



Set goals and achieve them

The service will help you set goals and follow them.

Sign in

Sign up

- Set goals
- Watch your calories
- Keep track of your water intake
- Control your weight



Sign up

You need to register to use the service

Luffy 

name is correct

luffy@gmail.com 

email is correct

..... 

password is correct

Next

Do you already have an account? [Sign In](#)



Your goal

Choose a goal so that we can help you effectively

- Lose Fat
- Maintain
- Gain Muscle

Next

Back




Select gender, Age

Choose a goal so that we can help you effectively

Gender

- Male
- Female

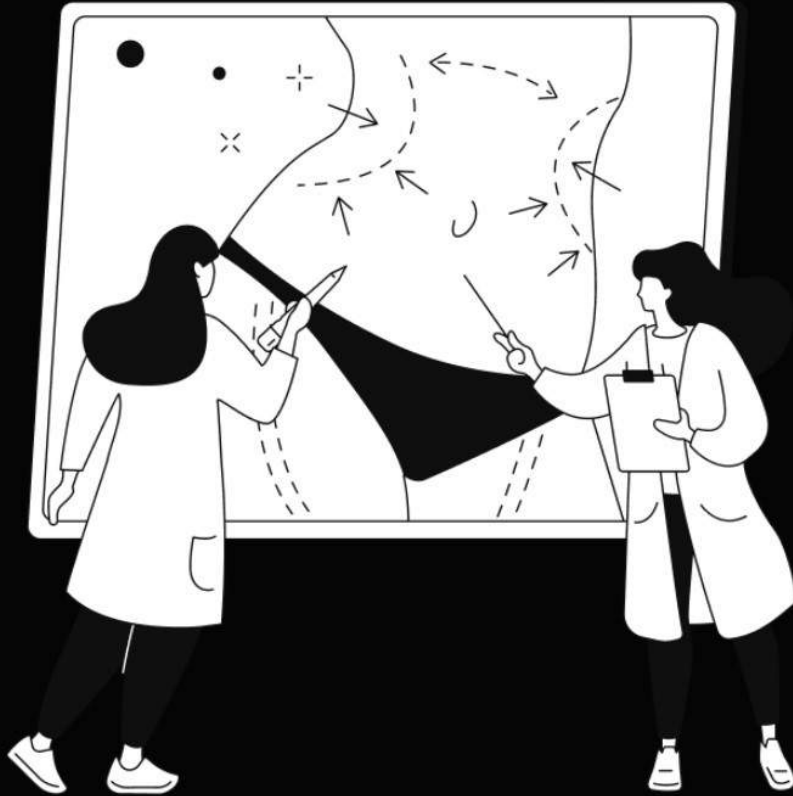
Your age

age is correct

Next

Back



Body parameters

Enter your parameters for correct performance tracking

Height is correct

186



Weight is correct

85



Next

Back



Your Activity

To correctly calculate calorie and water intake

- 1.2 - if you do not have physical activity and sedentary work
- 1.375 - if you do short runs or light gymnastics 1-3 times a week
- 1.55 - if you play sports with average loads 3-5 times a week
- 1.725 - if you train fully 6-7 times a week
- 1.9 - if your work is related to physical labor, you train 2 times a day and include strength exercises in your training program

Sing Up

Back



Sign in

You need to login to use the service

1231AJHAH23123@gmail.com 

email is correct

..... 

password is correct

Sign In

[Forgot your password?](#)

If you don't have an account yet [Sign up](#)



Forgot your password

We will send you an email with recovery instructions

1231AJHAH23123@gmail.c 

email is correct

Send

Do you already have an account? [Sign in](#)

Today

On the way to the goal →

Daily goal

Calories **2814**

Water **2950 ml**

Water

Water consumption **850 ml** left: 2100 ml

29%

+ Add water intake

Food

1364 calories

Carbonohidrates 84% Goal: 1407 left: 230

Protein 73% Goal: 844 left: 230

Fat 78% Goal: 563 left: 124

Dairy [See more](#)

- Breakfast** Carbonohidrates: 354 Protein: 246 Fat: 246
- Lunch** + Record your meal
- Dinner** Carbonohidrates: 123 Protein: 123 Fat: 123
- Snack** Carbonohidrates: 700 Protein: 245 Fat: 70

Recommended food

- Tuna** 100 g 149 calories
- Berries** 100 g 54 calories
- Chicken Breast** 100 g 165 calories
- Spinach** 100 g 23 calories

[See more →](#)

Recommended food



Enter your current weight


You can record your weight once a day

Today 11.02.2024


Enter your weight


Confirm


 Apples
100 g 52 calories


 Blueberries
100 g 57 calories

 Kale
100 g 49 calories


 Greek Yogurt
100 g 59 calories

 Vegetable Soup
100 g 50 calories

 Spinach
100 g 23 calories

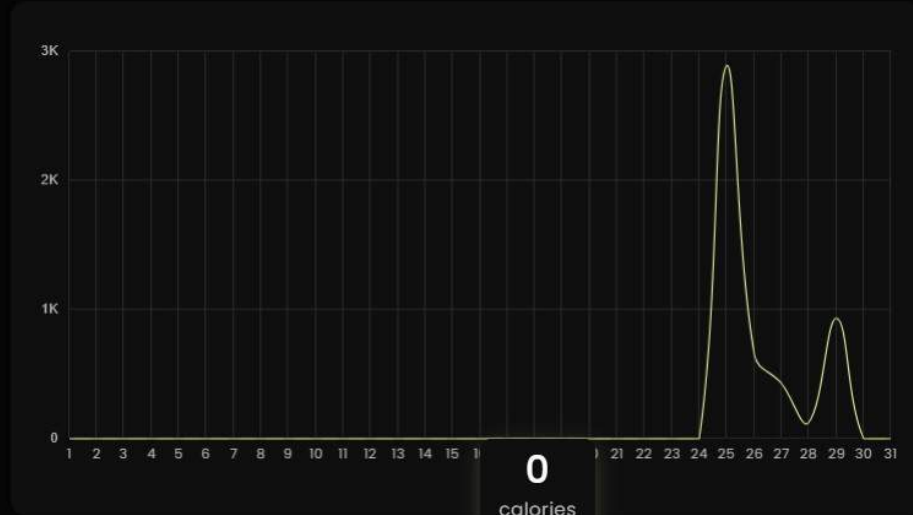
 Quinoa
100 g 120 calories

 Chicken Breast
100 g 165 calories

 Buckwheat
100 g 340 calories

← Month

Calories Average value: 1005 cal



Waters



Target selection

The service will adjust your calorie intake to your goal

- Lose Fat
- Maintain
- Gain muscle**


Confirm





December


Weights Average value: 96 kg


0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	120	0	0	120	0	89	94	90	85	85	85	0	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

← Dairy

 **Breakfast** Carbohydrates: 813 Protein: 804 Fat: 813

1	Eggs	123	123	123	 Edit
2	beef	231	123	123	 Edit
3	zxczxczx	123	123	312	 Edit
4	sdasd	123	312	123	 Edit


 **Dinner** Carbohydrates: 123 Protein: 123 Fat: 123

1	sadasd	123	123	123	 Edit
2	+ Record your meal				
3					
4					

 **Lunch** Carbohydrates: 342 Protein: 234 Fat: 234

1	snack	342	234	234	 Edit
2	+ Record your meal				
3					
4					

 **Snack** Carbohydrates: 700 Protein: 245 Fat: 70

1	beef	700	245	70	 Edit
2	+ Record your meal				
3					
4					

Profile setting



Your name

Luffy 
name is correct

Your age

50 
age is correct

Height

140 
height is correct

New password

Enter new password

Your photo

  Download new photo

Gender

Male Female

Weight

75 
weight is correct

Confirm password

Confirm new password

Your activity

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Save

Cancel