

Welcome to HealthBites

Bikin profile kesehatan yang sesuai dengan tujuan anda

Let's Start

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Bikin profile kesehatan yang sesuai dengan tujuan anda

Email



Password



Let's Start



Apa kelamin Anda?

Bikin profile kesehatan yang sesuai dengan tujuan anda

Female

Male

Next



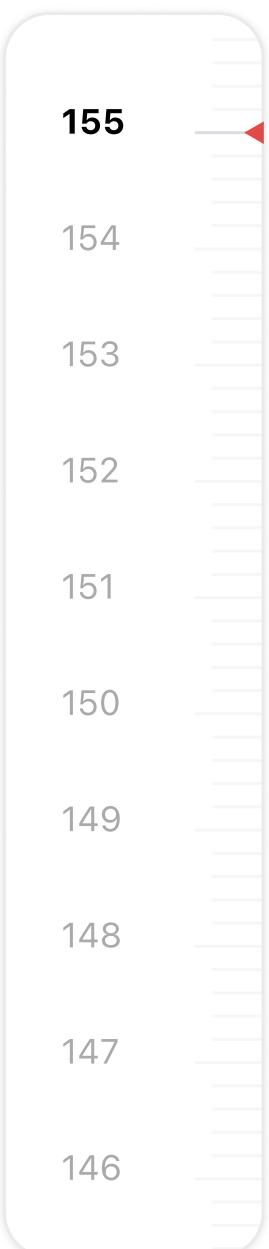
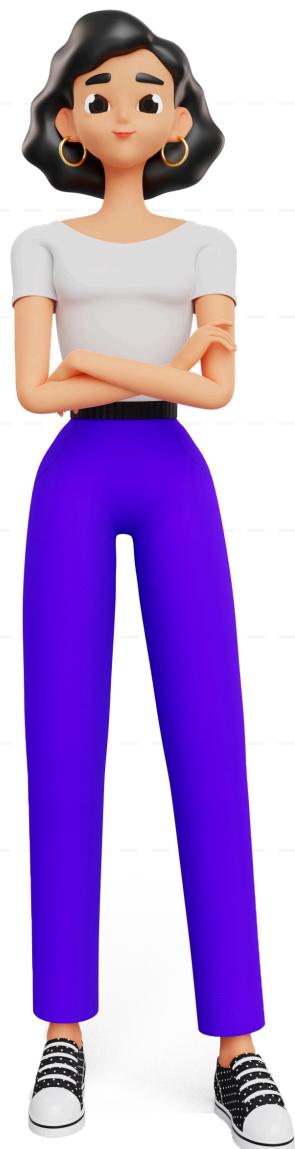
How tall you are?

Centimeter

Feet

Inch

155.1 cm



Next



Apa goal Anda?

Data ini akan dipakai untuk membantu anda mencapai tujuan anda dengan baik.

Lose weight



Gain weight



Stay healthy



Next

Your BMI is
19.5



You have normal body weight 

We can help



Your life can be better if you have workout routines to keep your body be in fit!



Your life can be better if you have workout routines to keep your body be in fit!



Track your wourkout routines and make a plan for future healthy life

I am ready



Apakah anda punya alergi?



Egg



Milk



Nut



Soybean



Fish



Wheat



Celery

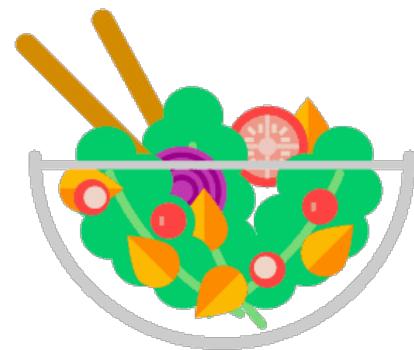


Crustacean



Mustard

Next



Preparing your plan

Setting up your nutrition plan and analyzing your goals...

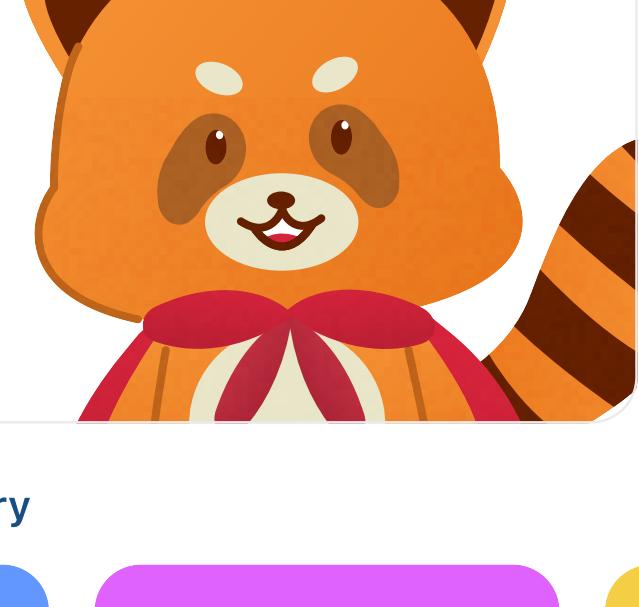


35%

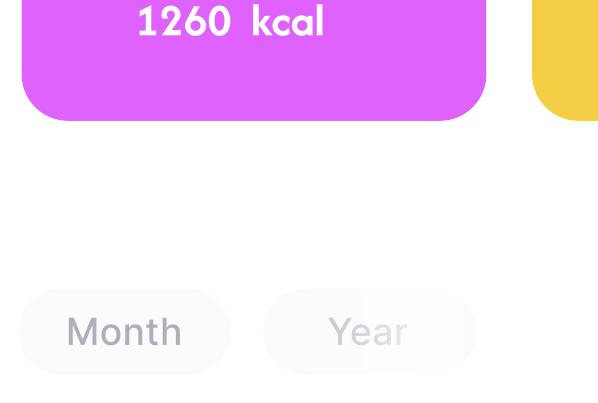
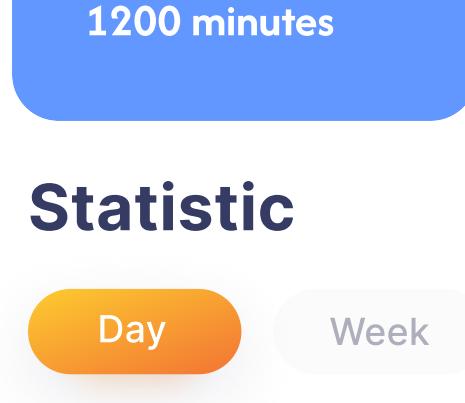


Hello, [Nama]

Today, May 20



Your Weekly Summary



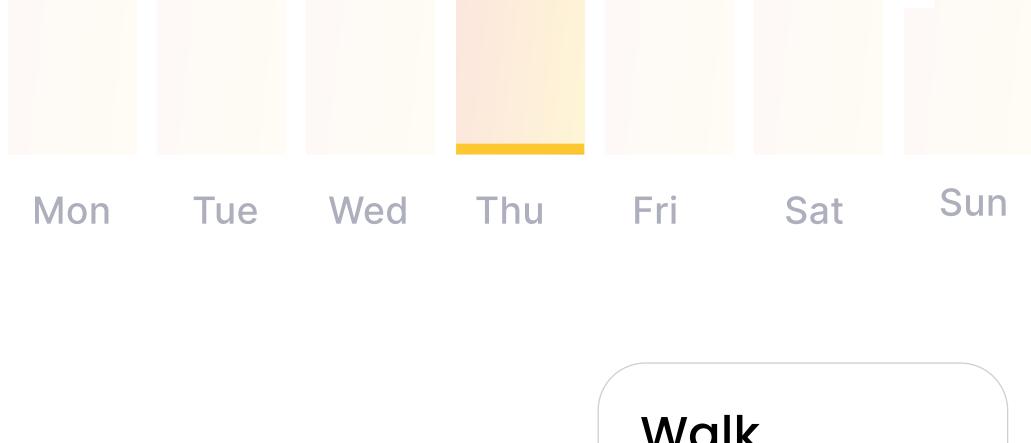
Statistic

Day

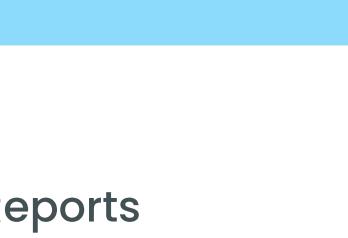
Week

Month

Year



Air Minum



2.1 liters

Walk

2628

Steps Completed



Weight loss

80% decrease



86%



General heal

78% Increase

You have achieved 86%
of your goals this month



Charles Robbie

25 years old

Blood

O+

Height

186cm

Weight

90kg





Hello Charles, What recepies do you want today?



Search for recepies



Recepies That You Might Like



Honey lime combo

2,000



Berry mango combo

8,000



Hottest



Popular

New combo

Top



Quinoa fruit salad



10,000



Tropical fruit salad



10,000



Filter Search

Time

All

Newest

Oldest

Popularity

Rate

Recep

5 ★

4 ★

3 ★

2 ★

Category

All

Cereal

Vegetables

Dinner ★

Chinese

Local Dish

Fruit

BreakFast

Spanish

Chinese

Lunch

Apply