logo

Calorie Intake

Input Area

| Weight | Height | Age | gender |

buttons =>   weight loss   muscle gain

BMI

Selects the bmi within the age range & highlights the box to let the user know where they fall under.

age 18-38   healthy bmi

age 39-48   healthy bmi

age 49-65   healthy bmy

Macronutrients

Proteins
123

Carbohydrates
240

Fats
30g

Key

Proteins will be color coded and show how much you need to consume

carbs will be color coded and show you how much you need to consume on a daily basis

Fats will be color coded and show your daily consumption