# **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