Please round the edges slightly | Please order as date month/day/year and make more BOLD

Please ensure nutrition bar is green from 0% to 100%, then turns yellow 101% thru 105% then RED at 106% + target

Please turn the number and percentage sign of XYZ% Protein, Carb, Fat RED when each goes above set target

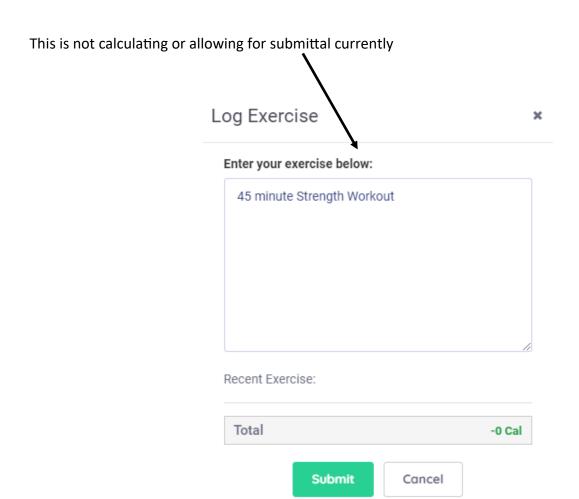
Please remove the darker gray outline box around 0g Protein, 0g Carbs and 0g Fat

Please move the Add Food & Bev, Water and Exercise buttons to appear just under progress bar

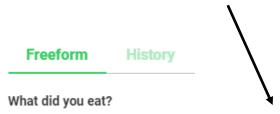
Please ensure the Hydration and Exercise progress bar is red until 99% of target. It will turn green at 100%







This function is currently not working



14 blueberries and 1 cup of greek yogurt. Also 1 teaspoon of manuca honey

When: Now

Add to Basket

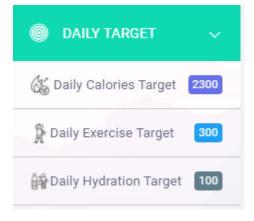
How does Natural Work?

Type or speak freeform text in the box above and we use state-of-the-art natural language processing technology to accurately determine what you ate.

After you add foods to the basket, you will have a chance to review the foods, change the time you ate them, and change serving sizes before adding to your food log.

Please change this to instead say "Daily Targets"

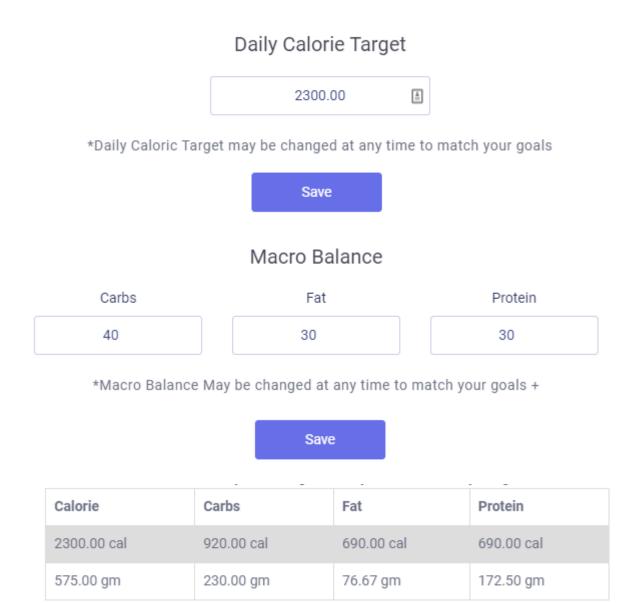
Please change this to instead say "Daily Caloric Target"



Please add Save button here to only save Daily Calorie Target

Please ensure this Save button only saves Macro Balance

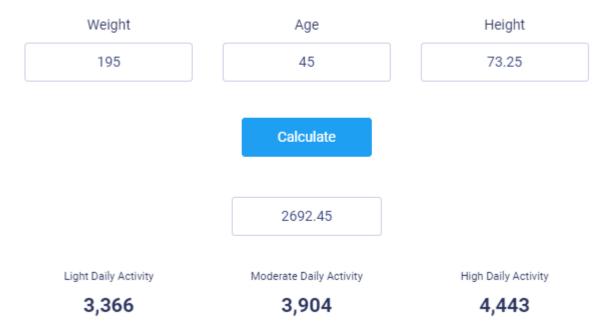
Please ensure the Calorie, Carb, Fat and Protein calculations show up under the save button



Please "center" all of the titles, number and text within the cells above instead of left indent Please change "gm" to instead just a "g"

Please remove the decimal points and round to the nearest single digit. Example 172.5g of protein would instead appear as 173g

Manual BMR Calculator



Please change the current Manual BMR Calculator which appears at the top of this page, to instead look like the calculator below.

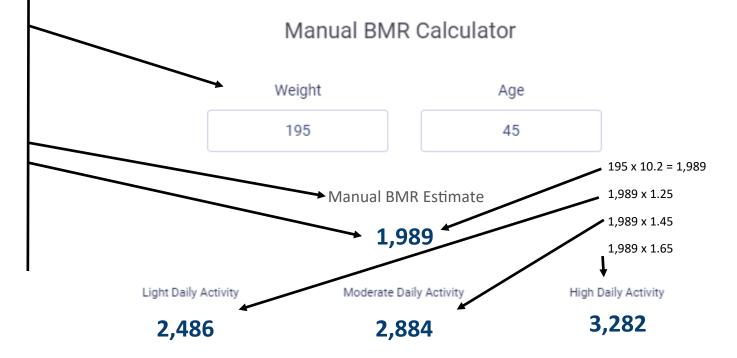
Please remove the height and only ask for Weight and Age

Please add text that says "Manual BMR Estimate"

Please remove the box around the BMR Estimate calculation and ensure it is a static number

Please change the calculation for BMR Estimate to body weight times 10.5 for individuals under 40 and weight times 10.2 for individuals 41 to 60 and body weight times 9.8 for individuals above 61

Please keep the light, moderate and high daily activity the same as current increase above BMR estimate.



Please change the current Daily Exercise Target View to instead look like the below illustration Please move the Daily Burn Calculator to appear just under the Daily Calorie Burn Target Please change the text that appears above the Intensity examples as shown below Please adjust the intensity example as shown below Daily Calorie Burn Target 300.00 *Use Daily Burn Calculator to estimate targeted goal. Save Daily Burn Calculator Weight Intensity Minutes Estimate Weight Estimate δĵè lb Select Intensity Ħ Minutes Calculate **Activity Examples Per Level of Intensity** Gardening, Stretching, Cooking, Golfing w/ Cart, Light Rebounding Very Low Intensity Walking, Cleaning, Light Strength Training, Ping Pong, Elliptical (slow)... Low Intensity Power Walking, Regular Strength Training, Slow Jog, Biking under 60 RPM w/light Medium Intensity resistance, Dancing, Basketball shoot around, Jumping Jacks, Golf Carrying clubs... HIIT Training, Olympic Lifting, Running, Rowing, Hill Hiking, Soccer, Basketball, Climb-High Intensity ing, Jump Rope, Cycling over 85 RPM, Shadow Boxing, Kickboxing... Cross Training, Sprints, Suicides, Competitive Soccer, Basketball, Track & Field, Very High Intensity Burpees, Plyometrics, Strength Training w/ Circuits, complex and drop sets...

^{*}Will vary slight dependent upon and individuals total weight and lean mass.