This app is rather simple, it just has a login feature and a main screen. On the main screen there are multiple textViews that will display the total number of calories gained, lost, and also their net calories. All the values are stored in a database and are calculated before they are displayed. I created this app to help people keep track of their caloric intake, so they can continue to maintain a healthy lifestyle. Nowadays, people are very interested in losing weight and being healthy. This app is designed to help them keep track of their calories without needing to do all the calculations on a sheet of paper.