

Calendar

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January 2024

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Calendar: clicking on a date will take you to the log meal window for the date clicked on

Log Meal

1st January 2024

Breakfast250

ADD

Toast, White Bread

66

25g

Butter, Salted

102

14g

Breakfast logged on logged meals window

Log Meal

Lunch350

ADD

Snacks260

ADD

Dinner450

ADD

Lunch, snacks and dinner to be logged (visual representation)

Food Chooser

Search

100

grams (g)

Cancel

OK

Pop up window to select a food (search in food and it will come up), and can add the food amount in g if it s a drink, instead of g it will instruct them to enter in ml

Exercise Calendar

←

January 2024

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Calendar: clicking on a date will take you to the exercise window for the date clicked on

Log Meal

1st January 2024

Breakfast250

ADD

Toast, White Bread25g

66

Butter, Salted14g

102

Exercises logged for 1st January

Log Meal

2nd January 2024

Breakfast250

ADD

Toast, White Bread25g

66

Butter, Salted14g

102

Exercises logged for 2nd January (currently none)