

PROBLEM STATEMENT

Making the commitment to exercise regularly is a terrific start to getting fit. However, without sound nutritional guidance, achieving your goals may be impossible. Tough workouts demand the right kind of fuel — and that fuel comes from the foods and beverages you consume. If you're serious about becoming your strongest and fittest self, eating nutritionally dense foods is essential to your workout plan.

The right nutrition guidance will ensure you provide your body with the clean energy you need to perform your best. A food diary in an application can help you track not just what you eat, but also how much, when and where you ate it.

This app can be downloaded onto your smart phone or tablet, giving you access to the world's largest nutrition and calorie database that includes over 5 million different foods. It provides a simple and quick way to track the calories in the food you eat.

Measuring is a pain at first, but you'll get used to it fast. It will also make you keenly aware of what foods fill you up and what foods just aren't worth the calories. Knowing this will help you make better dietary choices. Consider investing in a food scale - a small scale that measures ounces and grams of food. Words such as "natural" and "healthy" often hide how bad certain foods are for your waistline and heart.