



Today

Food



Exercise



1200  
GOAL

-

750  
FOOD

+

250  
EXERCISE

=

CALORIES

Recent

Banana

210

Breakfast

Recent

Banana

210

Lunch

Recent

Banana

210

Dinner

0 cals

Snacks

200 cals

PROTEIN

CARBS

FAT

FIBRE



0%



50%



90%



100%

Calories Burned

