- (1) Please ensure the % below for protein, carb and fat are aligned with the % allocated within the macro nutrient targets. For example, if the carb target is 40% of 2,533 calories or 253 grams, then in the below illustration the % that would appear for 25g of carbs would be 4% (11g divided by 253g = 4.3%) the same rule applies to fat and protein. (Please round down for .49 and below and up for .5 and above.) Ensure the % numbers are GREEN until the eclipse the allocated target %, then they turn RED.
- (2) Please ensure the Food & Bev button is the same width as the Water and Exercise button.
- (3) Please ensure the color of the hydration bar and the exercise bar is red until it hits the daily target. Then it will turn GREEN
- 4) Read ruled in previous wire frame for nutrition. It should turn yellow for between 97% and 103% of target total calories and RED when calories go over 103% of target.





