



A simple, user-friendly
food diary to help users
achieve their health
goals by
keeping track of their
daily food and water
intake

Features for FitDaily Mobile App

- Keep a Food Diary to save a user's meals and water intake
- Search for the food item that the user enters from a food database and get the number of calories, and a breakdown on amount of protein, carbs, and fats for each meal
- Personalize your profile page

Track your Water Intake

- Count the number of cups
- Get an idea on how much water you drink everyday
- Encourage staying hydrated
- Drink like a fish

Track your Meals

- Search for a variety food on a database
- Get information on macronutrients
- Log your meals to keep up with your health fitness

Custom Profile Page

- Personalize your profile page
- Enter information and get a suggested daily calorie intake based on user input
- Saves the information in a database

Future Plans

- Get a weekly progress of your daily average protein, carbs, and fat intake
- Add progress photos of yourself

Thank You!
Have a great
weekend!