

Set Goals. Plan Your Diet.

The image shows a white smartphone with a black status bar at the top. The status bar displays 'Carrier' with signal bars, the time '9:41', and a battery icon. The app interface has a white background with a blue back arrow and the word 'Settings' in the top left. The title 'Goal Calculator' is centered at the top. Below the title, there are four rows of input fields, each with a label on the left and a value in a light blue box on the right. The labels are 'to weigh', 'by', 'you must lose', and 'by cutting'. The values are '168 lb', 'Feb 12, 2022', '-1 lb/week', and '-500 cal/day'. At the bottom, there is a light gray box containing a paragraph of text.

Carrier 9:41

[Settings](#) Goal Calculator

to weigh	168 lb
by	Feb 12, 2022
you must lose	-1 lb/week
by cutting	-500 cal/day

Plan your diet by date, weekly change or calorie reduction. Changing any value automatically updates the other ones and calculates the weekly and daily targets you need to achieve your goal.

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R Sanford



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