

I plan on using Regular 400 Italic font or similar style.

rough size idea to match large Smart Phone my mock up is the same ratio as an iPhone X just scaled down. (iPhone X = 1125 x 2436)

[ALL PAGES FOLLOW THE SAME PLAN](#)

Logo

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[Food Groups](#)

Register | [Log In](#)

Register User

Email:

First Name:

Last Name:

Phone Number:

Logo

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Login

Username: Password:

Calorie Information

current / Goal



Step Information

current / Goal



Water Information

current / Goal



What is the app

The app is designed to help users track their calorie intake and expenditure. It provides a comprehensive overview of daily calorie goals and current status. Users can set personalized goals based on their weight, height, and activity level. The app also offers detailed breakdowns of calories from different food sources and activities. This information is crucial for maintaining a healthy diet and achieving fitness goals. The app's interface is user-friendly, making it easy to navigate and use. It includes features like meal logging, exercise tracking, and progress monitoring. The app is available for both iOS and Android devices. It is a free download and can be used without any subscription fees. The app is regularly updated to ensure it remains accurate and effective. It is a valuable tool for anyone looking to improve their health and lifestyle.

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How the App works

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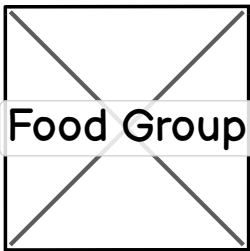
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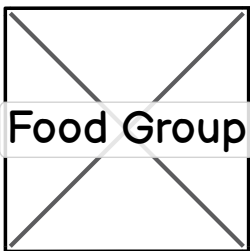
Food Groups Manager

[add new food group](#)

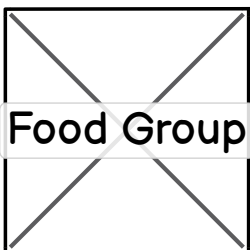
Food Group One

[edit / delete / details](#)

Food Group Two

[edit / delete / details](#)

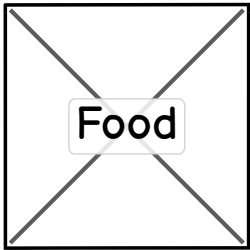
Food Group Three

[edit / delete / details](#)

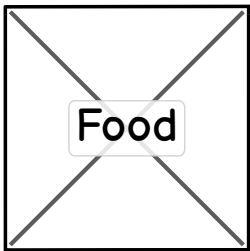
Food Group Four

[edit / delete / details](#)

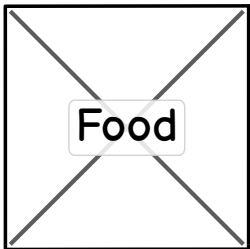
Food Group Manager

[add new food type](#)

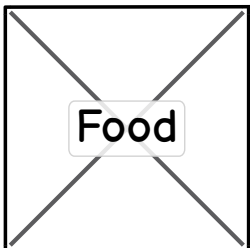
Food Type One

[edit / delete](#)

Food Type Two

[edit / delete](#)

Food Type Three

[edit / delete](#)

Food Type Four

[edit / delete](#)

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Calorie Information

current / Goal



Step Information

current / Goal



Water Information

current / Goal



What is the app

The app is a comprehensive health and fitness tracker designed to help users monitor their daily calorie intake and expenditure. It features a user-friendly interface with clear navigation and detailed reporting. The app is compatible with various mobile devices and syncs data with popular fitness trackers and health apps. It provides personalized recommendations based on user goals and activity levels, ensuring a tailored experience for each user.

The app is designed to be both functional and aesthetically pleasing. It uses a clean, modern design with intuitive icons and easy-to-read text. The data is presented in a clear, organized manner, allowing users to quickly understand their progress and make informed decisions. The app is regularly updated to ensure it remains current and effective.

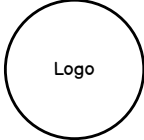
The app is a powerful tool for anyone looking to improve their health and fitness. It provides all the necessary features to track and manage your diet and exercise effectively. The app is easy to use and integrates seamlessly with your existing health and fitness routine. It is a must-have for anyone serious about achieving their health goals.

How the App works

The app works by allowing users to log their daily calorie intake and expenditure. It uses a combination of user input and data from connected devices to provide accurate tracking. The app also offers features like meal logging, exercise tracking, and goal setting. It provides real-time feedback and alerts to help users stay on track with their goals. The app is designed to be easy to use and integrate with other health and fitness apps.

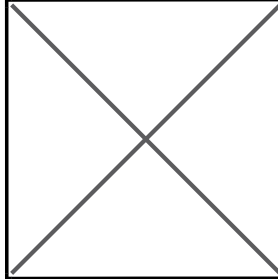
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Healthy Living Podcast

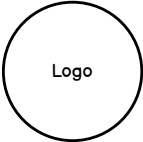
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- Diet Podcast Episode
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09:52 AM



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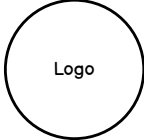
Our website is a free online platform for you to track your food intake and calculate your daily calorie needs. It is a simple and easy-to-use tool that can help you manage your diet and achieve your health goals. You can create a profile, add your food items, and track your progress over time. Our website is available in multiple languages and is accessible from any device. We hope you find it helpful and enjoyable to use.

📍 Location

☎ +44 0000 000

✉ OurEmail@email.com

Contact Us



Understanding Calories



Understanding calories is a key part of managing your health and weight. It's about knowing how much energy your body needs and how that energy comes from the food you eat. This knowledge helps you make better choices about what to eat and how much to eat. It's not just about counting calories, but about understanding the quality of the calories you consume. Healthy fats, proteins, and carbohydrates all provide energy, but they affect your body differently. Learning about these differences can help you build a balanced diet that keeps you energized and healthy.

Calories are a measure of energy. Your body uses this energy for everything it does, from breathing to thinking. The more active you are, the more energy you need. That's why athletes and people who work hard physically need to eat more calories than people who are more sedentary. But it's also important to remember that not all calories are created equal. A calorie from a sugary snack might be processed differently by your body than a calorie from a piece of fruit or a glass of milk.

When you eat food, your body breaks it down into smaller pieces. These pieces are then used to produce energy. This process is called metabolism. Your metabolism is what determines how many calories you burn. Some people have a faster metabolism, which means they burn calories more quickly. Others have a slower metabolism, which means they burn calories more slowly. Understanding your metabolism can help you understand why you might be gaining or losing weight.



Calories are often used to describe the energy content of food. You can find the number of calories in a food item on its nutrition label. This number tells you how many calories are in a serving of the food. For example, a serving of an apple might have 95 calories, while a serving of a banana might have 105 calories. This information can be helpful when you're trying to control your calorie intake. If you're trying to lose weight, you might want to choose foods that are lower in calories. If you're trying to gain weight, you might want to choose foods that are higher in calories.

Calories are also used to describe the energy needs of different groups of people. For example, the Recommended Dietary Allowance (RDA) for calories is 2,000 for men and 1,600 for women. These numbers are based on the average needs of people in different age groups and activity levels. If you're a young man who is very active, you might need more than 2,000 calories a day. If you're an older woman who is not very active, you might need less than 1,600 calories a day.

Calories are a useful tool for understanding your health and making better choices about what to eat. But it's important to remember that calories are just one part of the picture. The quality of the food you eat is also very important. A diet that is high in calories but low in nutrients can be unhealthy. A diet that is low in calories but high in nutrients can be healthy. So, when you're thinking about calories, think about the quality of the food you're eating, too.



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Calories



Current calories / Daily Allowance

Current Consumption

570ml



Steps Take

15798 steps



Calories

Food Group



Food Name

Calories

Save calories

Water

Add Water

Add amount

Steps

Steps Taken: 15798 steps

Add Steps

Add amount

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History

Date | xxxx Calories - xxxx Water - xxxx Steps

Date | xxxx Calories - xxxx Water - xxxx Steps

Date | xxxx Calories - xxxx Water - xxxx Steps

Date | xxxx Calories - xxxx Water - xxxx Steps

Date | xxxx Calories - xxxx Water - xxxx Steps

Date | xxxx Calories - xxxx Water - xxxx Steps

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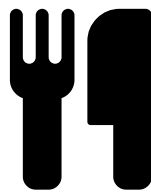
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Select A Date To View Your Progress



Calories



1300 / 1450

Calories Consumed

570ml



Steps Taken

15798 steps



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Food Group One

Food Group Two

Food Group Three

Food Group Four

Food Group Five

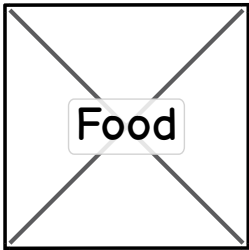
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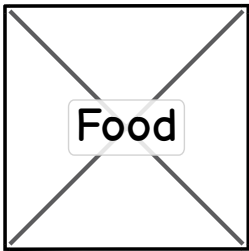
Food Group

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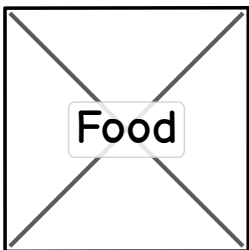
Placeholder text for the Food Group section.



Dietary information about the food



Dietary information about the food



Dietary information about the food