

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%

Please replace text that says Click Here to Confirm Completion of Daily... with button below

2021-10-30

Nutrition

0 Consumed Remaining 2300 Target 2300

0g Protein	0g Carbs	0g Fat
X%	Y%	Z%

Food & Bev +

Hydration

84 Con- Remaining 15 Target 100

Water +

Exercise

0 Burned Remaining 300 Target 300

Exercise +

Day Completed ✖

Confirm Completion of Daily Entries

*[Click Here](#) to unlock/edit entries

This will open up the detailed view for the day

View Todays Details

Nothing will add to basket currently

Add Food





red wine

Q

All Your Foods Common Branded Freeform

COMMON FOODS (20)

 red wine

 red wines

This is not calculating or allowing for submittal currently

Log Exercise



Enter your exercise below:

45 minute Strength Workout

Recent Exercise:

Total	-0 Cal
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Submit Cancel

This function is currently not working



Freeform History

What did you eat?

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”


 DAILY TARGET 

 Daily Calories Target

2300

 Daily Exercise Target

300

 Daily Hydration Target

100

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

Daily Calorie Target

2300.00

*Daily Caloric Target may be changed at any time to match your goals

Save

Macro Balance

Carbs

40

Fat

30

Protein

30

*Macro Balance May be changed at any time to match your goals +

Save

Calorie	Carbs	Fat	Protein
2300.00 cal	920.00 cal	690.00 cal	690.00 cal
575.00 gm	230.00 gm	76.67 gm	172.50 gm

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

Weight	Age	Height
195	45	73.25

Calculate

2692.45

Light Daily Activity	Moderate Daily Activity	High Daily Activity
3,366	3,904	4,443

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.

Manual BMR Calculator

Weight	Age
195	45

Manual BMR Estimate

1,989

$195 \times 10.2 = 1,989$

$1,989 \times 1.25$

$1,989 \times 1.45$

$1,989 \times 1.65$

Light Daily Activity	Moderate Daily Activity	High Daily Activity
2,486	2,884	3,282

- 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

Weight

lb

Intensity

Select Intensity

Minutes

Minutes

Estimate

Estimate

Calculate

Activity Examples Per Level of Intensity

Very Low Intensity	Gardening, Stretching, Cooking, Golfing w/ Cart, Light Rebounding
Low Intensity	Walking, Cleaning, Light Strength Training, Ping Pong, Elliptical (slow)...
Medium Intensity	Power Walking, Regular Strength Training, Slow Jog, Biking under 60 RPM w/ light resistance, Dancing, Basketball shoot around, Jumping Jacks, Golf Carrying clubs...
High Intensity	HIIT Training, Olympic Lifting, Running, Rowing, Hill Hiking, Soccer, Basketball, Climbing, Jump Rope, Cycling over 85 RPM, Shadow Boxing, Kickboxing...
Very High Intensity	Cross Training, Sprints, Suicides, Competitive Soccer, Basketball, Track & Field, Burpees, Plyometrics, Strength Training w/ Circuits, complex and drop sets...

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