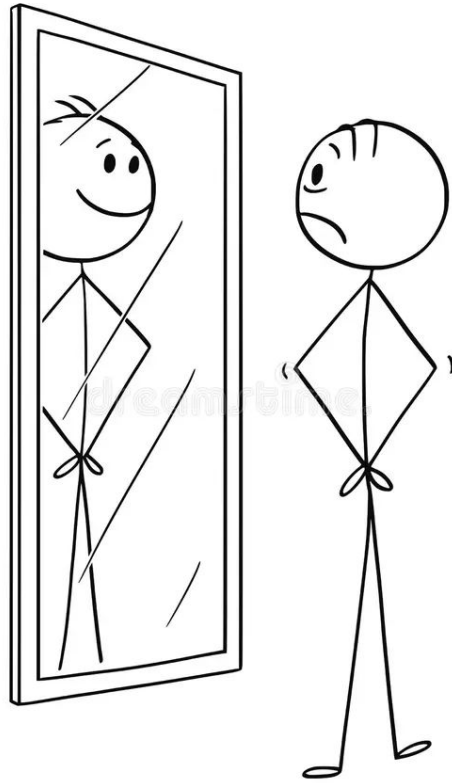




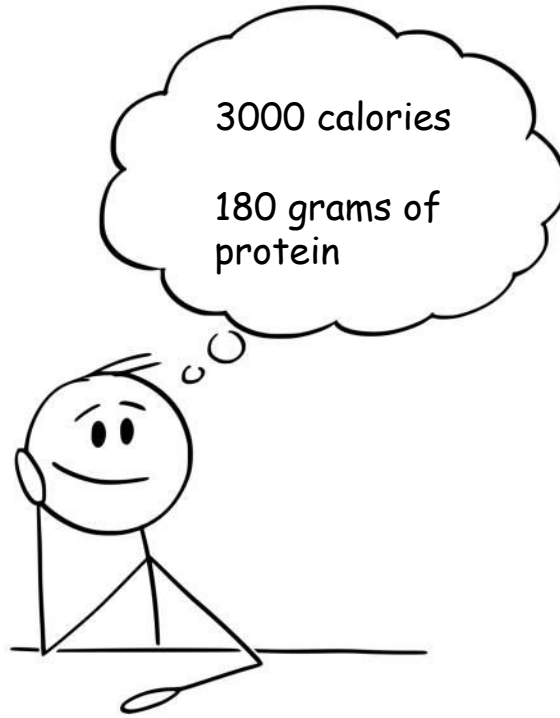
David Gaggins goes to the gym everyday to lift weights.



David is trying to gain weight and get as big as possible



He feels like he is doing enough to get bigger but he is struggling to gain weight.



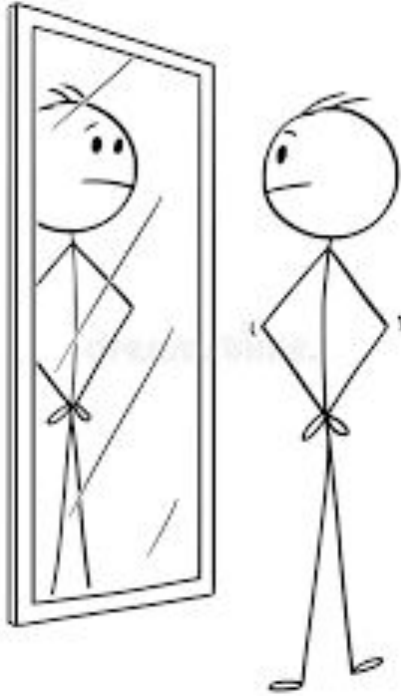
After doing research he decides that the reason he isn't gaining weight is his diet.
He figures out how many calories and how much protein he should be eating in a day.



As a college student it can be difficult to know how much he is eating. His friend John recommends the Dining Hall Nutrition App to track his calorie intake. Now that he knows what he is eating he can make sure he is eating enough.



Now that David has been able to properly track his nutrition he has gained more muscle then he ever imagined he could!



Before college Dillion Lee decided to start his weight loss journey



Dillion going into college was having trouble because he wasn't able to track his calories



He barely saw any progress



Dillion finds out about this app that tracks all the nutritional value info for the food in the dining halls at usc.



Thanks to the app and some hard work, Dillion is able to show progress.