



# Frequently Asked Questions (FAQ)

## 1. Nutrition Tracking

### **Q: How do I log my meals?**

A: Tap the "**Add Food**" button under any meal section (Breakfast, Lunch, Dinner, or Snack) to open the food search. From there, you can search for a food, select it, and add it to your meal.

### **Q: How do I search for and add foods to my meals?**

A: Use the search bar to find foods by name. Once you select a food item:

- You can view detailed nutritional info
- Adjust the serving size and unit (e.g., grams, cups, slices)
- Tap "**Add Food**" to log it into your selected meal

### **Q: Can I customize serving sizes?**

A: Yes. When adding food, you can:

- Enter a specific amount
- Select your preferred unit of measurement (e.g., g, ml, cup, tbsp)
- The nutritional info updates automatically

### **Q: How are calories calculated?**

A: Calories are based on the food's nutritional content, adjusted to your selected serving size. Protein and carbs contribute 4 calories per gram, while fats contribute 9 calories per gram.

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## 2. Meal Management

### **Q: What meal types can I log?**

A: You can log meals in four categories:

- **Breakfast** (6:00–10:00 AM)
- **Snack** (10:00 AM–6:00 PM)
- **Lunch** (12:00–2:00 PM)
- **Dinner** (6:00–8:00 PM)

**Q: Can I edit or remove meals I've logged?**

A: Yes. You can:

- Expand a meal to see the food items
  - Delete any individual food from the list
- Your daily totals will update automatically.

**Q: How can I see my meal history?**

A: Use the daily or weekly views to review past meals. These are accessible through the calorie tracker. You can select different days and view historical trends in your nutrition.

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### **3. Water Tracking**

**Q: How do I log my water intake?**

A: Tap the "+" button in the Water Tracker section and select a preset amount (e.g., 250ml, 500ml). Your progress is shown on a visual bar and updates automatically.

**Q: What is the recommended daily intake?**

A: The default goal is 2000ml (2 liters) per day, but you can personalize this based on your needs.

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### **4. Sleep Tracking**

**Q: How do I log my sleep?**

A: Go to the Sleep Tracker to:

- Input the number of hours you slept
  - Rate your sleep quality
  - Track trends in your sleep over time
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## 5. Data Visualization

### **Q: How do I view my weekly calorie intake?**

A: The calorie tracker shows:

- A weekly graph of your daily calorie intake
- A progress bar for the current day
- Indicators for under/near/over your calorie goal

### **Q: Can I see a breakdown of macronutrients?**

A: Yes. You'll see:

- Daily totals for protein, carbs, and fats
  - A percentage-based chart showing how your intake compares to your goals
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## 6. Account & Settings

### **Q: How are daily calorie goals set?**

A: Your target is based on your personal details, lifestyle, and weight goals. By default, the daily calorie goal is 1961 kcal, but it adjusts based on your inputs.

### **Q: Can I customize macronutrient goals?**

A: Yes. Default targets are:

- **Protein:** 98g
  - **Carbs:** 196g
  - **Fats:** 65g
- You can change these according to your diet plan.
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## 7. Troubleshooting

### **Q: Food search isn't working—what can I do?**

A: Try the following:

- Check your internet connection
- Make sure the food name is spelled correctly

- Refresh the page  
If the issue continues, contact support.

**Q: How do I refresh my data?**

A: Data updates automatically every 30 seconds. You can also:

- Tap the manual refresh icon
  - Log out and back in if needed
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## **8. Data Management**

**Q: How is my nutrition data stored?**

A: Your data is securely saved and includes:

- Daily meal logs
  - Weekly calorie and macro summaries
  - Long-term historical data for progress tracking
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## **9. Mobile Usage**

**Q: Can I use this app on my phone?**

A: Yes. The app is fully responsive and works on:

- Smartphones
  - Tablets
  - Desktop computers
- The interface adjusts automatically to your screen size.
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## **10. Best Practices**

**Q: How can I get the most out of the app?**

A: For best results:

- Log meals right after eating
- Use accurate serving sizes
- Track water throughout the day

- Log your sleep each morning
- Review your weekly progress to stay on track

**Q: How often should I log my meals?**

A: Ideally:

- Log meals immediately after eating
  - Update water intake as you go
  - Log sleep once you wake up
  - Check your progress at least once a day
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