The app has some basic features:

* Our application works online and offline
* It can make weekly calorie analysis (note: if you cut 700 calories from your intake every day for a week this will help you lose 0.5 to 1 kilogram, and also if you add 700 calories to your intake every day you will gain 0.5 to 1 kilogram and this differs from body to other)
* **The application contains timer that you must use while exercising (without it you cannot enter your work which means the calories that you burnt out cannot be calculated) note: you must turn on this timer at least 5 times a week for 30 minutes for each time**
* Calorie counting
* Calculating your ideal body weight
* Find out your body mass index
* Help you to lose weight, gain weight or maintain your weight
* Reminders to drink adequate water
* Reminders to enter every meal on time, and also it **send you notifications with suggested healthy snacks (for example: eat 1 medium banana, drink one cup of low fat yogurt, eat one cup of low fat popcorn) this snack notifications must be sent after 2 hours of the main meal**.
* **Adding friends via Facebook, your phone contacts or email which can provide encouragement**
* **Our application contains a photo album (you must add a current photo for you and the application will ask you for a new photo every six months which allows you to compare your body shape), and the application will not allow you to log in without adding this photo**