CalorieMate User Manual

CalorieMate is a smart, intuitive meal tracking application designed to help users monitor daily nutrition, manage health goals, and make informed dietary decisions.

1. Installation

iOS

Download from the App Store by searching **CalorieMate**.

Android

Download from the Google Play Store by searching **CalorieMate**.

2. Onboarding

1. Launch the app.

2. Follow the guided setup to configure your:

    ○ Daily calorie target

    ○ Macronutrient goals (protein, carbs, fat)

    ○ Activity level (low, moderate, high)

    ○ Goal type (lose, maintain, gain weight)

These preferences are used to tailor your recommendations and progress tracking.

3. Logging Meals

You can log meals through multiple input methods:

3.1 Manual Entry

● Tap **Log Meal**

- Enter food name, calories, macronutrients, and notes

- Optionally attach a photo

3.2 Barcode Scanning

- Tap **Scan Food Barcode**

- Align the barcode in the viewfinder

- If recognized, details auto-fill from the internal food database

3.3 Image-Based Entry

- Tap **Snap Meal**

- Capture your meal photo

- AI analyzes the image to suggest nutritional values (editable before saving)

4. Daily Overview

The home screen displays:

- Current day's calorie consumption

- Progress toward daily goals

- Macro breakdown: protein, carbs, and fat

- Logged meals with timestamps and notes

5. Weekly Progress

- Access via the **Progress** icon

- View daily calorie intake trends

- Review macro averages

- Compare performance against goals

6. Meal History

- Access via the **History** icon

- View, edit, or delete previous entries

- Meals are sorted by recency

- Images and notes are preserved per entry

7. Goal Settings

- Access via **Settings > Nutrition Goals**

- Modify calorie and macro targets

- Automatically recalibrate targets based on updated goals or activity level

8. App Settings

Accessible via the **Settings** icon. Options include:

- Toggle dark mode

- Enable/disable notifications

- Switch between metric and imperial units

- Clear all saved data

9. Data Privacy & Storage

All data is stored locally on your device. Sensitive information such as dietary preferences and health goals is not transmitted or shared without consent.

10. Troubleshooting

App crashes or fails to launch

- Ensure you are on the latest app version

- Try reinstalling from the app store

Camera or barcode not working

- Ensure permissions are granted via system settings

- Restart the app after changing permissions