**Tracking Diet / Exercise iPhone App**

I would like to create an application for tracking diet and exercise. Very simple! Each day will have the following:  
Meal 1  
Meal 2   
Meal 3  
...  
Meal 7  
Exercise  
  
The input for each item is a 'thumbs up' or 'thumbs down' icon.  
  
User can navigate day by day with a slide-1 day fits on one screen. Would like a 'stats' section that shows x thumbs up and x thumbs down for   
Yesterday  
This week  
Last week  
User input dates  
  
That's it.  
  
There are two screens - Diary and Stats. The Diary screen will have a rolling calendar on the top. The items in the diary are below and a user can scroll through the calendar and see previous days. The default will always be on today.   
  
The input fields are for meals and exercise. There are two options for each meal and for exercise- thumbs up (good) thumbs down (bad).   
  
The Stats page will count up the thumbs up and Thumbs down and give a tally for:  
  
7 Days, 30 Days and Year. If they were better than 50% good, the Thumbs up will fill, if 50% bad, the thumbs down will fill.

**Here is a rough mockup of the screens that I think will be on it.**

