

# Welcome to F3

FEAST - FAST- FITNESS

THIS APP ASSISTS IN  
YOUR WEIGHT  
LOSS/MAINTENANCE  
GOALS BY TRACKING  
FOOD CHOICES AND  
RECOMMENDING  
RECIPES AND  
EXERCISES TO STAY ON  
TRACK.

ENTER

## F3

FEAST - FAST- FITNESS

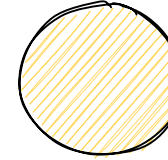
Tell us about yourself:

Goals:   
Age:   
Weight:   
Height:

PROCEED



BASED ON THE DATA YOU  
PROVIDED, YOUR CALORIE INTAKE  
SHOULD BE: 2399CALORIES FOR  
WEIGHT LOSS/MAINTENANCE



EATING WINDOW

PROCEED

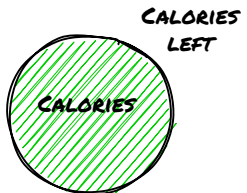


HAVE YOU EATEN  
ANYTHING TODAY?

YES / NO

YES

NO

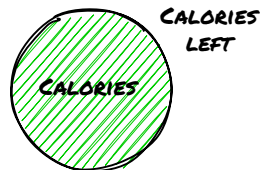


CALORIES  
LEFT

WHAT DID YOU EAT  
TODAY SO FAR?

CALC

CALCULATE HOW MANY  
CALORIES IN A MEAL.



CALORIES  
LEFT

CALORIES: 500

ENTER FOOD ITEM

CLEAR

LOG

WHAT IF

LOG IT OR FIND OUT  
WHAT KIND OF  
EXERCISE YOU CAN DO  
TO WORK IT OFF.

RECIPES WITHIN YOUR  
REMAINING CALORIES