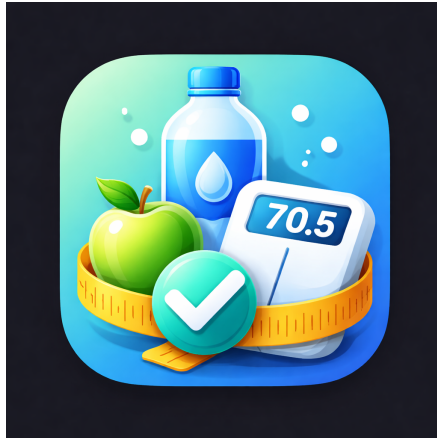




NutriTrack

Detailed User Guide

NutriTrack User Guide Pack

May 2026

Contents

1 Welcome	2
2 Your first few minutes	2
2.1 Sign in and settle in	2
2.2 A good first session	3
3 How the main screen works	4
4 Side menu: profile, access status, and key links	5
5 Logging meals	6
5.1 Voice	6
5.2 Photo	7
5.3 Text	7
6 Activity, water, and weight	7
6.1 Activity	8
6.2 Water	8
6.3 Weight	9
7 Charts and AI coach	9
8 Cookbook and reports	9
9 Settings and integrations	9
10 Access status and the billing cabinet	10
10.1 Free, trial, and paid access	10
10.2 Feature access by mode	10
11 NutriTrack on your watch	12
11.1 What works well on the watch	12
11.2 How to think about the watch companion	12
12 If the internet is unstable	13
13 Helpful daily scenarios	13
14 Helpful tips and common questions	13
14.1 How to get better results	13
14.2 What to do when something goes wrong	14
15 A final note	14

1. Welcome

NutriTrack is designed for ordinary life. You eat, walk, train, drink water, check your progress, and move on with your day. The app should support that rhythm, not interrupt it.

The product works best when it feels almost invisible. Instead of forcing you into a rigid ritual, it gives you a light structure around meals, movement, water, and progress, then steps back.

NutriTrack is especially useful when:

- you want to keep food records consistently without turning it into a chore;
- you want to see meals, activity, water, and trends in one place;
- you want a clear path to reports, premium access, and support.

In practical terms, this means the app is not trying to turn daily self-care into admin work. It is there to help you notice patterns, make better decisions, and keep a record that still feels human.

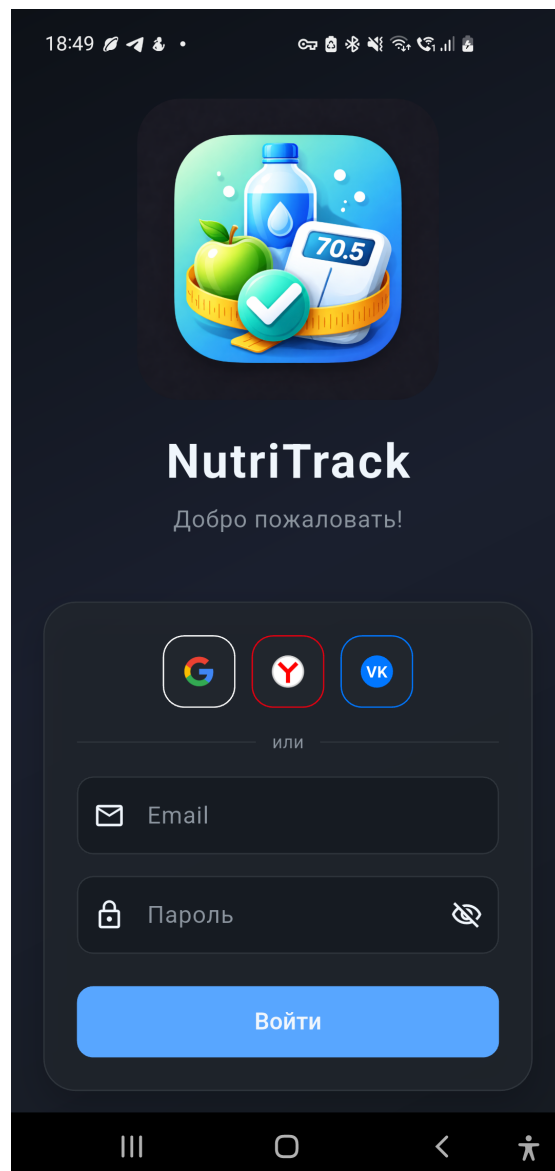
Why the experience feels lighter

- You can log things by voice, photo, or text.
- The main screen gives you the shape of the day at a glance.
- The watch helps when your hands are busy or your phone is not nearby.
- The billing cabinet feels like a continuation of the app, not a separate foreign system.

2. Your first few minutes

2.1 Sign in and settle in

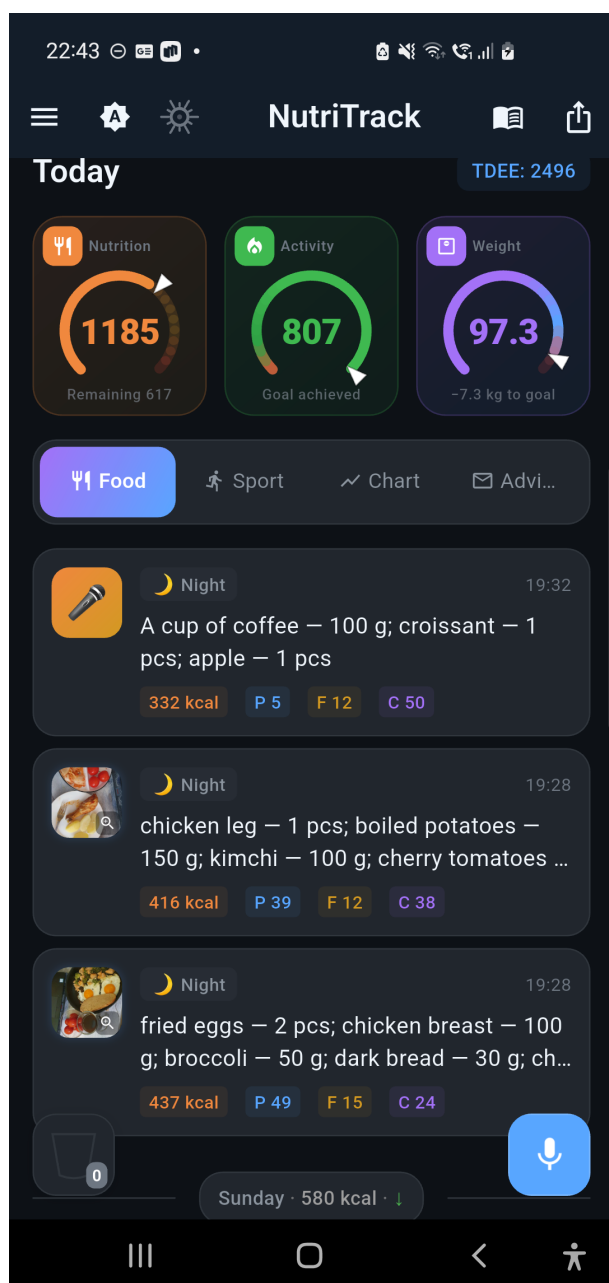
When you open NutriTrack for the first time, the goal is not to learn everything. It is enough to sign in, look around, and make one simple entry. If you normally sign in with social login, the same habit can carry over to the billing cabinet as well.



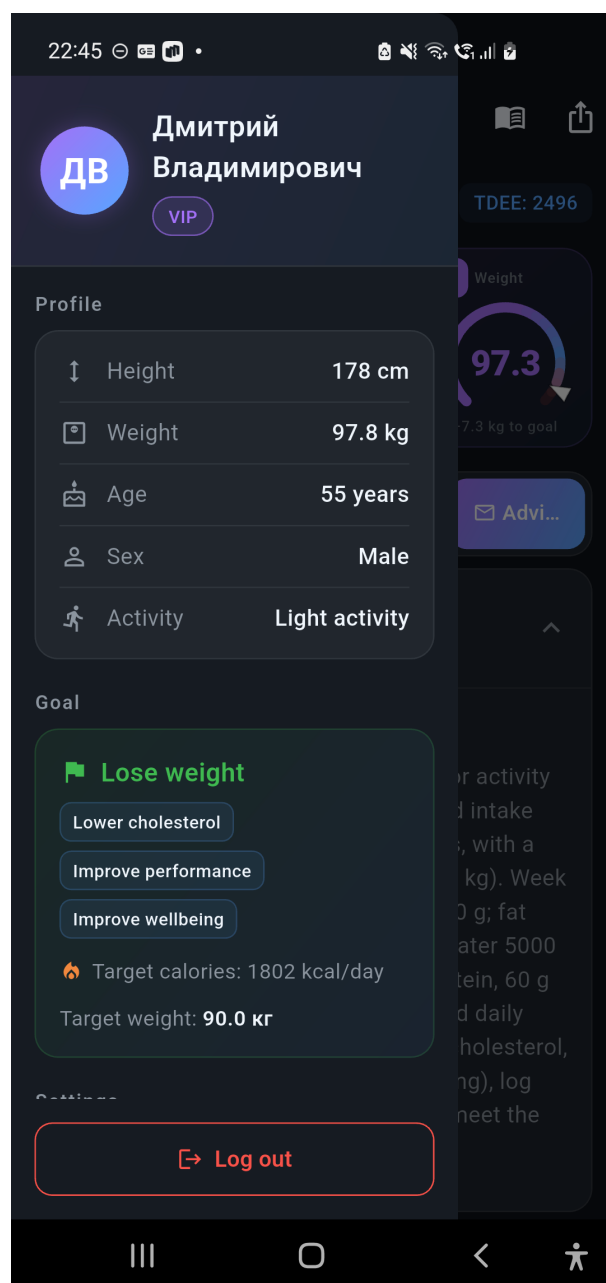
A calm and familiar start.

2.2 A good first session

1. Open the home screen and look at the overall layout.
2. Add your first meal by voice.
3. Visit the activity tab.
4. Add one glass of water.
5. Open the side menu and notice reports, settings, and the billing portal entry.



The home screen gives you your day in one glance.



The side menu brings profile, reports, settings, and billing together.

3. How the main screen works

The app is built around a simple idea: the most important actions should be close to your thumb and easy to understand without explanation.

For many people, this daily screen becomes the emotional center of the product. It is where the day starts to make sense: what you have already logged, what still feels unfinished, and what small step would help next.

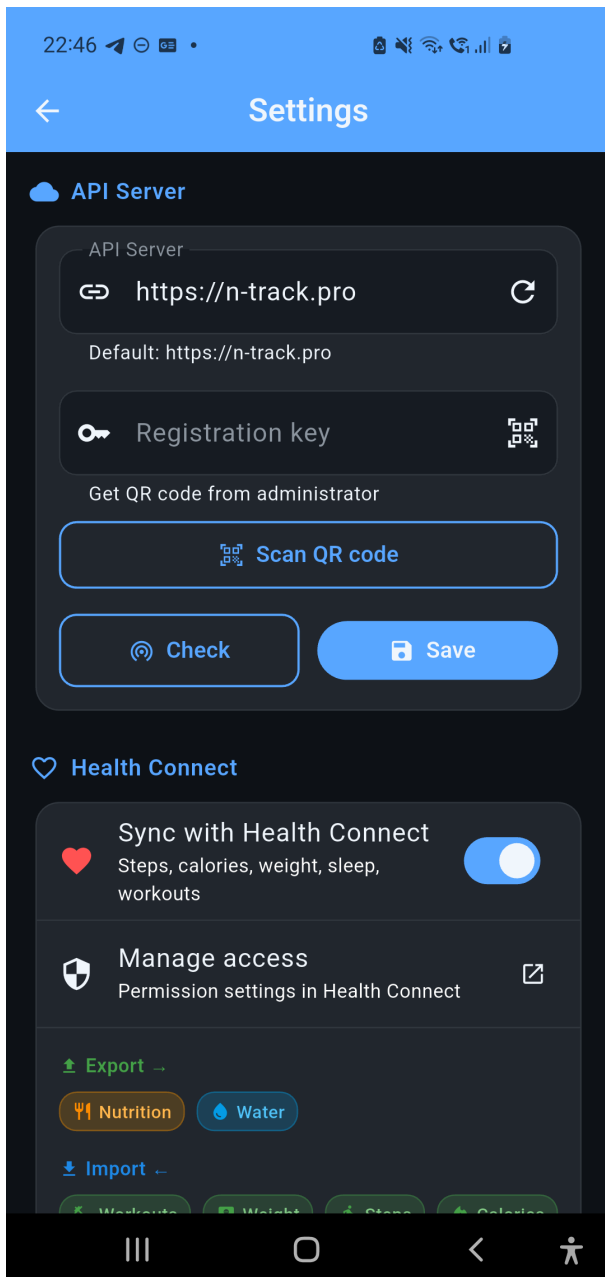
What the daily screen usually gives you

- your current calorie picture for the day;
- quick access to food, activity, charts, and coaching;
- water and weight as part of one routine, not hidden in utility screens;
- one main action button for logging something new.

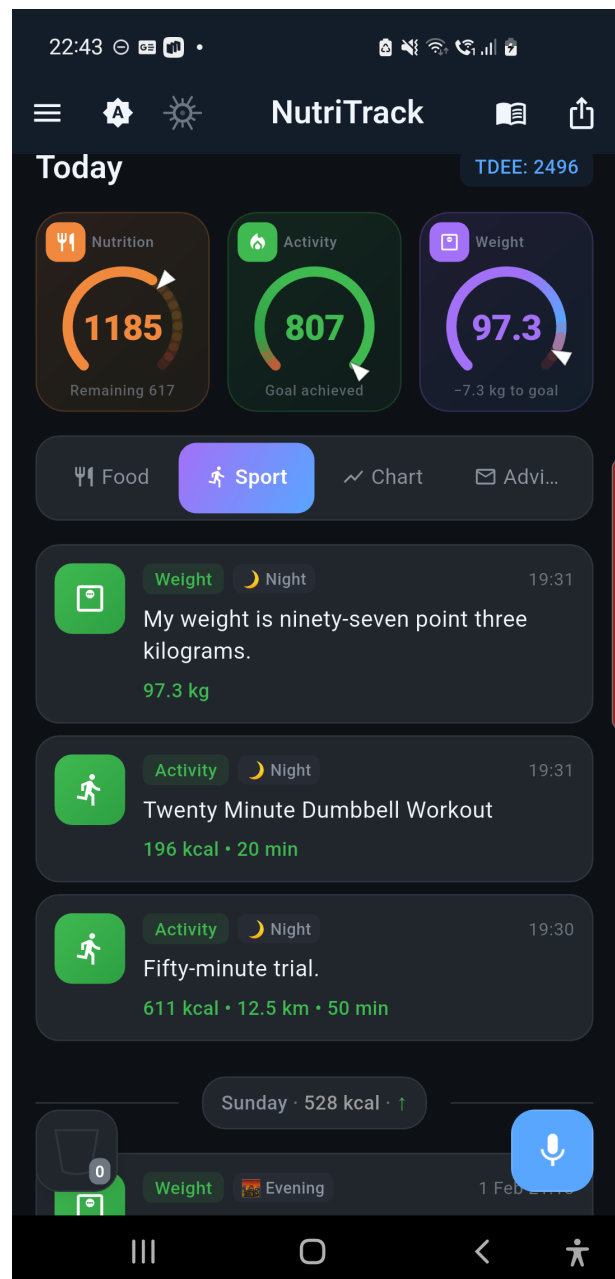
4. Side menu: profile, access status, and key links

The side menu is the quiet control center of the app. It brings profile data, personal goals, access status, reports, settings, the billing cabinet, and the user guide into one place.

This is also the fastest place to check what NutriTrack currently knows about you and which access mode is active.



Settings and personal preferences.



The activity view keeps movement and body data close to everyday logging.

5. Logging meals

The best meal log is the one you actually keep. NutriTrack is meant to reduce friction so that logging becomes a habit rather than a project.

5.1 Voice

Voice is the most natural option for most people. Press the add button and describe your meal like you would describe it to a person.

Helpful examples:

- *“Oatmeal with banana and coffee.”*

- *“Chicken, rice, and vegetables for dinner.”*
- *“Greek yogurt, berries, and a spoon of honey.”*

If you want a broad daily picture, speak naturally. If you want more precision, include portion sizes or weights.

5.2 Photo

Photo works well for mixed meals, cafe food, and home plates that are easier to show than describe. A quick picture before you start eating usually gives the cleanest result.

5.3 Text

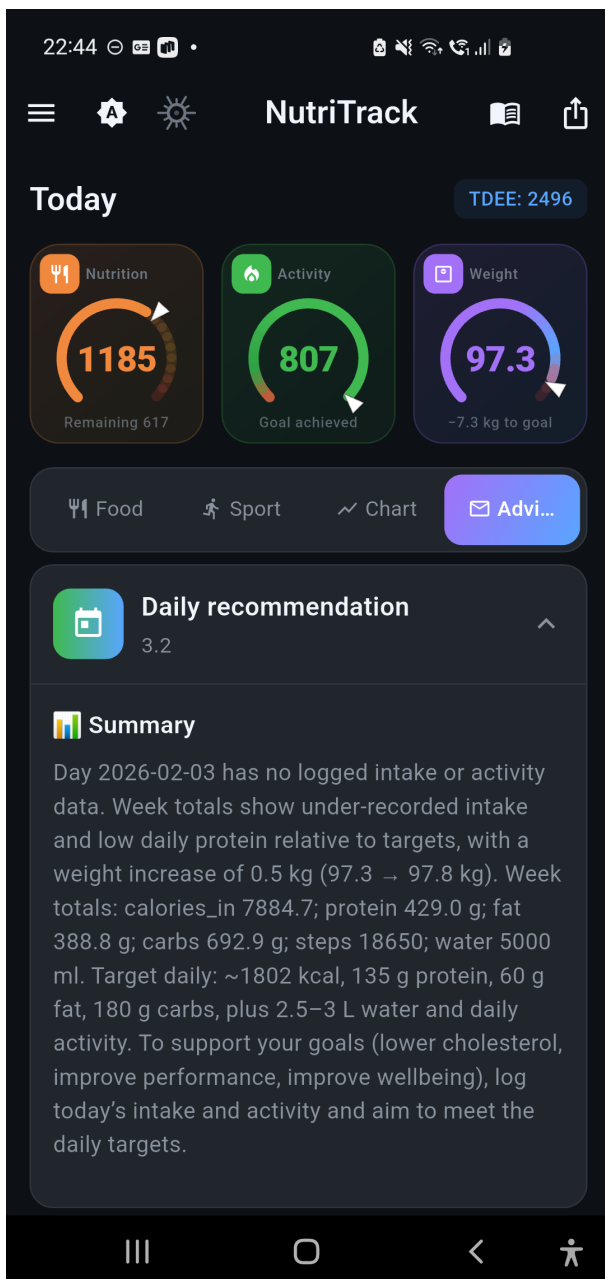
Text is useful when you are in a quiet place or simply do not feel like speaking out loud. A short honest phrase is enough.

A small habit that pays off

Do not wait for the perfect entry. A simple, timely note is usually more useful than a perfect meal description you never end up writing.

6. Activity, water, and weight

NutriTrack treats movement as part of the same daily story. A walk, a workout, a glass of water, and a morning weight entry all belong together.



Coaching turns raw data into gentle direction.



Reports are prepared in a format that is easy to share and revisit.

6.1 Activity

You can use the same three input styles:

- voice — “Ran five kilometers.”
- text — “Yoga for 40 minutes.”
- quick body data — “Morning weight 74.8.”

6.2 Water

Water is intentionally simple. You should be able to add it without leaving the flow of your day.

6.3 Weight

Weight entries become more meaningful when you record them under similar conditions, such as in the morning before breakfast.

7. Charts and AI coach

Charts are there to show direction, not to decorate the interface. They help you see how calories, water, weight, and activity change over several days instead of judging everything by one entry.

The AI coach turns logged data into plain-language guidance. It can highlight patterns, point out gaps, and make the diary feel less like raw numbers.

- **Coaching** highlights trends and gives practical guidance in plain language.
- **Charts** help you compare days and notice repeated patterns.
- **Unread advice** may be marked in the app so you do not miss new recommendations.

8. Cookbook and reports

NutriTrack is not only a logbook. It also helps you reuse recipes and share a clear picture with a nutrition professional if needed.

- **Cookbook** saves your regular dishes so you can refer to them quickly later.
- **Reports** let you generate a readable PDF summary for a chosen period.
- Reports can be shared with a specialist when you want someone else to review your nutrition history.

9. Settings and integrations

Settings are where you tune the app to your daily routine. This includes profile details, personal goals, onboarding hints, gesture behavior, server connection details, and health integrations.

What settings are usually for

- checking profile and goal data;
- connecting Health Connect, Apple Health, or compatible health sources;
- managing onboarding hints and interface behavior;
- checking app version and service information.

10. Access status and the billing cabinet

The billing cabinet is the practical place where access status, plans, payments, support, and legal documents come together. It should feel clear, quiet, and trustworthy.

10.1 Free, trial, and paid access

When you first connect NutriTrack, the app opens a 14-day trial. During this period you get real full access: the same feature set that is available in paid mode.

After the trial, there are two possible states. If access is paid, NutriTrack stays in paid mode with the full feature set. If no payment is active, or if the paid period has ended, the account moves to free mode. Free mode keeps the core diary and charts available, but some features are limited or unavailable.

Paid access is managed in the billing cabinet on the website. You can pay for 1 month or 12 months, review previous payments, and open support or legal information. You can stop paying at any time; when the paid period expires, the app returns to free mode. From free mode, paying in the cabinet restores paid access.

10.2 Feature access by mode

Feature	Free mode	Paid mode
Water and hydration	Unlimited	Unlimited
Food: text input	Unlimited	Unlimited
Food: voice input	Up to 2 voice food entries per day	Unlimited
Food: photo or video	Up to 1 photo or video food entry per day	Unlimited
Activity: text input	Unlimited	Unlimited
Activity: voice input	Up to 2 voice activity entries per day	Unlimited
Activity by photo	Not supported	Not supported
Statistics and charts	Unlimited	Unlimited
AI coach	Answers unavailable	Answers available
PDF reports	Unavailable	Available
Cookbook	Unavailable	Available
Health Connect / Apple Health / smart watches and bands	Unavailable	Available

The usual flow is simple:

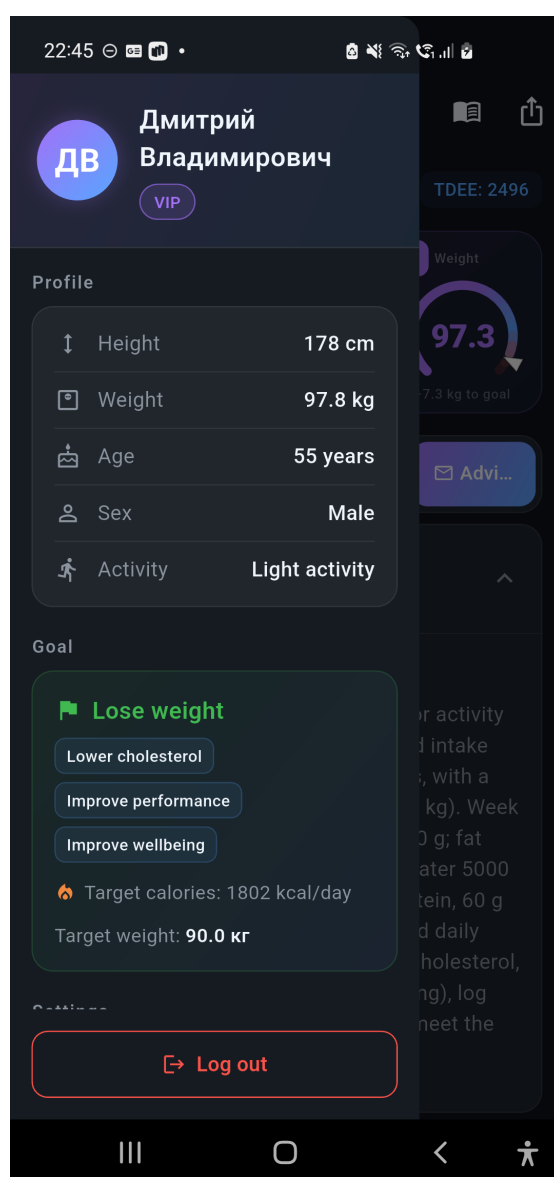
1. Open the menu or profile in the app.
2. Tap the billing portal entry.
3. The browser opens your cabinet.

4. You can check access status, choose a plan, review payment history, and contact support.

If you use social login, the cabinet can open through a secure link without forcing you to type a password again. If you use email and password, that familiar sign-in path stays available as well.

What the cabinet is for

- checking whether your access is active;
- extending premium access with a clear plan choice;
- reviewing payment history;
- opening refunds, terms, privacy, and contact information;
- reaching support when something needs attention.



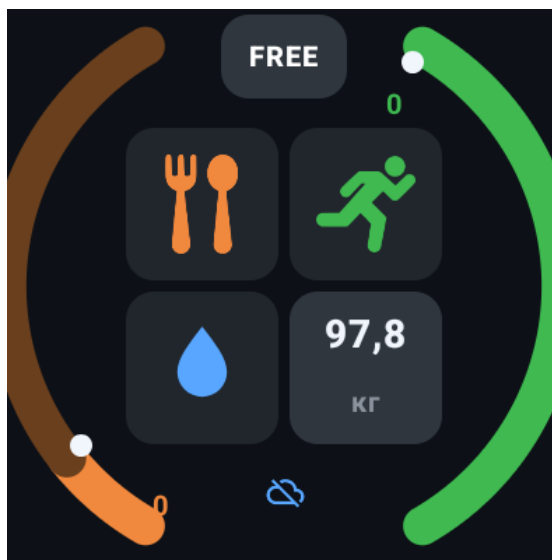
The side menu is the quickest place to check access status and open the billing cabinet.

Recommended screenshots for this section

- The side menu with access status and the trial or paid access end date.
- The browser billing cabinet with plan choice, current status, and payment history.

11. NutriTrack on your watch

The watch experience is there to save attention. It is useful when you are walking, cooking, training, or simply do not want to unlock your phone.



The watch app keeps the main actions close: food, activity, water, and a quick overview.

11.1 What works well on the watch

- dictating a meal;
- dictating an activity entry;
- adding water quickly;
- glancing at weight and calorie indicators;
- seeing short status messages such as connection issues or successful delivery.

11.2 How to think about the watch companion

It is not there to become another complicated device. It exists so that logging fits the moment you are already living through.

That is the right way to think about the watch overall: not as a miniature control panel, but as a gentle shortcut back into the habit whenever your hands, time, or attention are limited.

12. If the internet is unstable

Sometimes the app may temporarily have no stable connection. In that case, it should remain understandable instead of turning into a dead end.

What matters in offline or unstable network mode

- already loaded information can still help you orient yourself;
- some actions may be delayed until the connection returns;
- the app should clearly show when it is in a limited or view-only state;
- normal logging and sync continue when the network is back.

13. Helpful daily scenarios

When you have little time in the morning

- Dictate breakfast in one short phrase.
- Add water with one tap.
- Check charts or coaching later in the day.

When you work with a specialist

- Keep profile data and goals reasonably accurate.
- Record weight and activity regularly.
- Generate a PDF report for the period you need.

14. Helpful tips and common questions

14.1 How to get better results

- speak naturally, but add a little detail for complex meals;
- include weights when precision matters;
- take food photos before eating;
- log now rather than planning to remember later.

14.2 What to do when something goes wrong

Situation	A calm next step
No internet	Review what is already in the app and add new entries once the connection returns.
The result looks off	Open the entry, adjust details, or create it again with a clearer description.
You need a report	Open the menu and generate a report for the period you need.
You want to extend access	Open the billing cabinet and choose the plan that fits you.
You have a payment question	Use the support path inside the billing cabinet.

15. A final note

NutriTrack works best when it feels ordinary. A short voice note, a quick water entry, a glance at your balance, and a report when needed — that is already enough for the app to become genuinely useful.