









Dashboard Edit


<      >
Jun1 Jun2 Jun3 Jun4 Jun5


Food Tracking


☒ Protein 3/7 

☒ Carbs 0/1 

☒ Fats 1/3 

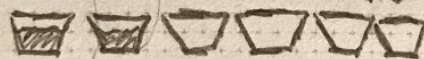
☒ Fruits 2/6 

☒ Dairy 1/4 

☒ Res. Veggies 1/5 

Water

2/6



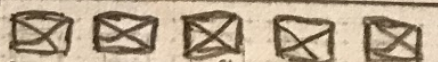
Weight

220 --- 40 --- 180
Start Progress Current

Sleep 7hrs 35min

Activities
3862 steps 35 min

Mood



Dash Food Activities Progress Settings

Dashboard Edit

< ☒ ☒ ☒ ☐ ☐ >
Jun1 Jun2 Jun3 Jun4 Jun5

Food Tracking

☒ Protein 2/7 ☒
0.5 1.0 1.5 2.0 2.5

☒ Carbs 0/1 ☒

☒ Fats 1/3 ☒

☒ Fruits 2/6 ☒

☒ Dairy 1/4 ☒

☒ Res. Veggies 1/5 ☒

Water 2/6

☒ ☒ ☒ ☒ ☒ ☒

Weight

220 --- 40 --- 180
Start Progress Current

Sleep 7hrs 35min

Activities 35min
3862 Steps

Mood

☒ ☒ ☒ ☒ ☒

☒ ☒ ☒ ☒ ☒

Dash Foods Activities Progress Settings

Foods

Search






Favourites List

1% Milk (180ml) ★ ⊕

2% Milk (120ml) ★ ⊕

Carrots ★ ⊕

Beets ★ ⊕

    
Dash Foods Activities Progress Settings

Foods

Search

Favourites List

1% Milk (180ml) ★ ⊗

0.5 1.0 1.5 2.0 -0.5

2% Milk (120ml) ★ ⊕

Carrots ★ ⊕

Beets ★ ⊕



Dash Foods Activities Progress Settings

Foods

(A Search)

Favourites

(LIST)

Dairy



Res. Veggies



Protein



Carbs



Fats



Fruits



Dash



Foods



Activities



Progress



Settings

Foods

Search

Favorites (List)

Dairy ✓

1% Milk ★ ⊕

2% Milk ★ ⊕

Skim Milk ☆ ⊕

Whole Milk ☆ ⊕

E. Skim Milk ☆ ⊕

Res. Veggies >

Protein >

Carbs >

Fats >

Fruits >

Free Veggies >

⊠ ⊠ ⊠ ⊠ ⊠
Dash Foods Activities Progress Settings