1. Start by tapping the menu tab on the top of the screen If you click the menu button again it will pull up the drop down menu.
   a. This will drop down a menu with 4 tabs.
   b. Get your numbers, meals, track weight, and track numbers.
2. Next, click on the "Get Your Numbers" tab.
   a. Fill out all your information and guess on the things you don't know.
   b. After you've filled everything out, click the "Calculate" button. This will display your maintenance, gain, and cutting calories.
   c. If you want to adjust those numbers, click on the "Adjust Numbers" button.
      i. Enter in the calorie you want to adjust. You don't have to adjust both. You can pick between adjusting your gain or cutting calories. Maintenance stays the same.
      ii. After entering in your adjusted numbers, you must click on the "Check Gain Calories" or "Check Cutting Calories" to verify that you're not cutting too many calories or for the gain you're not eating too little.
      iii. If you get an error message you must fix the calories accordingly until it says, "Adjusted Gain OK" or "Adjusted Cut OK".
      iv. Once you click "Update Calorie" you will segue way back to the Calculator View and the adjusted numbers will appear at the bottom.
3. Next, click on the Meals tab.
   a. A table view of all stored meals will appear.
   b. If you click on any of the meals it will show you the meal name and the calories for that meal.
   c. In the table view you can also add a meal by clicking in the upper right hand of the view.
      i. Enter in your meal name and calorie count and hit save meal.
4. Next, click on Track Weight.
   a. Here you will be able to see your current weight.
   b. If you want to update your weight you can enter it into the Update Weight box.
   c. Hit the "Save Weight" button and you weight will be saved.
5. Lastly, click on Track You Numbers.
   a. On this page you will be able to see the number of calories you need to eat in order to gain or lose weight.
   b. You will also be able to see the total amount of calories eaten today.
   c. To update the number of calories you've eaten today, enter the number of calories you've eaten today into the text box labeled "Calories".
   d. Once the "Update Calories" button is tapped your calories will update.