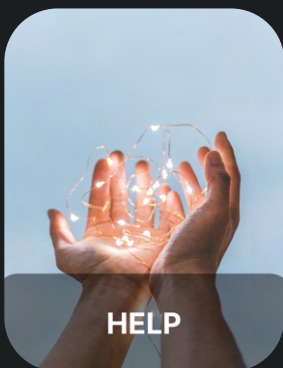
YOUR EMAIL

PASSWORD

Login

Home

Select one of the following



Health

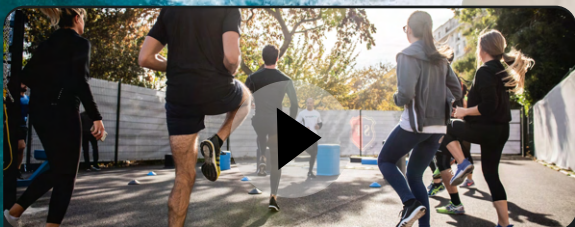
Select one of the following



Physical Activities



MORNING ENERGIZER



STRONGER LEGS



STRETCHES



ACTIVITIES



NUTRITION



VITALS



Nutrition

Breakfast

Lunch

Dinner



Slice of Pineapple

🔥 197 kcal 247 G

...

84 g
Protein

95 g
Carbs

72 g
Fats



Green Vegetables

🔥 394 kcal 200 G

...

27 g
Protein

32 g
Carbs

42 g
Fats



Salad with egg

🔥 294 kcal 100 G

...

25 g
Protein

21
Carbs

14 g
Fats



ACTIVITIES



NUTRITION



VITALS



Nutrition – Info

Salad with egg

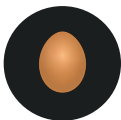


25 g
Protein

21 g
Carbs

14 g
Fats

294 kcal
Calories



Egg

55 g



Tomato

80 g



Spinach

50 g

Preparation

Start by peeling and chopping the hard-boiled eggs into small pieces, then place them in a mixing bowl. Add the mayonnaise and mustard, then mix well to combine. Add salt and pepper to taste and mix with your hands.

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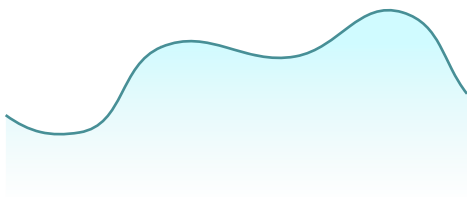
Vitals



Blood
Pressure

102 / 72 mmhg

Normal



ACTIVITIES



NUTRITION



VITALS

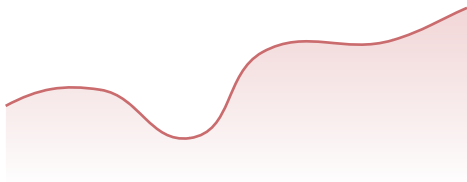
Vitals



Heart Rate

98 bpm

Normal



ACTIVITIES



NUTRITION



VITALS

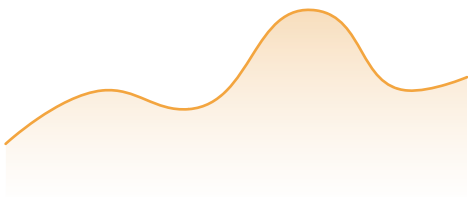
Vitals



Blood Sugar

80 mg / dL

Normal



ACTIVITIES



NUTRITION



VITALS

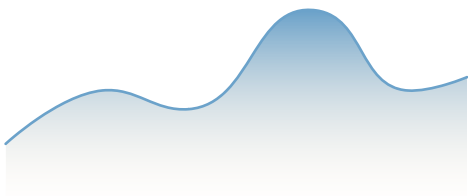
Vitals



Water Intake

1 L

Normal



ACTIVITIES



NUTRITION



VITALS