

FoodCal

Setup Profile

Enter Name:

John

Enter Height:

178cm

Enter Weight:

78kg

Enter Consumption Goal:

4000cal

Setup

Figure 4.1 Setup Profile



FoodCal

Set Alerts

Breakfast:

10:00 AM

Lunch:

4:00 PM

Dinner:

12:00 AM

Set

Skip

Figure 4.2 Set Alerts

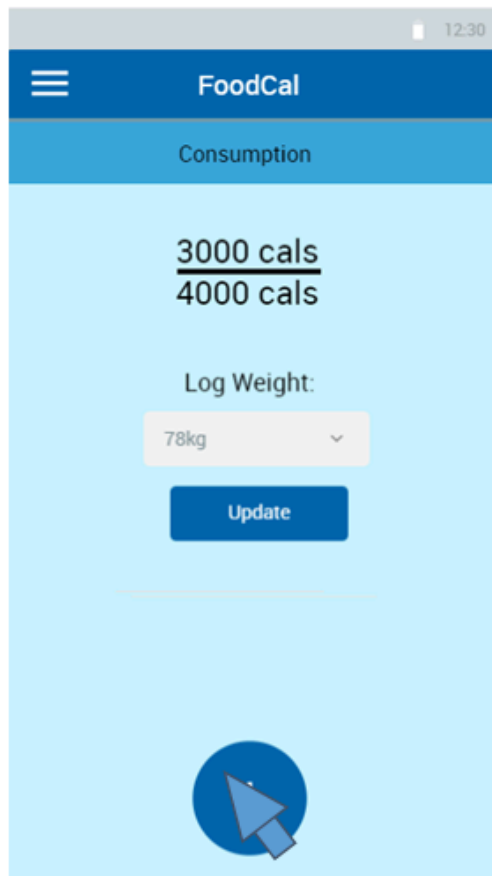


Figure 4.3 Home Page

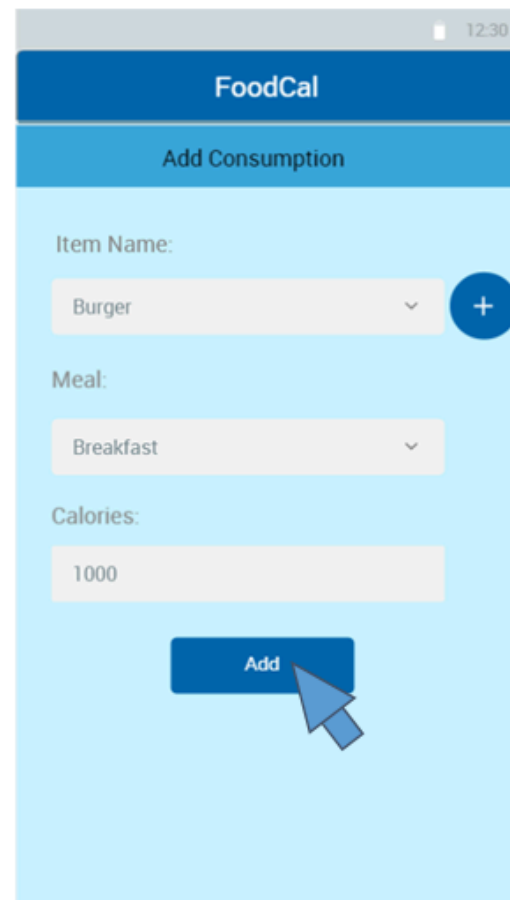


Figure 4.4 Add Consumption

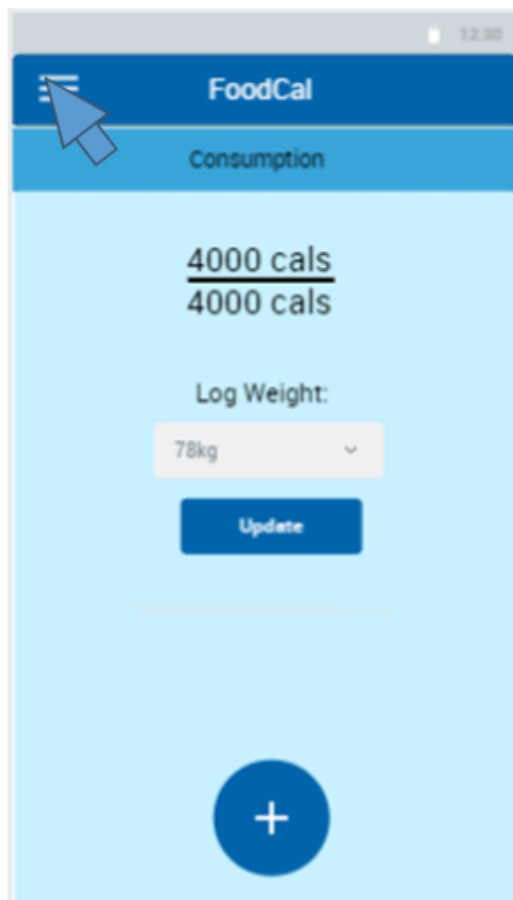


Figure 4.5 Consumption Added

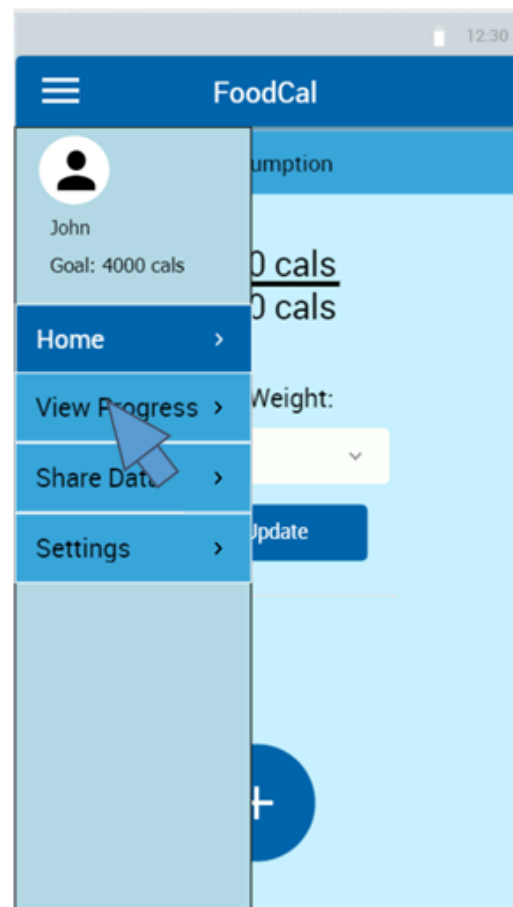


Figure 4.6 Select View Progress (Navigation Bar)



Figure 4.7 Weight Progress

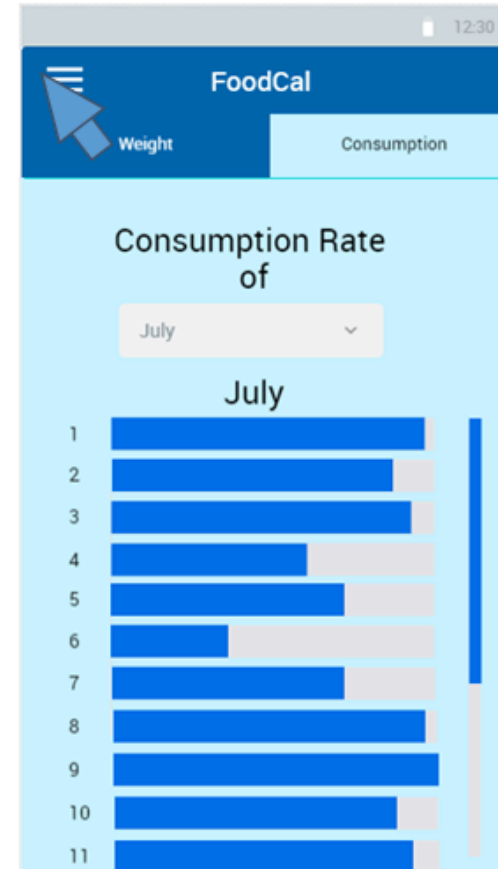


Figure 4.8 Consumption Rate Progress

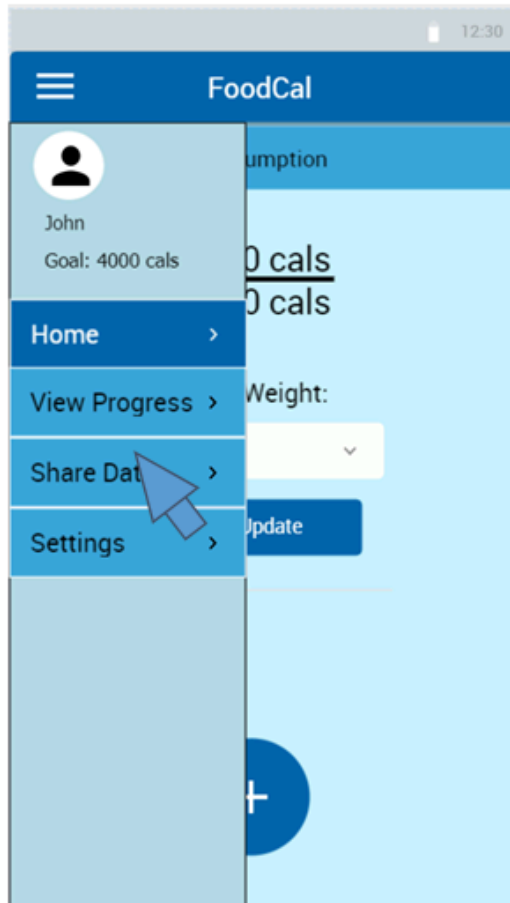


Figure 4.9 Select Share Data (Navigation Bar)

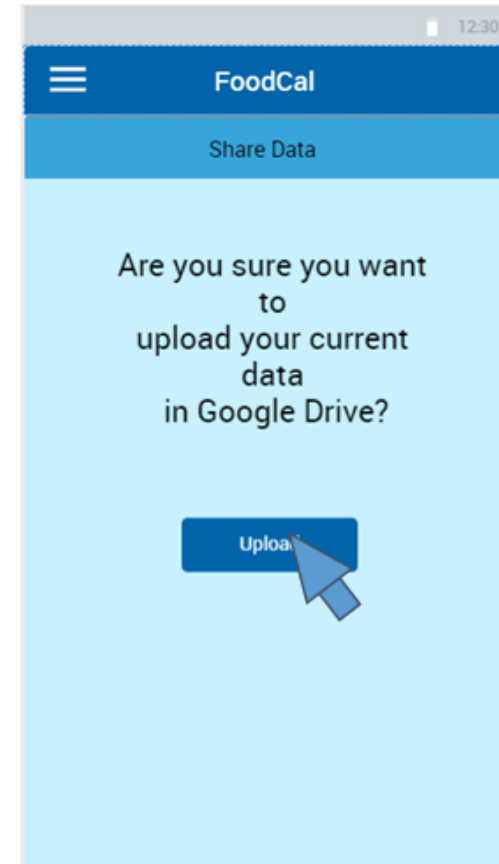


Figure 4.10 Upload Data

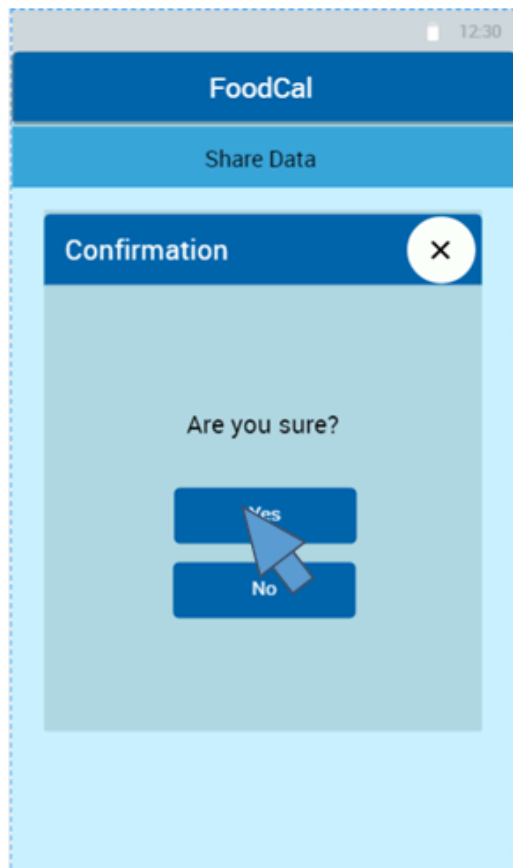


Figure 4.11 Confirmation

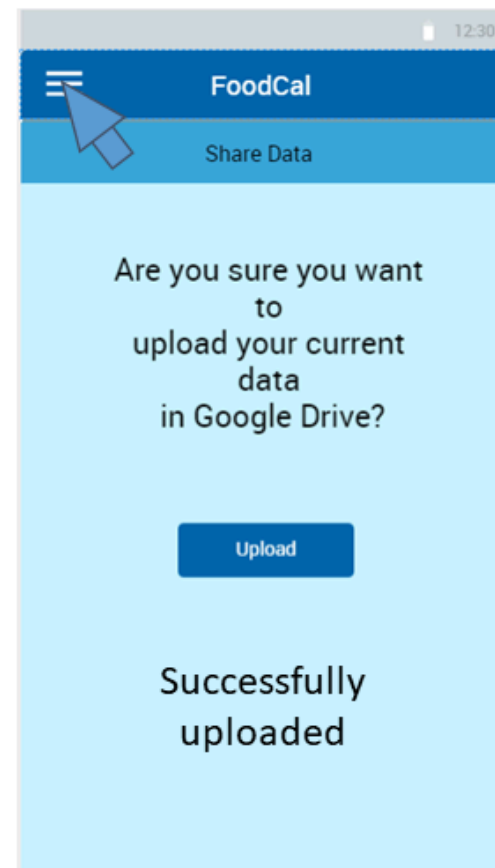


Figure 4.12 Data Uploaded

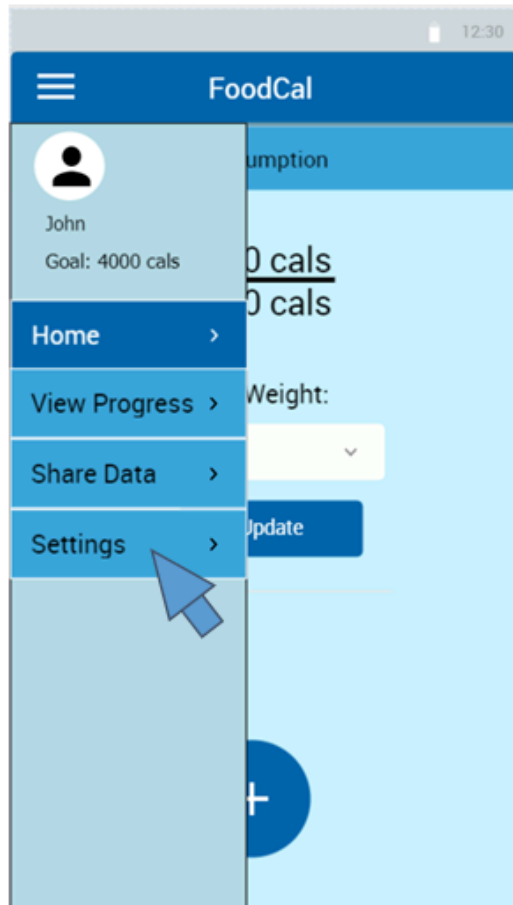


Figure 4.13 Select Settings (Navigation Bar)

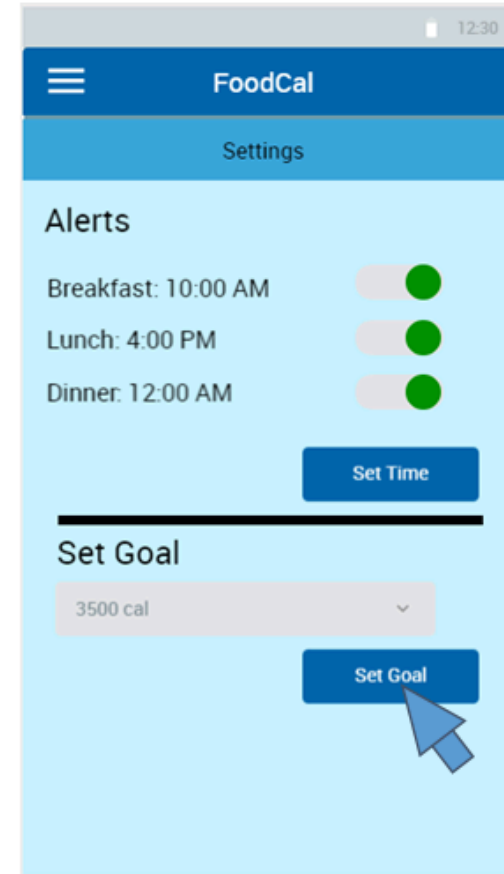
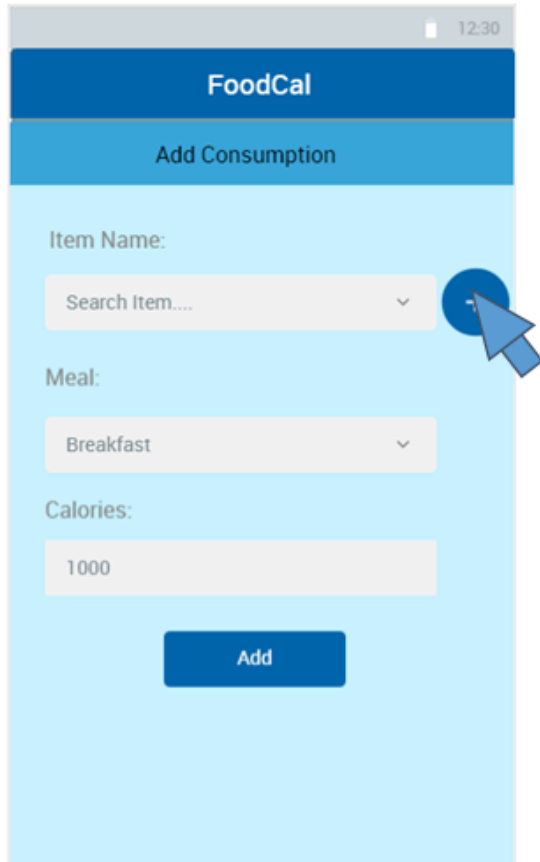


Figure 4.14 Settings



FoodCal

Add Consumption

Item Name:

Search Item....

Meal:

Breakfast

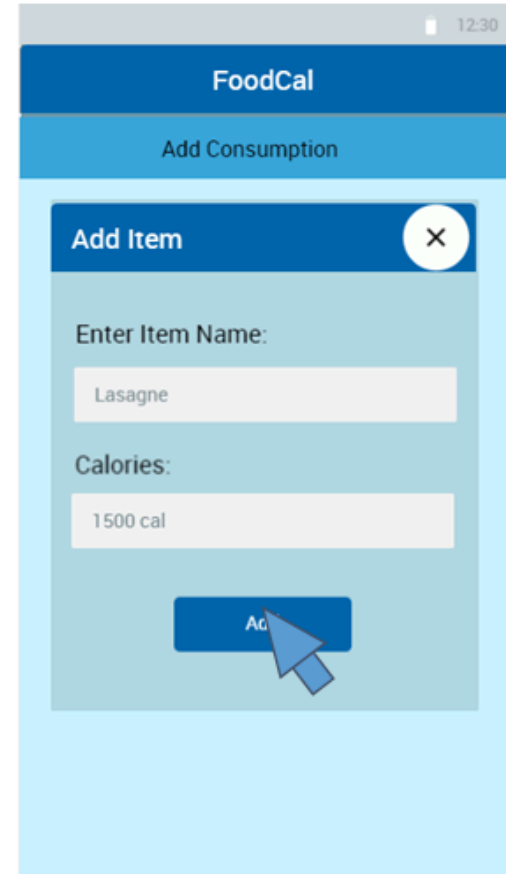
Calories:

1000

Add

A blue mouse cursor is clicking on a circular button to the right of the 'Search Item....' field.

Figure 4.15 Add Consumption



FoodCal

Add Consumption

Add Item

Enter Item Name:

Lasagne

Calories:

1500 cal

Add

The 'Add Item' screen is shown as a modal overlay. It has a dark blue header with a close button (X). The background is a lighter blue. A blue mouse cursor is clicking on the 'Add' button.

Figure 4.16 Add Item

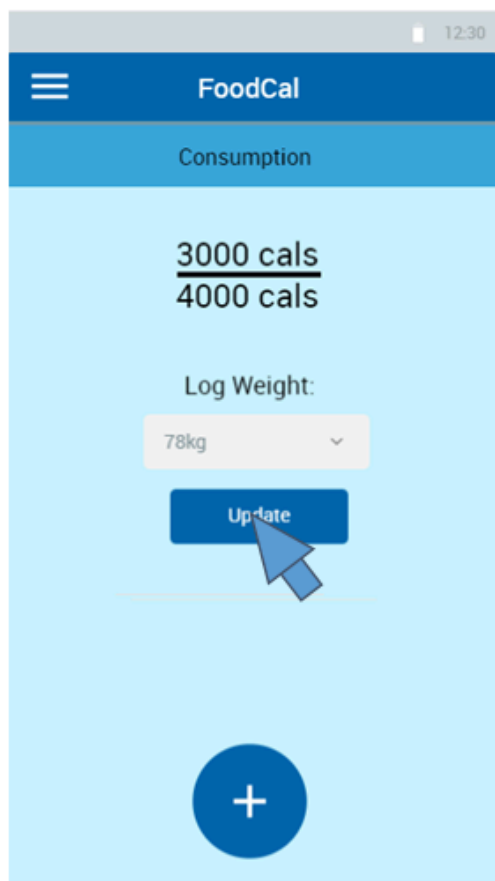


Figure 4.17 Home Page

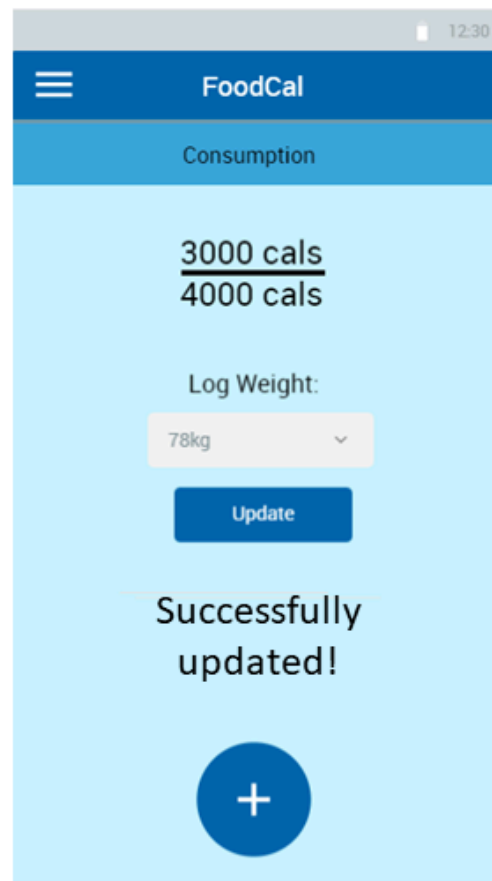


Figure 4.18 Weight Updated