



Settings

Language: English

Name: Max Muste

Gender: Male

Age: 23 years

Height: 178 cm

Weight: 60 kg

Calories Goal: 2256 kcal

Activity Level:  Not that active

Spanish

German

English

Chinese



Personal Data



Name

Max Mustermann |

MALE

FEMALE

OTHER

Your age (yrs): — 23 +

Your height (cm): — 178 +

Your Weight (kg):

60

Calories Goal (kcal)

2256 |

per Day

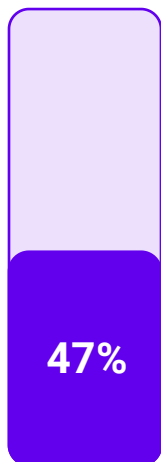
Activity Level:



+ CREATE PROFILE



Calories



Per Day: 2256 kcal

Today:

Calories: 1060,32 kcal

Fat: 100 g

Protein: 52 g

Weight

60 kg

- 4 kg this month



Breakfast

732 kcal

- 109 kcal today



Lunch

985 kcal

- 301 kcal today

Snacks

21 kcal

- 50 kcal today



CALORIES

TRAINING

DIARY

ADD PRODUCT MANUALLY

SCAN PRODUCT

ADD FROM DATABASE



CALORIES

TRAINING

DIARY