Lose It

This app works online and some features works offline, it allow the user to set his/her to just lose their weight, and by adding the height, current weight, gender, goal weight and then choose how quickly you’d like to reach your goal (slower – faster) of the user it will give them the date to reach this weight, daily calories budget, total weight loss and weekly weight loss.

This app allow the user to input if he/she do any exercises by searching and all the meals with its calories budget (breakfast, lunch, dinner, snacks) by search for these meals or scan it. After all steps you can find your body fat, hydration, sleep, body measurements, exercise calories, blood glucose, top food, daily calories chart, daily email report, meal planning, fats, sugar, sodium, fiber, protein, and carbohydrates and all that related to health.

It has a friendly UI easy to use, and he/she can add friends and share their friends that can be a challenge and access the diet.

This application is about how to lose weight as you read up and our application is a Nutrition App, we sure want to use losing weight In addition to raise your wright or to be normal.

 