



Karen wakes up in the morning and knows he needs to eat a certain amount of protein throughout the day to maintain his physique.



He carefully measures the different amounts of proteins he's eating and writing them down in his journal but it's getting messy and unorganized.



One day while scrolling through Instagram he saw a video of a girl for a app that can easily track his calories while on the go.



After downloading the app Karen found it a lot easier to track his food intake throughout the day and don't have to keep up with his journals.



After being more organized and keeping up with his food intake his physique has massively improved and became a 6 time IFBB Mr. Olympia champion.



He now owns his own successful personal training business and uses the app to help track his clients diets.

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Justin is planning where she can buy food during her spare time at school.



First she opened the map to mark the place of the class and looked around the restaurant.



The problem is that she needs something healthy instead of fast food, like hamburger.



Luckily she found a nice restaurant where she could eat some rice and vegetables. The nutrition is balanced.



She decided to go to Wal-mart after class to buy something and cook for herself.



After she wrote down these plans, she went out to class.

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Donald Denson is trying to choose a restaurant that will let him have lunch and get to class on time.



Luckily Donald is using our app to help find a restaurant in walking to his next class.



Now the problem is what to order because he is trying to burn calories.



Luckily he looks at the menu board at the calories and input them in our app to tell them if they get a food item with more or less calories.



Donald is now heading his way to class with calories to burn to stay on a healthy diet.



Donald is now in class taking notes without an empty stomach.

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William Smith is an executive in the company, he is very good at communicating with his subordinates. Through these effective exchanges, he can successfully complete many tasks.



William Smith put his talent in communicating with people also used in the communication of the boss. This makes the boss trust him very much and assign him a lot of work.



At first, when William Smith was assigned to so many jobs, he thought it was his ability and was valued by his boss. Later, more and more work made him annoyed.



He didn't realize the seriousness of the problem until his family quarreled with him. A lot of work does not prove his ability but will make him spend less and less time with his family and make his health worse and worse.



William Smith decided to communicate with his boss, so that the boss understands that he now has too much work but not let the boss feel that he is not responsible. He believed it was not difficult for him.



He successfully cooperated with his boss, and the boss agreed to reduce his workload. The boss feels that his daring to communicate with his boss is very commendable.

