

Food habits

Calcium
nutrition

Sufficient
vitamin
levels

Suggestions for
cooking with
healthier
alternatives like
olive oil instead of
butter

**Meal
prep**

Fruits

**Links
to
recipes**

Diet

Vegetables

**Calorie
deficit**

Limiting
fats

Limiting
sugars

Sufficient
water
intake

Protein

**Meal
Plans**

Fiber

Carbs

Iron

Eating
Schedule

Groceries

**Links to
Grocery
stores**

**General
budget
for
groceries**

**Life
Schedule**

Technology

**Widget
Capability**

Smart
Watch/device
comptability

Notifications

Working out

Weights

**Links to
simple
home
workouts**

**Heart
rate
tracker**

**Workout
Schedule**

**Weight
Goals**

Cardio

