



Back



CalorieMate

Sign Up

*Name

Enter your name

*Birth Date

DD / MM / YYYY



*Height

Enter your height

☐ Inch ☒ Cm

*Gender

Choose your gender



Clear


Next



iPad

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Back

 CalorieMate

Sign Up

*Username

Create a username

*Email

Enter your email

*Password

Create a password

- Have at least one lower case letter.
- Have at least one upper case letter.
- Have at least one number.
- Have at least one special character.
- Be at least 8 characters.

*Confirm Password

Re-enter your password

Captcha text

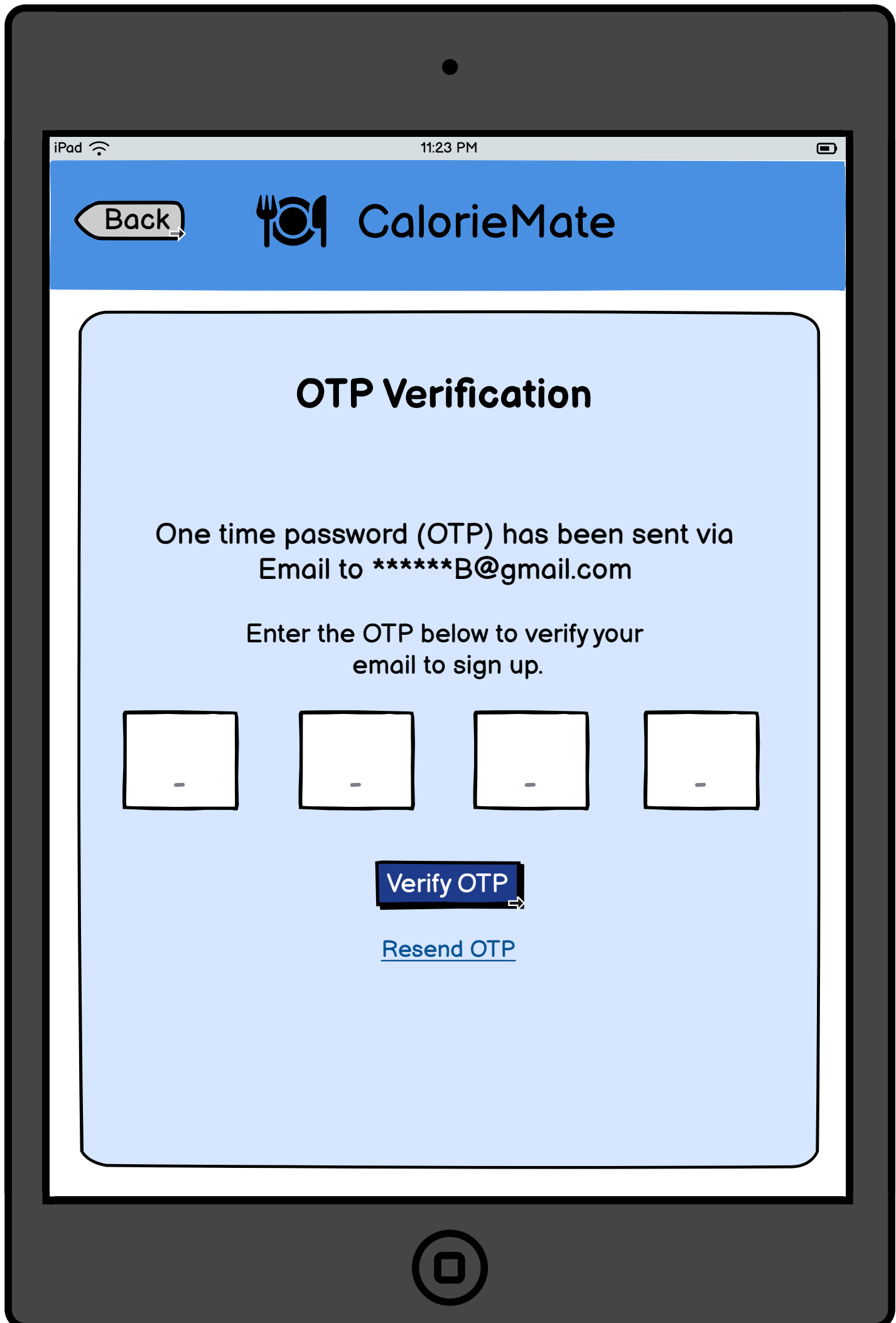
G₁C 6

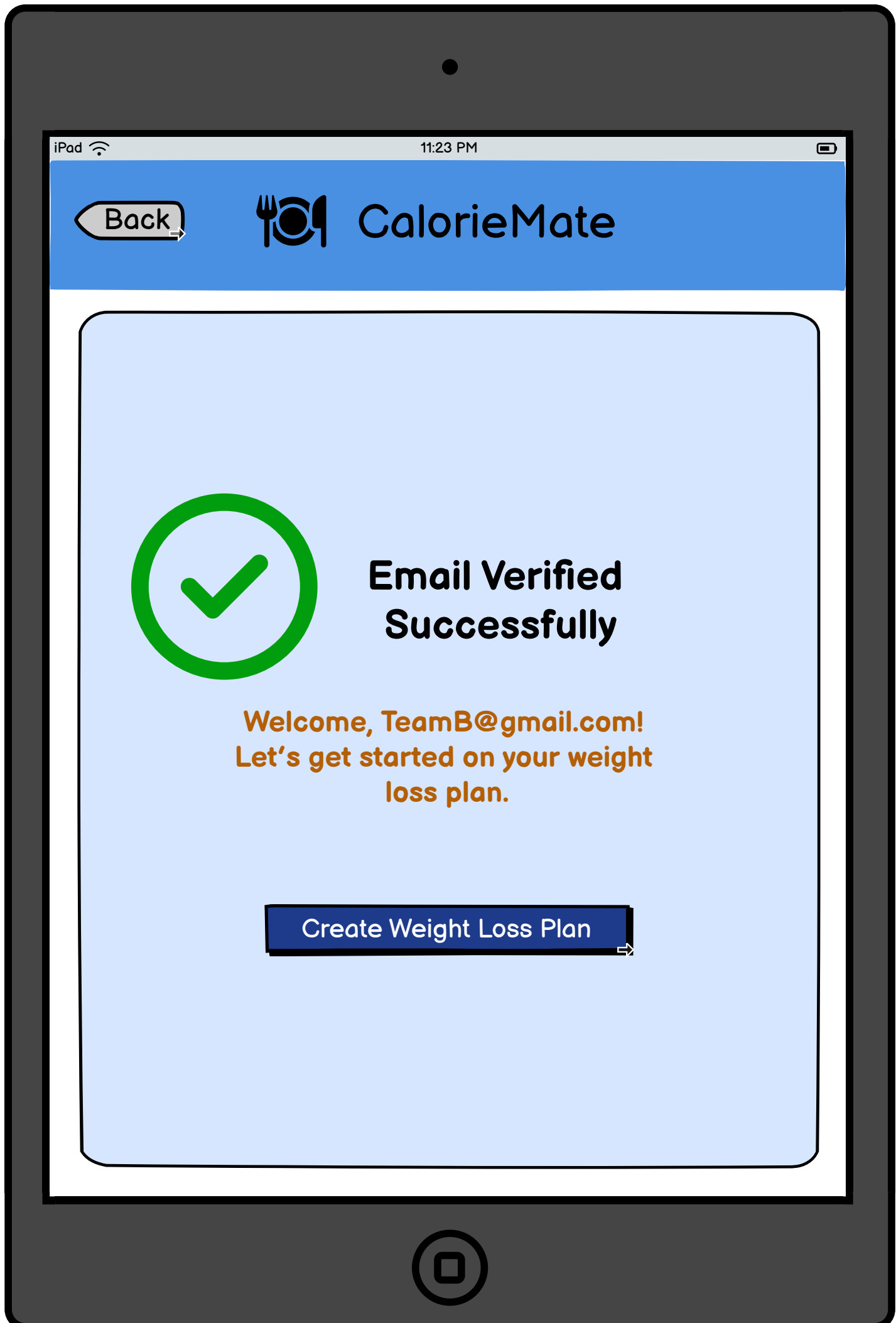
*Enter Captcha text

Enter the text shown

Clear

Sign Up





Create a Weight Loss Plan

*Current Weight

Enter current weight

☐ lb

☒ kg

*Desired Weight

Enter goal weight

☐ lb

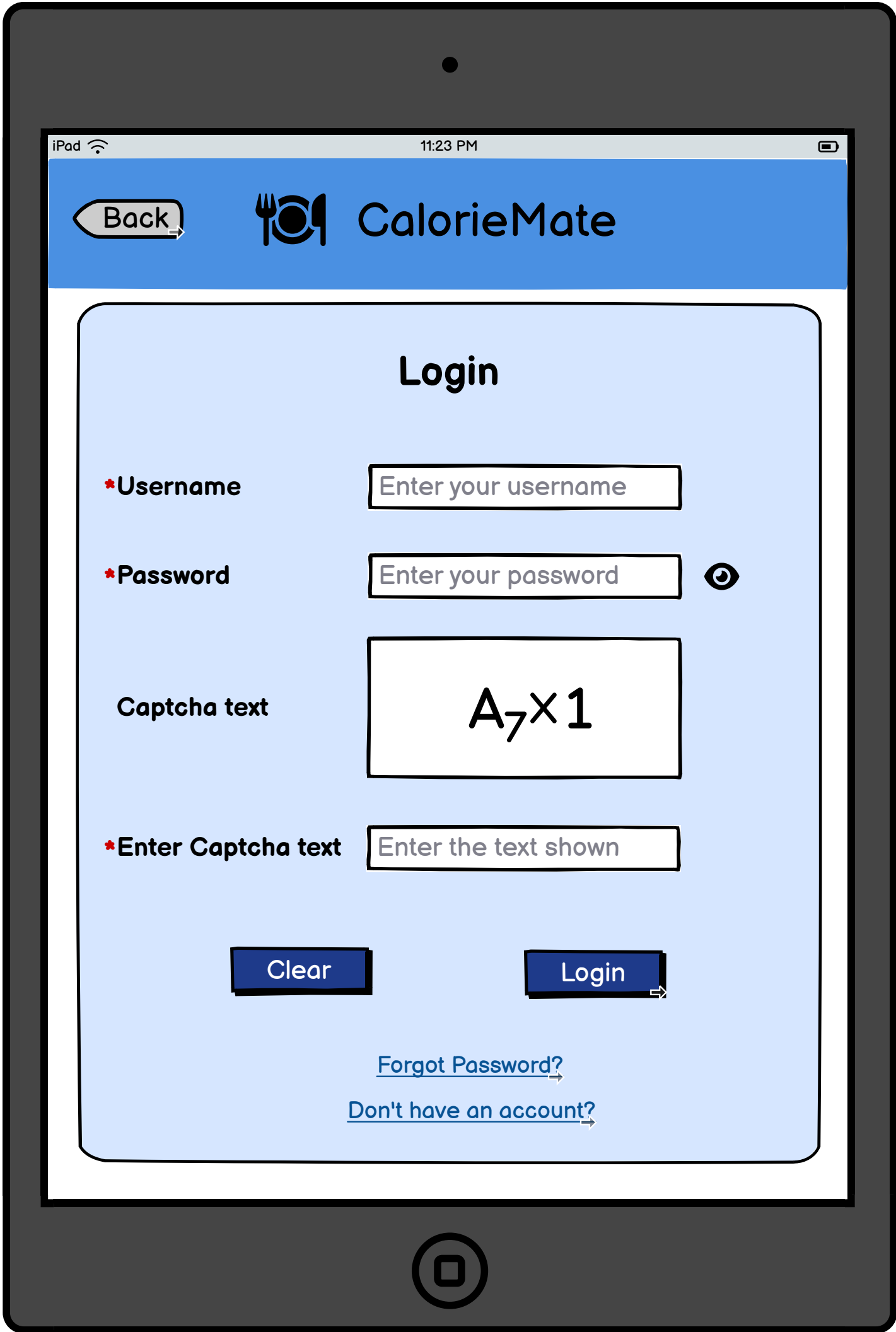
☒ kg

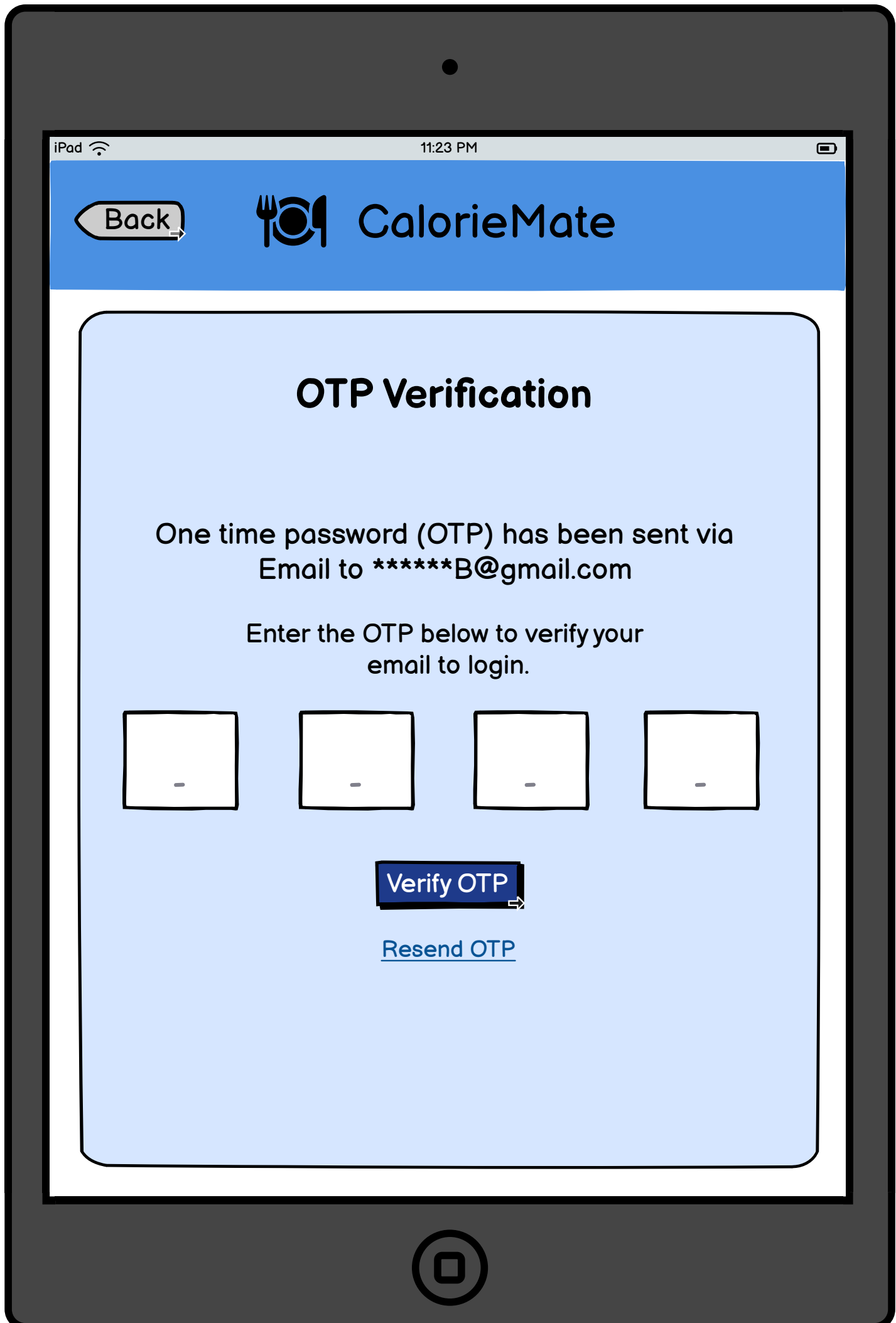
*Reach your goal in

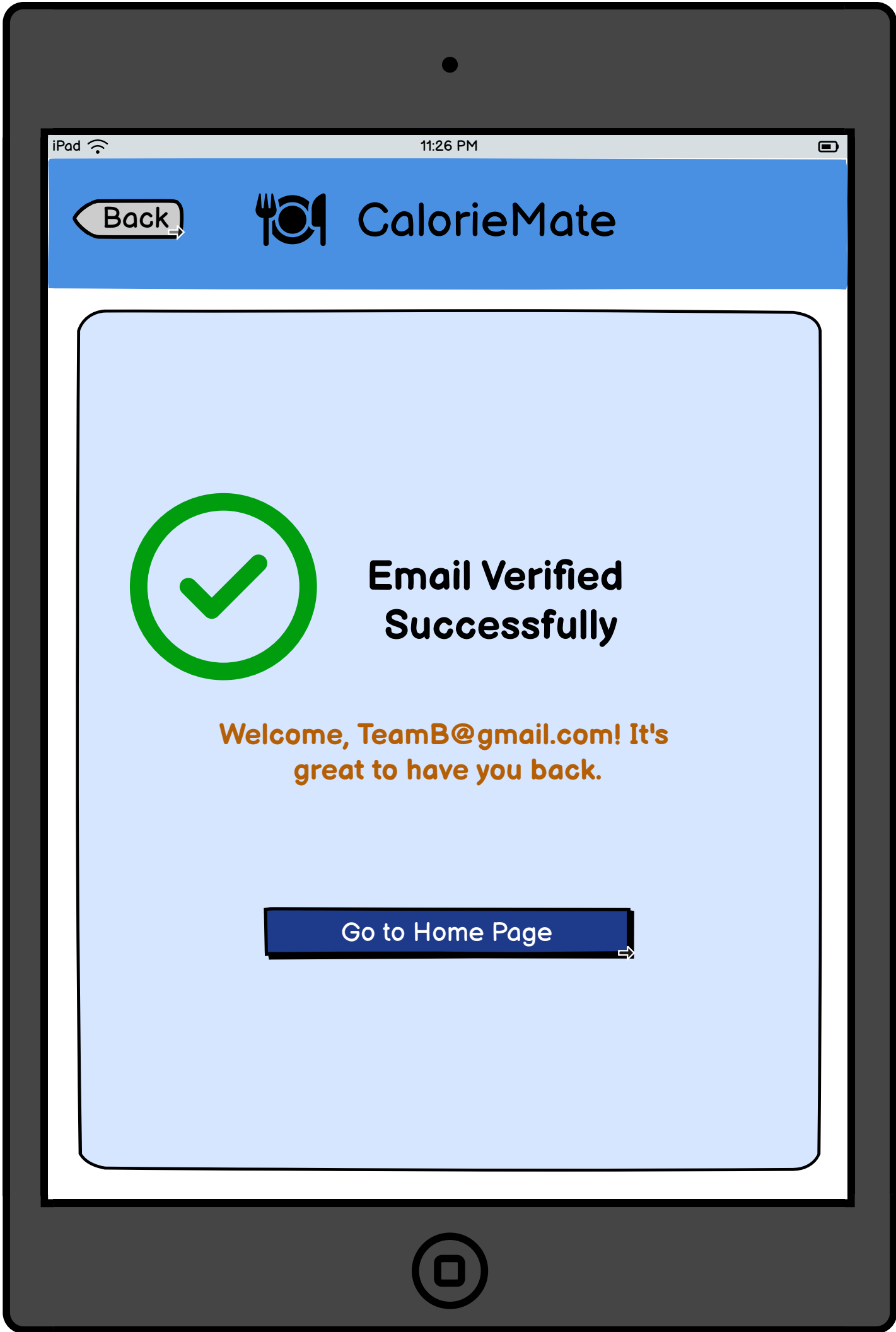
Choose the period

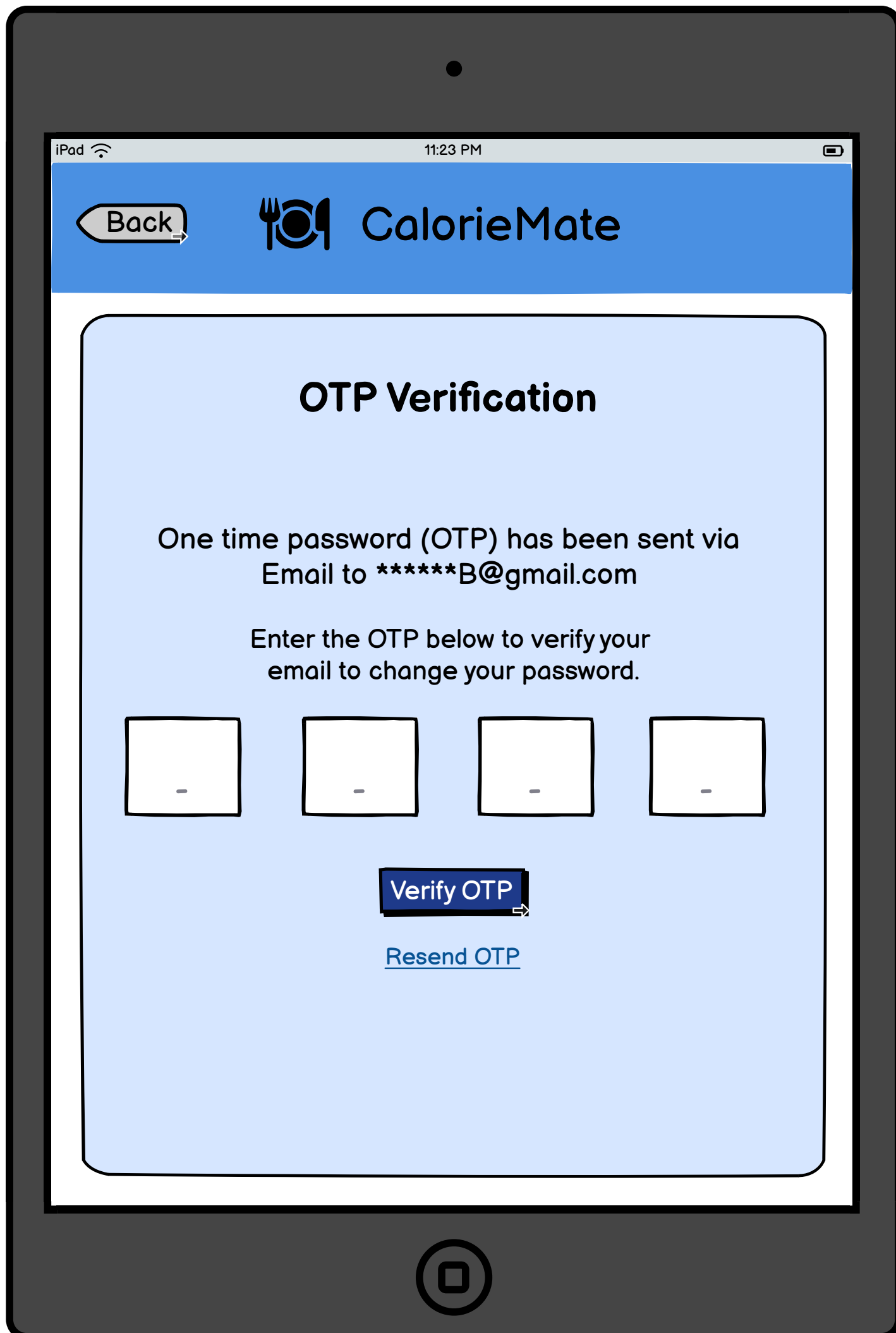
Clear

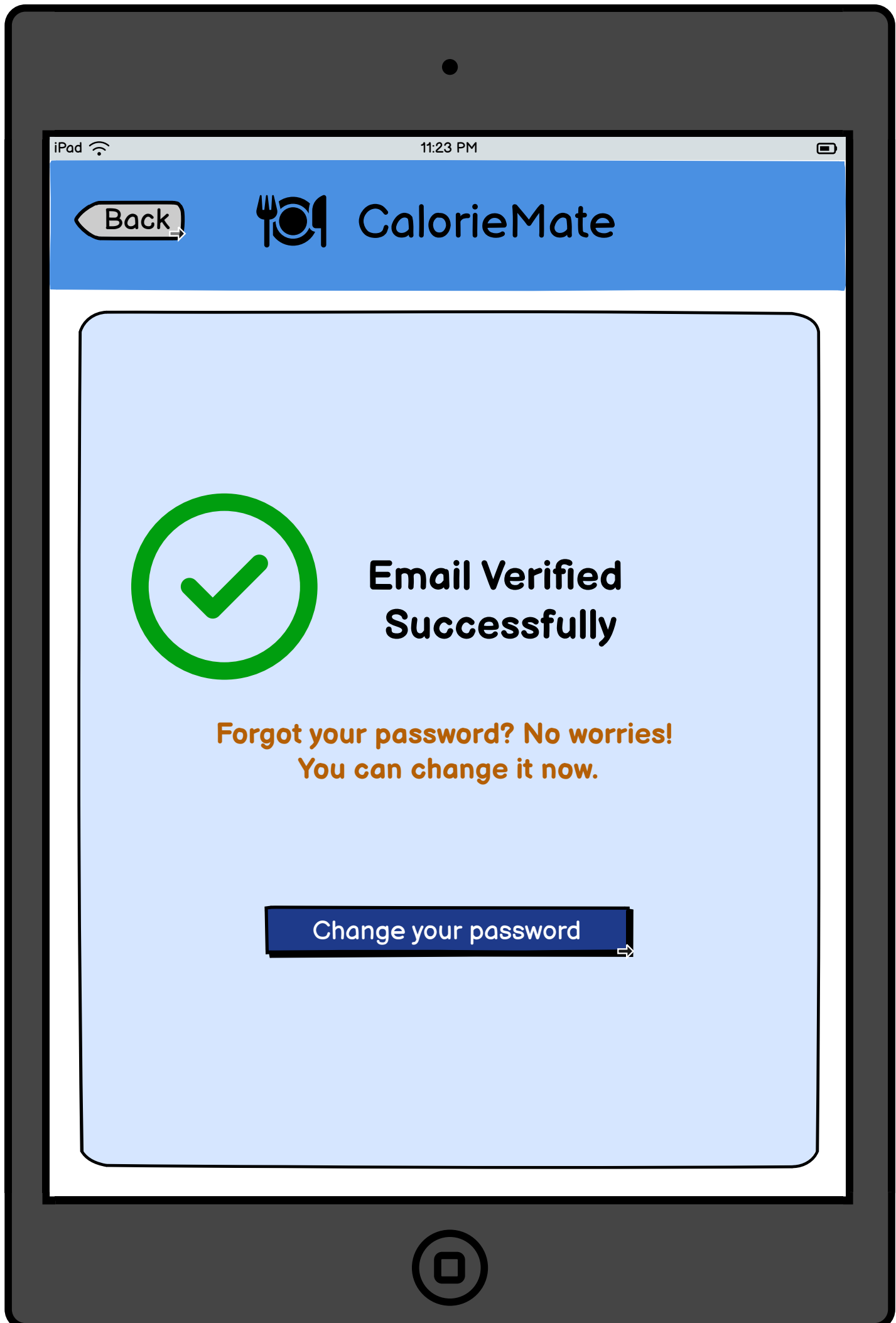
Create Plan











Back



CalorieMate

Change Password

*New Password

Enter your new password



- Have at least one lower case letter.
- Have at least one upper case letter.
- Have at least one number.
- Have at least one special character.
- Be at least 8 characters.

*Confirm Password

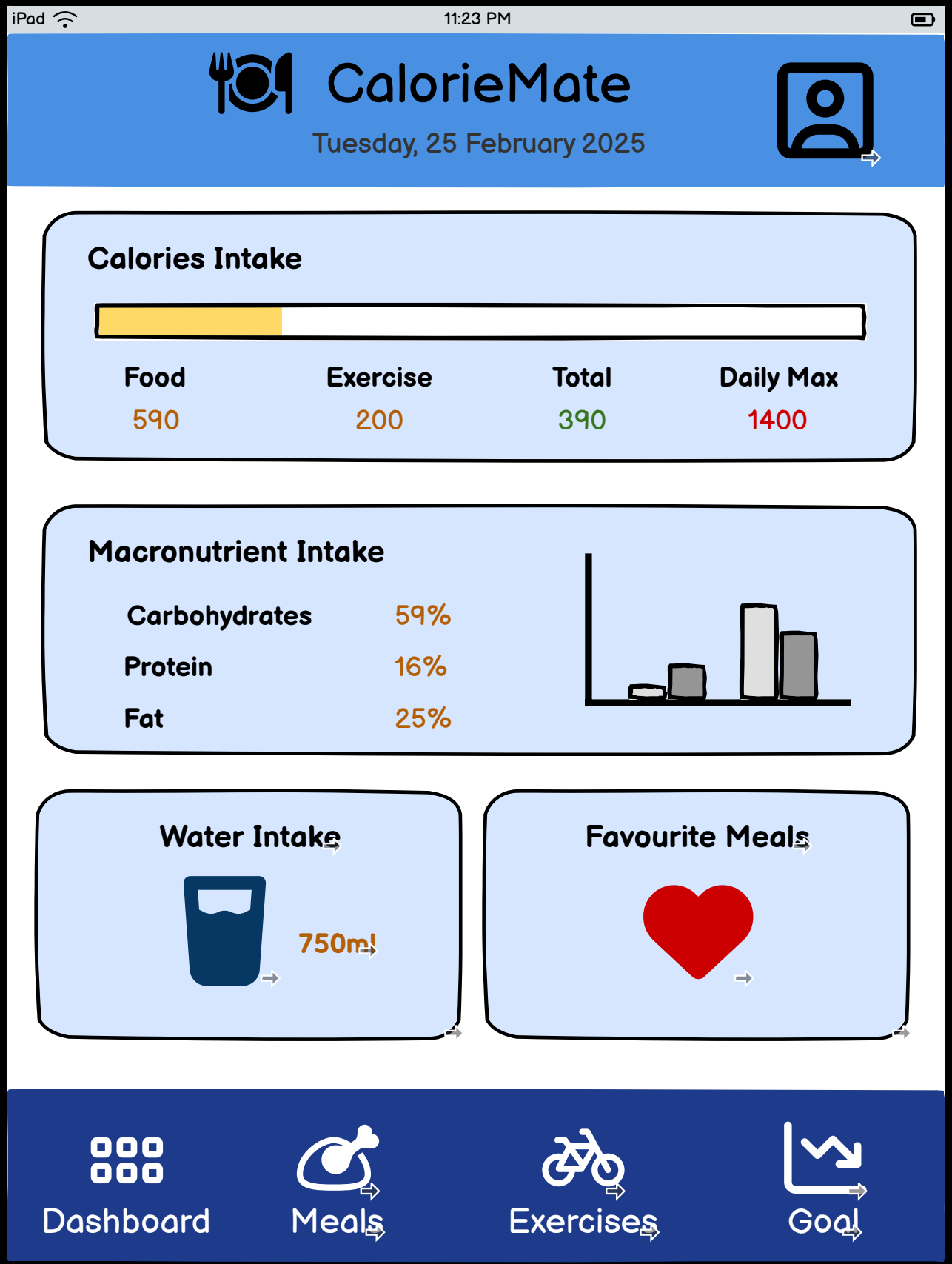
Re-enter your password



Clear

Save






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CalorieMate


Tuesday, 25 February 2025

Favorite Meal

Seafood Pasta

600 cal


Add Meal



Strawberry Smoothie

226 cal


Add Meal



Pancake

590 cal

Add Meal





Water Intake

750ml



How much water did you drink?

Add





CalorieMate

Tuesday, 25 February 2025



Weight Progress



Current Weight

74 kg

BMI

22.8



Dashboard



Meals




Exercises



Goal




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CalorieMate


Tuesday, 25 February 2025




Daily Meals List

Pancake


590 cal




+ Add a new meal




Dashboard



Meals



Exercises



Goal

⋮

⌵


⌵


⌵

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⌵

⬅️Back➡️

 CalorieMate



Create Your Meal

*Meal name

Pancake

*Ingredients

1 Egg

X

1 cup Yoghurt

X

2 tbsp Oil

X

1 tbsp Vanilla

X

1 cup Flour

X

½ tsp Baking Powder

X

➕➡️ Add new ingredient ➡️

Total Calories

590

Nutrition Facts

Total Fat:27g

25%

Saturated Fat: 6g

Trans Fat: 0g

Cholesterol: 210mg

Sodium: 180mg

Total Carbohydrate: 63g

59%

Dietary Fiber: 1g

Total sugar: 10g

Protein:17g

16%

Clear



Add Meal➡️

⬮

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Back

 CalorieMate 

Create Your Meal

*Meal name

Write your meal's name

*Ingredients

+ Add new ingredient

Total Calories

0

Nutrition Facts

Total Fat:0g0%

Saturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 0mg

Total Carbohydrate: 0g0%

Dietary Fiber: 0g

Total sugar: 0g

Protein:0g0%

Clear

Add Meal

Back



CalorieMate

Ingredients Search

 Search for an ingredient

Egg

78 cal Each

Flour

400 cal per cup

Black Coffee

0 cal per cup

 Add new ingredient

 Scan Barcode





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CalorieMate

Ingredient details

Ingredient

Flour

*Serving Size

1

Cup

Calories

400


Nutrition Facts

Total Fat:	1.2g	1.1%
Saturated Fat:	0.2g	
Trans Fat:	0g	
Cholesterol:	0mg	
Sodium:	2mg	
Total Carbohydrate:	95g	87%
Dietary Fiber:	3.4g	
Total sugar:	0.3g	
Protein:	13g	11.9%

Add Ingredient

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 CalorieMate

Add a New Ingredient

*Ingredient

*Serving Size

Amount

Measurement

*Calories

Nutrition Facts

*Total Fat:

g

Saturated Fat:

g

Trans Fat:

g

Cholesterol:

mg

Sodium:

mg

*Total Carbohydrate:

g

Dietary Fiber:

g

Total Sugar:

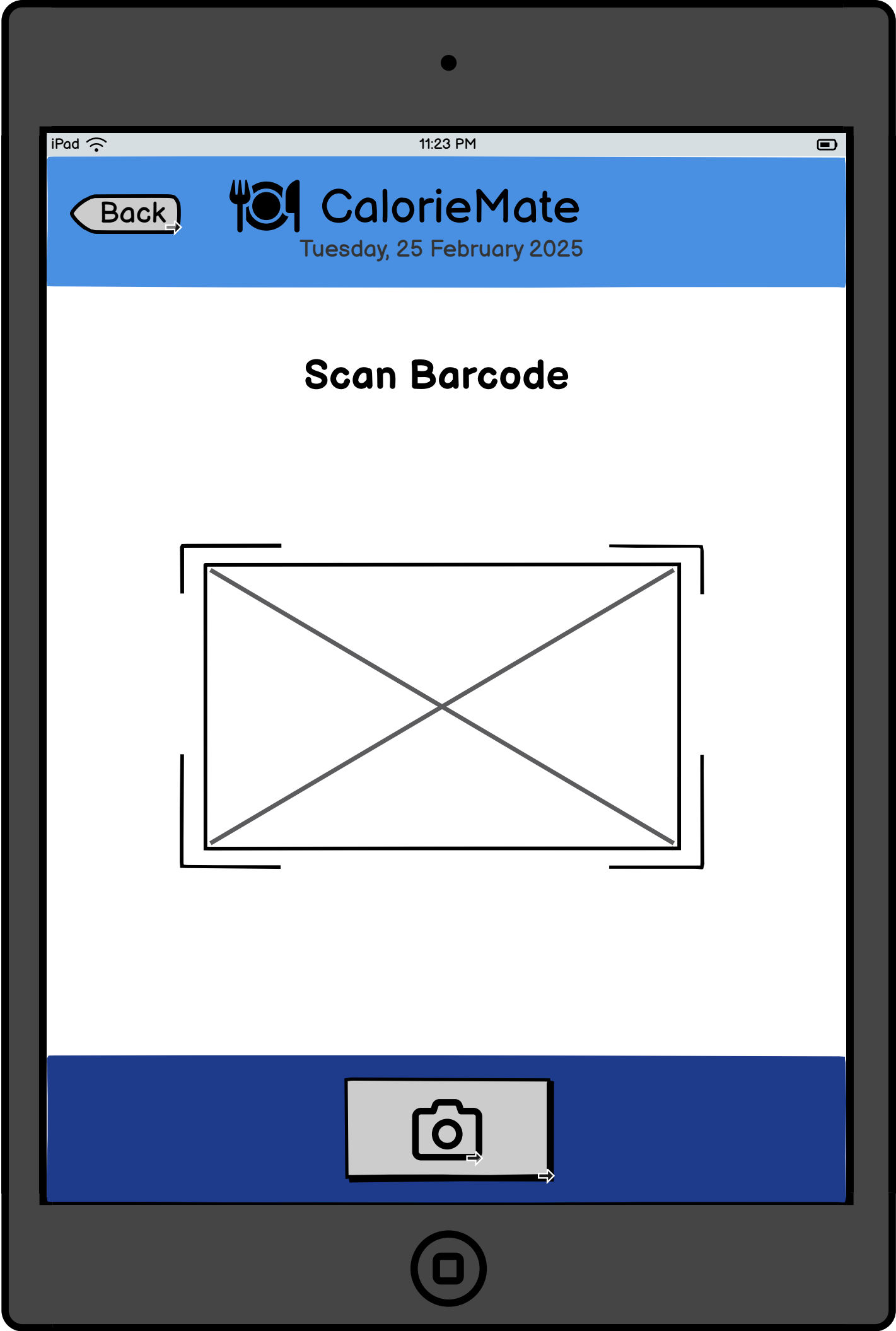
g

*Protein:


g

Clear


Add Ingredient





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CalorieMate


Tuesday, 25 February 2025





Daily Exercises


Swimming


125 cals burned per 20 mins


+ Add a new exercise




Dashboard




Meals



Exercises



Goals



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CalorieMate

Exercise Search

Search for an exercise

Elliptical

Cycling

Running

Jump Rope


Swimming

Pilates

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CalorieMate

Tuesday, 25 February 2025

Exercise Details

Swimming

Timing

20 mins


Calories Burned: 125

Add

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CalorieMate

Tuesday, 25 February 2025

My Settings

Manage Profile

Edit Your Goal

Sign Out




Manage Your Profile

*Name

Enter your name

*Birth Date

DD / MM / YYYY



*Email

Enter your email

*Height


Enter your height

☐ inch

☒ cm

*Gender

Choose your gender




Clear

Save

iPad

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CalorieMate

Tuesday, 25 February 2025

Edit Your Goal

*Current weight

Enter current weight

☐ lb

☒ kg

*Goal weight

Enter goal weight

☐ lb

☒ kg

*Reach your goal in:

Choose the period

Clear

Save