

Menu

Diary

Diary

Profile

Dishes

Exercise

Statistics

Exit

Profile

Menu

Sex

MaleFemale

Growthcms

Weightkgs

Ageyears

Daily calorie amountkcal

Goal`kcal

Dishes

Menu

+

Rice	100
Soup	200

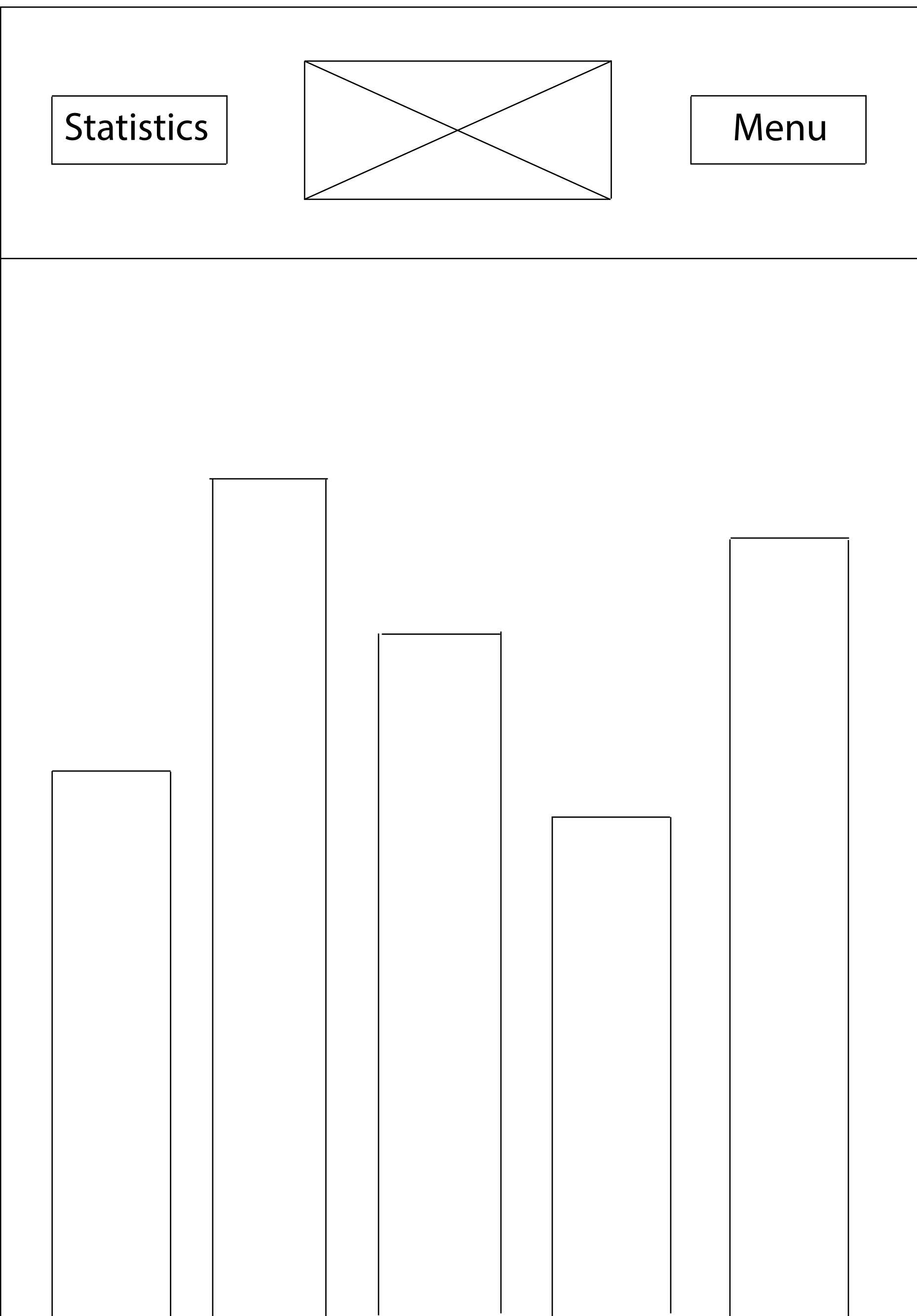
Exercise

Menu

+

Push-ups

Pull-ups



Diary

Menu

Sunday

28-03-2022

Got

Spent-

Gap

Notes

Name

Exercise Name

Formula

$$0 * t * w + 0 * q * w$$

Where

w - Weight (kg)

t - Time (seconds)

q - sets

Name

Dish Name

Calorie per gram