I used to be fat and was desperate for becoming smaller. I know that if I want to lose weight, I must eat fewer calories than I burn, theoretically, this sounds simple. However, I found it hard and tricky managing my daily intake in modern cities. Tackling hunger is always a big topic on “lessons for weight losing”. And with no doubts, calories counting is a common way to deal with this matter, fulfilling the gluttonous appetite without excess consumption. Although, calories counting is an effective approach to manage weight, it is hard to pull off and to carry out in a systematic way; this is the major reason why I have worked on this. By creating the airtable, my daily energy intake is obvious at a glance, keeping the picture in mind of what and how many can I still eat. Alcohol and grease food are not ideal when it comes to clean diet, but watching friends demolishing their burgers and sipping their Carlsberg make me carve food. Without the calories counting data base, I might either sitting there eating my boiled veggies and letting my friends pissing out of me or “breaking” the diet by taking cheat meal and get uptight about eating too much afterward. The data base of calories consumption, allows for dietary freedom. I can have fun with friends while knowing I am still on track with the progress, have not deviated too much from the diet. Besides that, the airtable helps to track my eat habit, monitor the progress and show room to improve. With the airtable to record my daily food diary, patterns can be found. Through analyzing the data and making modifications, more effective approach can be found to achieve better results. These are all the reasons that I would like to make this airtable.