uof Numtion sc companion

Fitness

Nutrition

my goods

Homle

serect
my goals'

13 my goals

my profile

current goals (

- · go to gym 3x
 per week
- · maintain weight

button

add I modify
goals

5 my profile

Anna Michelitch

Height 5'2

Weight 125 %

meal pran

garnet 14

schedule

MWF: 9am - 10am

TR: rest

tap
'my profile'

shows stats; tap on any to modify

add goal

tap a good you wish to add:

- 10se weignt
- 1 gain muscle
- Deat nealthier
- (+) 10,000 Steps/day

go back and tap (t) next to geas

the of adds a geal to profile.