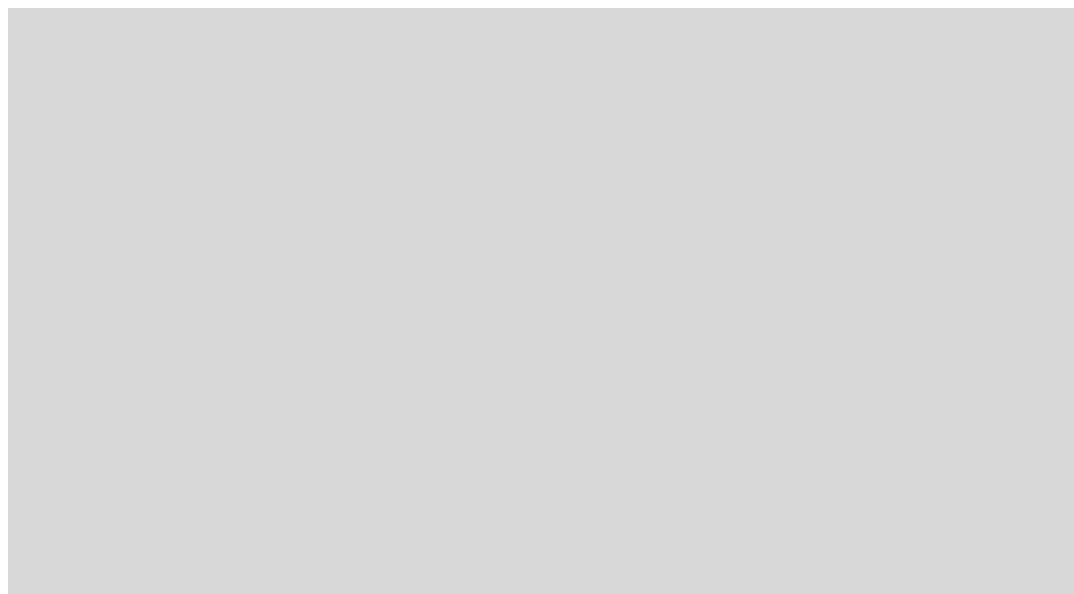


# Welcome

Please login or sign up to continue using our app.



Enter via Social Networks



or login with  
Email

Sign up

You already have an account? [Login](#)

# Login Now

Please login to continue usign our app.

Enter via Social Networks



or login with  
Email

Email

Password

[Forgot Password?](#)

**Login**

**Don't have an account? Sign up**

# Sign Up

Please Registration with email and sign up to continue usign our app.

Enter via Social Networks



or login with  
Email

Email

Password



I agree with privacy policy

Sign up

You already have an account? [Login](#)

9:41



# It's Time To Try It

From students to students

**Sign up**

**Sign up with Google**

Already Have an Account [Login](#)

9:41



# Log In to Build Habits

Email Address

Password

Remember me

[Forgot Password](#)

Login

Or login with

Google

Don't have an account? [Create an account](#)

9:41



# Sign up to Build Habits

Email Address

Password

Confirm Password

Remember me

Sign up

Or login with

Google

You already have an account? [Login](#)



# SNACKS



My Snacks



Calendar



Scan Snack



W

S

-

C

R

E

X

E



Generate  
Plan

My Exercise

Calendar

9:41



# S A C K S



Exercises



Calendar



Horario



9:41



W  
S  
—  
C  
R  
E  
X  
E



Exercises



Calendar

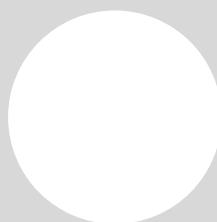


Horario





# My Snacks



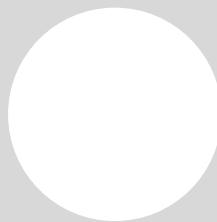
Dark chocolate

...



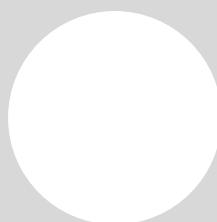
Dark chocolate

...



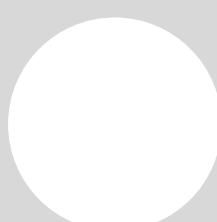
Dark chocolate

...



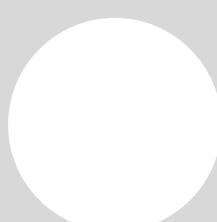
Dark chocolate

...



Dark chocolate

...



Dark chocolate

...

# Spaghetti



Foto del snack

Calorias

Tiempo

## Ingredientes



x3



x3



x3

Preparar



# Spaghetti

10 minutos

Foto del snack

1. Hervir: En una olla grande, hierva el agua con una cucharadita de sal. Cuando esté burbujeando, agrega los fideos. Cocina según el tiempo del paquete (usualmente 8-10 minutos).

2. Escurrir: Una vez cocidos, escurre los fideos en un colador y échales un chorrito de aceite de oliva para que no se peguen.

3. Servir: Añade tu salsa favorita, mezcla bien y sirve caliente. Puedes agregar queso rallado si lo deseas.

Listo



All

Batidos

Frutas

Frutos secos



# Mix de frutos secos

3 Min

120 Kcal



El mix de frutos secos es una fuente natural de energía, ideal para combatir el cansancio y mejorar la concentración.

[Recipe →](#)

9:41



Frutos secos

# Mix de frutos secos

3 m

Minutes

10

Steps

Easy

Difficulty

## Ingredients



Mani

30g



Pasas

20g



Almendras

21g

Preparar



# Mix de frutos secos



Utensilio



Utensilio



## Step 1

En una taza mezcla todos los ingredientes hasta obtener consistencia homogénea.

## Step 2

Lleva al microondas o Airfryer por 2 minutos.

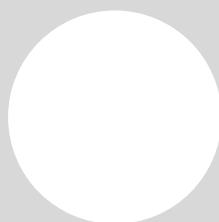
## Step 3

Sirve y disfruta.

Listo

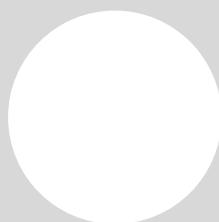


# My Exercise



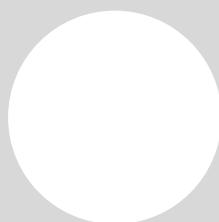
Estiramiento 1

...



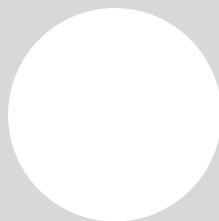
Estiramiento 2

...



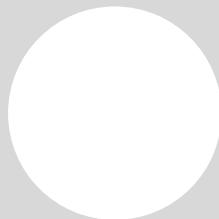
Estiramiento 3

...



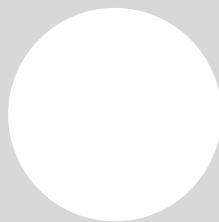
Estiramiento 4

...



Estiramiento 5

...



Estiramiento 6

...

X

# 20

minutos

Estilo

Práctica Completa

Enfocarse en...

Fuerza de centro

EMPEZAR A PRACTICAR



next exercise

00:35

27%

Completed

03:00

Total Time

Prev

00

Next



All

Brazos

Piernas

Espalda



# Flexión Dorsal



3 Min

120 Kcal

La flexión dorsal es crucial para mantener tu columna vertebral activa. Se recomienda realizar flexiones dorsales al menos una vez al dia

Ver ejercicio →



X

20

minutos

Estilo

Práctica Completa

Enfocarse en...

Fuerza de centro

EMPEZAR A PRACTICAR



next exercise

00:35

27%

Completed

03:00

Total Time

Prev

00

Next



12

HealthCode



Kéfir Picante



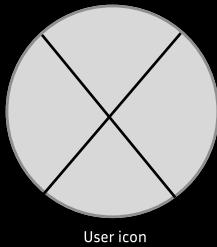
Push-Ups



Home



9:41



Hi Carolina!

Monday, 25 July



## Agenda de hoy

En 2 hrs

**Mix de Frutos secos**

[Ver Receta](#)

Imagen Referencial

En progreso

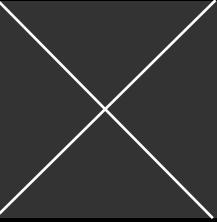
**Extensión Dorsal**

[Ver Ejercicio](#)

Imagen Referencial

**Días de racha** 

Racha icon



L

M

M

J

V

S

D

Penguin Icon

!Completa tu agenda cada dia y alcanzarás una semana perfecta el domingo!



# How old are you?

Segundo texto

27

26

---

25

---

24

23



Next >

# What's your weight?

\_\_\_\_\_ Kg

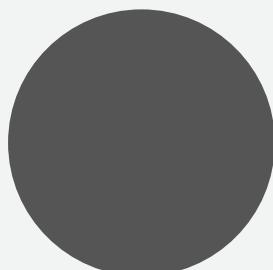
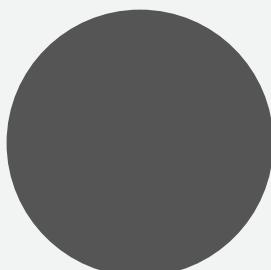
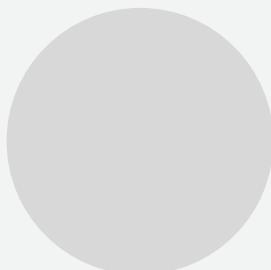
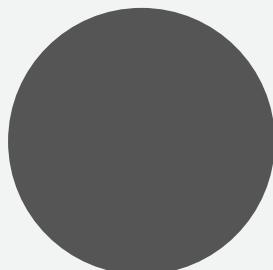


Next >



Skip

# Any Dislikes?

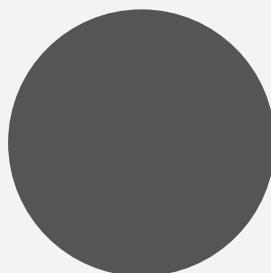
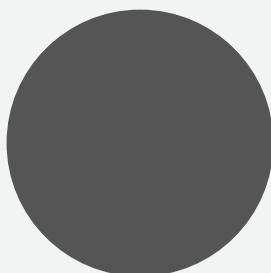
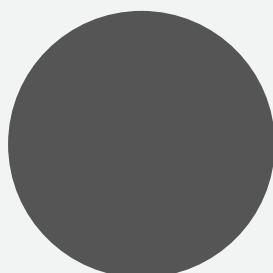


Continue >



Skip

# Your preferences?



Continue >

# Do you have a medical condition?

No



Yes



Next >

# Do you have a medical condition?

No

Yes



Especifica tu condición médica

---



Next >



# Phoebe West

Phoebe.w@gmail.com

## Settings

- Dark Mode
- Notifications
- Privacy
- Account
- Help
- About



# Phoebe West

Phoebe.w@gmail.com

## Privacy



We use encrypted data



Limited use of your data



We do not sell your data



We will not contact you by  
other means



# Phoebe West

Phoebe.w@gmail.com

## Account

Change email >

Change password >

Active devices >

Invite friends >

Two-Step Verification >

Delete my account >

Help >



# Phoebe West

Phoebe.w@gmail.com

## Account

the change of email address will be done through the cell phone associated to the email address.

Are you sure you want to change your email address?

Yes, send SMS



**Phoebe West**

Phoebe.w@gmail.com

## Account

the change of password will be done  
through the associated e-mail address

Are you sure you want to change your  
password?

Yes, send Email



# Phoebe West

Phoebe.w@gmail.com

## Help

if you need help related to your  
healthcode account, please contact us  
at:

[healthcodesupport@gmail.com](mailto:healthcodesupport@gmail.com)

or a traves of the phone number:  
[+56911111111](tel:+56911111111)



## Phoebe West

Phoebe.w@gmail.com

## About

HealthCode was created to address the growing challenge of maintaining healthy habits in today's fast-paced world. Many people struggle to find simple, effective ways to incorporate good nutrition and regular physical activity into their daily routines. Our goal is to provide an easy-to-use platform that motivates and supports users in building sustainable habits that improve their overall well-being. By offering personalized reminders, healthy snack suggestions, and quick exercise breaks, HealthCode empowers individuals to take control of their health, one small step at a time.



# Phoebe West

Phoebe.w@gmail.com

## Account

### Linked devices

Iphone 13

Last active today at 19:04

Temuco

Iphone 10

Last active September,2023

Santiago



All your information is encrypted

Padlock icon

# Contacts

Search

You are inviting your friends

A



**Ambar**

+56911111111

send invite



**Agustín**

+56911111111

send invite

B



**Bruno**

+56911111111

send invite

C



**Catalina**

+56911111111

send invite

D



**Diego**

+56911111111

send invite



**Daniel**

+56911111111

send invite



## Scan My Snack



Bring your snack closer and scan it!

Empezar



# Scan My Food



Enfoque de Snack

0.5x

1.5x

2x

Galary

Reverse  
camera





**!Snack escaneado correctamente!**

Tu snack ha sido guardado en  
“Mis Snacks”

[Ir a Mis Snacks](#)

[Volver a inicio](#)

Are you sure you want to eliminate your  
“Mix de frutas” snack?

Yes

No



**No hemos podido procesar tu snack**

Volver a intentar

Volver a inicio

HealthCode

nombre de usuario    usuario@gmail.com



nombre de usuario    usuario@gmail.com



Cancel

Post



What's happening?



Everyone can reply

aA

Galery  
icon

Gif  
Icon

"The"

the

to

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ABC

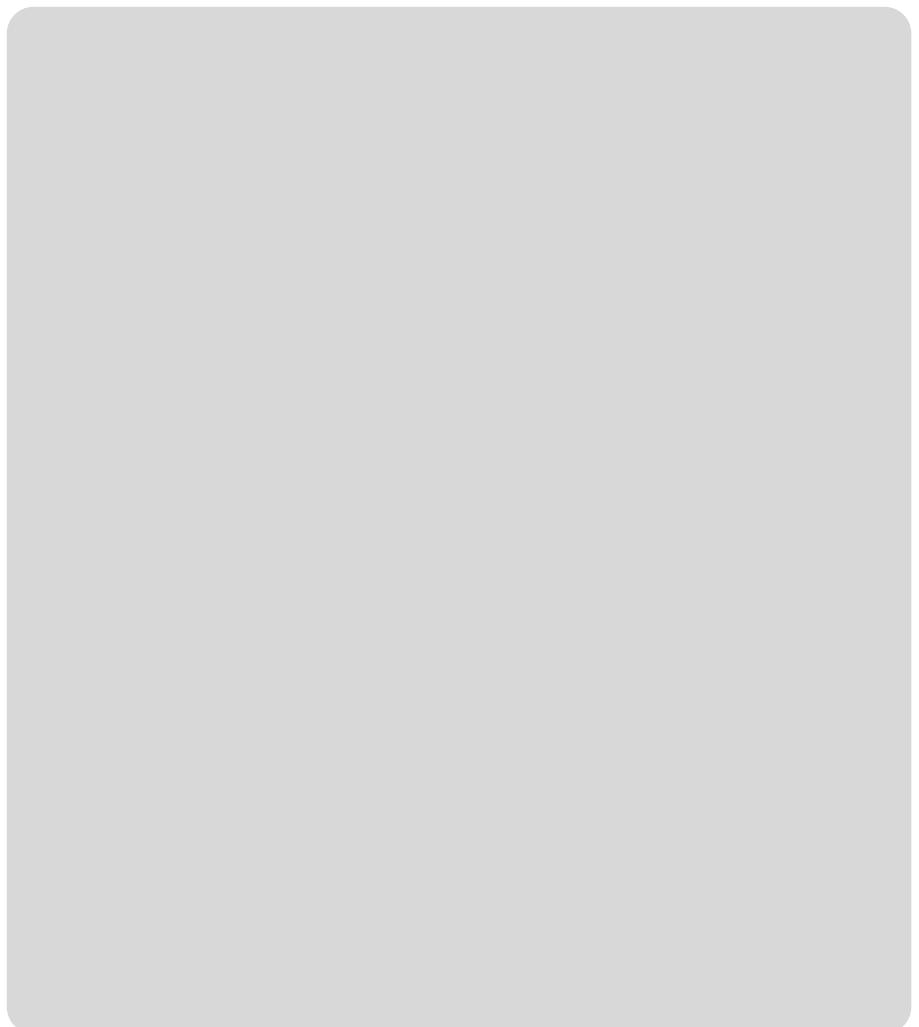
space

return



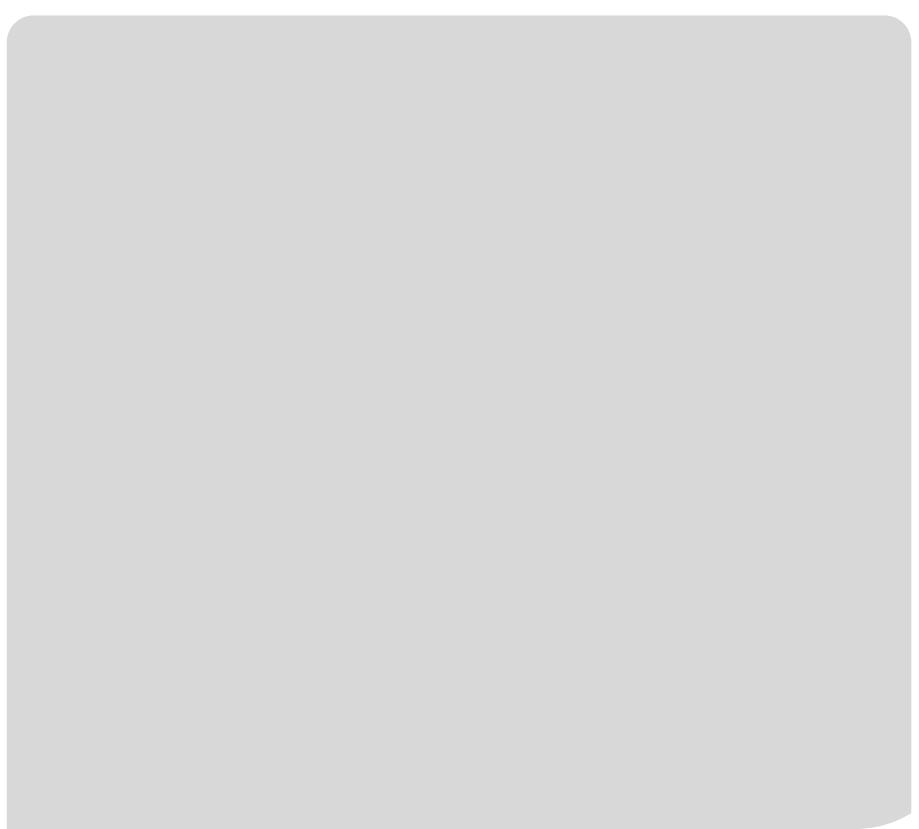
## My Posts

nombre de usuario    usuario@gmail.com    ...



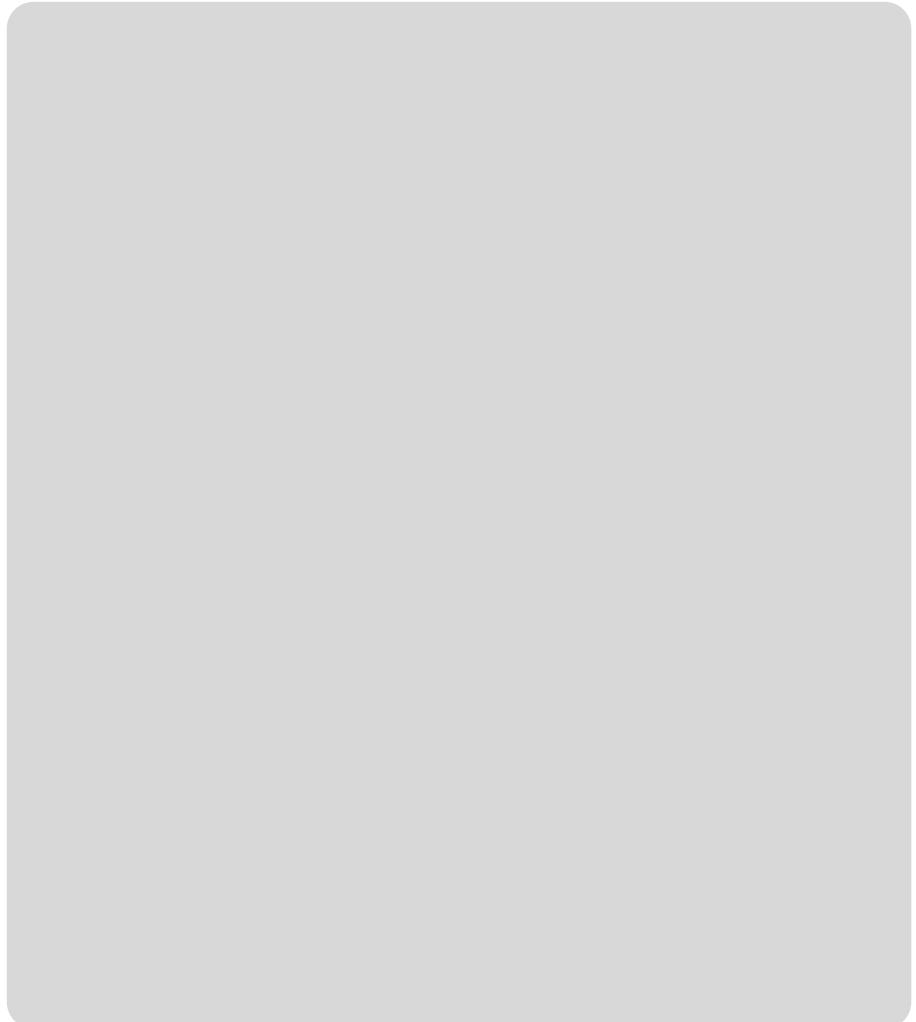
2k

nombre de usuario    usuario@gmail.com    ...



## My Posts

nombre de usuario    usuario@gmail.com    ...



2k

Hide publication

QR Scan

Show on public

Delete



## Weekly Calendar



User icon

### May 2025

M	T	W	T	F	S	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Today



Mix de frutas

Done



Batido verde

En 2hrs





## Weekly Calendar



User icon

### May 2025

M	T	W	T	F	S	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Today



Mix de frutas

Done



Batido verde

Change

You are changing your snack “Batido Verde”,  
do you want to continue?

Yes

No



All

Batidos

Frutas

Frutos secos



# Mix de frutos secos

3 Min

120 Kcal



El mix de frutos secos es una fuente natural de energía, ideal para combatir el cansancio y mejorar la concentración.

Cambiar →





## Weekly Calendar



User icon

### May 2025

M	T	W	T	F	S	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Today



Mix de frutas

Done



Mix de frutos  
secos

En 2hrs



9:41



## Calendario

Julio

L

M

M

J

V

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31

## Snack de hoy

En progreso



En 2 hrs



9:41



## Calendario

Julio

L

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31

## Snack de hoy

En progreso



En 2 hrs



9:41



## Calendario

Julio

L

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31

## Snack de hoy

En progreso



En 2 hrs



9:41



## Calendario

Julio

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16

17

18

19

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21

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31

## Snack de hoy

En progreso



En 2 hrs





## Weekly Calendar



User icon

### May 2025

M	T	W	T	F	S	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Today



Sentadillas

Done



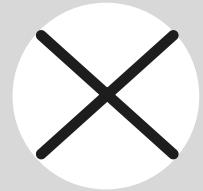
Flexiones  
Unilaterales

En 2hrs





## Weekly Calendar



User icon

### May 2025

M	T	W	T	F	S	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Today



Sentadillas

Done



Flexiones  
Unilaterales

Change

You are changing your exercise “Flexiones unilaterales”, do you want to continue?

Yes

No



All

Brazos

Piernas

Espalda



# Flexión Dorsal



3 Min

120 Kcal

La flexión dorsal es crucial para mantener tu columna vertebral activa. Se recomienda realizar flexiones dorsales al menos una vez al día

Cambiar





## Weekly Calendar



User icon

### May 2025

M	T	W	T	F	S	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Today



Sentadillas

Done



Flexión  
Dorsal

En 2hrs



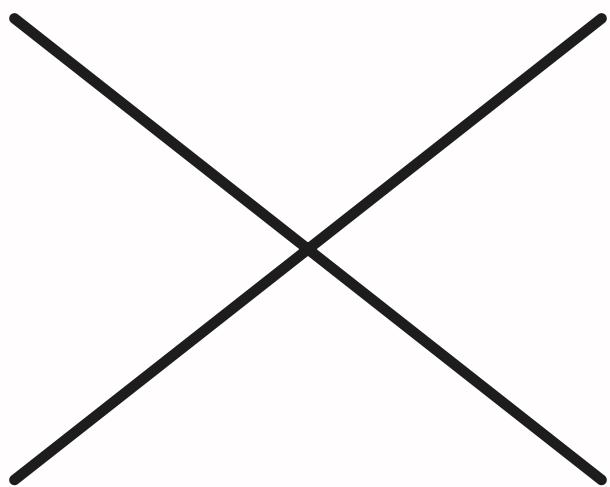
9:41



# Chili willy



9:41



Chili willy

