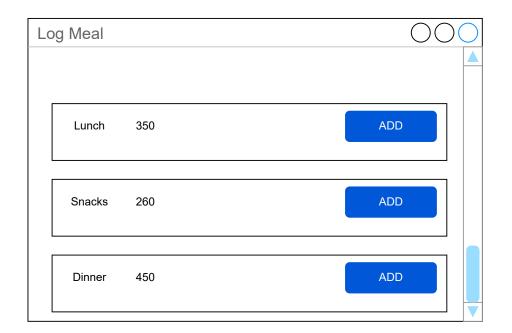


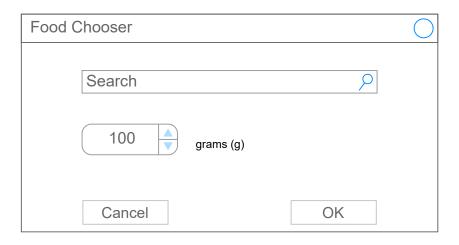
Calendar: clicking on a date will take you to the log meal window for the date clicked on



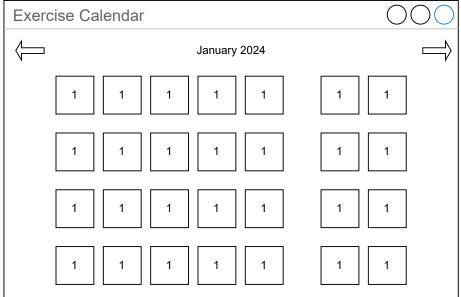
Breakfast logged on logged meals window



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



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



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



Exercises logged for 2nd January (currently none)



Exercises logged for 1st January