

1.

< Set up

photo	username
	Progress

User Name	X X
Photo	X X
Height	X X
Gender	X X
Year of Birth	X X

3.

< My Profile

Photo	username
	Progress

Edit Profile

History

Exercise

Things that help accomplish the goal

Friends can see each others history

2

< Edit Fitness Goals

Goal Weight	..
Starting Weight	..
Activity Level	..
Net Calorie Goal	..
Weight Control Goal	..
Exercise Goal	..

4. Front Page

Photo	username
	Progress

Home

⇒ Diary

⇒ Nutrition

Progress

Friends

Settings

5. Add food/meal
↓
+

Goal	Food	Exercise	Net	Remaining
2000	0	0	0	2000

TODAY

6. < Add
TODAY

MEALS

Break fast

Lunch

Dinner

Snacks

EXERCISE

Exercise

8. < Add Food confirm
↓
✓

Milk - Whole, 3.25% milk fat

Number of servings 0.5

Serving Size 1.0 cup

NUTRITION FACTS

Calories
XX

7.

< Break fast

RECENT FREQUENT MEALS RECIPES

Search for a Food ^{milk} Q

SEARCH RESULTS = MILK

Milk - Whole, 3.25% milk fat ^{choose}

9.

≡ Diet



Goal	Food	Exercise	Net	Remaining
2000	T3	0	T3	1927

TODAY

BREAKFAST

T3 CAL

Milk - Whole, 3.25% milkfat
0.5 cup, T3 CAL

T3

11. // go to front page, then Progress

≡ Nutrition

DAILY

WEEKLY

TODAY

CALORIE BREAKDOWN



Total Goal

- ☐ Carbohydrates
- ☐ Fat
- ☐ Protein

10.

≡ Nutrition

DAILY

WEEKLY

TODAY

Calorie Breakdown

NUTRIENT DETAILS



	Total	Goal	Left
Total Fat
Cholesterol
Total Carbs
Protein
Vitamin A
Vitamin C
Calcium

12

≡ Progress

Record Today's Weight

HISTORY

1M

2M

3M

