

Your Fitness / Your Life

Track Your Daily Meals And Workouts

On The Journey To Healthy Living

Username:

Password:

New user?

REGISTER

Your Fitness / Your Life

First Name:

Last Name:

Email:

Password:

Street Address:

City:

State:

Zip Code:

Phone:

Date of Birth:

Height:

Already registered?

Welcome john@test.com
 Click below to Create a Meal or Workout

Create a Meal

New Meal

Create a Workout

New Workout

Create Your Daily Health Profile

Weight (lbs)

Height (in)

Age:

Gender:

Male

☐

Female

☐

Your Weight Goal:

Lose Weight

☐

Maintain Weight

☐

Gain Weight

☐

Exercise Level:

Target Calories for Meals Today:

Calculate

Save

Your Personal Workout Records

Exercise	Pesonal Record	Date Achieved
Bench Press	150 lbs for 10 repetitions	2022-06-24

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[john@test.com](#)

Today's Health Profile

Weight:
Exercise Level:
Target Calories:
Weight Goal:

Select Date to View Meals/Workouts

First Name:
Last Name:
Street:
City:
State:
Zip:
Phone:
Date of Birth:
Height (in)

Total Calories consumer on 2022-06-25 = 1830.00. Total Protein: 120g. Total Carbs: 80g. Total Fat: 32g.
Your weight today is: 184.3 pounds. Your daily Target Calories are 1800.0 so you are in a deficit of -30 cals.

Workouts for 2022-06-25

Meal Type: Breakfast

Date: 2022-06-25

Food Servings Cals

Eggs 3 180

Protein: 18g

Carbs: 0 g

Fat: 3g

Meal Calories: 180.0

Meal Type: Dinner

Date: 2022-06-25

Food Servings Cals

Shrimp 4 200

Protein: 48g

Carbs: 0 g

Fat: 8g

Meal Calories: 200.0

Name: Back

Date: 2022-06-25

Duration: 30 minutes

Exercise Weight Repetitions

back-seated row 110.00 12

back-lat pulldown 120.00 10

Add Servings - Save Meal

Now	Month:	Day:	Year:	Hour:	Minutes:	AM/PM:	Meal Type:	Protein:	Fat:	Carbs:	Cals:	Save Meal
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	

Add Serving

Number:

Food:

Filter food by category or name...

Add Serving

Add Sets - Save Workout

Add Set

Repetitions:

Weight:

Exercise:

Save Workout

Month: Day: Year:

Duration:

Workout Name: