

# Hey there!

We're happy that you've taken the first step towards a healthier you. We need a few details to kickstart your journey.

## What is your name?



Have a referral code?

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# Where are you from?

This will help us personalize the app for you.

Meerut



## Which language do you prefer to speak in?

This does not affect your app language

Hindi (हिन्दी)

English

Tamil (தமிழ்)

Telugu (తెలుగు)

Kannada (ಕನ್ನಡ)

Malayalam (മലയാളം)

Gujarati (ગુજરાતી)

Bengali (বাংলা)

Marathi (मराठी)

Other

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# What are you looking for?

Selecting one or more options would help us tailor your experience.



COACH GUIDANCE



SNAP



DIET PLAN



WEIGHT LOSS



GLP-1



INTERMITTENT FASTING



COUNT CALORIES



MUSCLE GAIN

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# How active are you?

Based on your lifestyle, we can assess your daily calorie requirements.



## Mostly Sitting

Seated work, low movement.



## Often Standing

Standing work, occasional walking.



## Regularly Walking

Frequent walking, steady activity.



## Physically Intense Work

Heavy labor, high exertion.

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# What's your biological sex?

We support all forms of gender expression. However, we need this to calculate your body metrics.



Male



Female

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# What's your Age?

Your age determines how much you should consume. (Select your age in years)

20

21

22

23

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# What's your target weight?

Set a realistic weight goal for yourself.

Your target weight is perfectly aligned with your ideal weight range of 46-57 Kg.

45	3
46	4
<b>47</b>	<b>5</b>
48	6
49	7

**Kg** Lb

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# What's your current weight?

This will help us determine your goal, and monitor your progress over time.

50	
51	
52	. 0
53	1
54	2

Kg  Lb

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# How tall are you?

Your height will help us calculate important body stats to help you reach your goals faster.

3' 0"

4' 1"

5' 2"

6' 3"

7' 4"

Ft/In

Cm

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# Setting up Healthify for Akshita...



Diet Plan ✓



Lose 4.5 kg



# Your Exclusive 2026 Deal Is Here!

Claim your benefits now



Unlock Deal



 3 days left




## Your Trackers



### Track Food

Eat 1,200 cal



Browse all your past snaps... 



Premium



Protein: 0%

Carb: 0%



Home



Diet



Get a Coach



Streaks



# Any Medical Condition we should be aware of?

This info will help us guide you to your fitness goals safely and quickly.

None

Diabetes  Pre-Diabetes

Cholesterol  Hypertension

PCOS  Thyroid  Physical Injury

Excessive stress/anxiety  Sleep issues

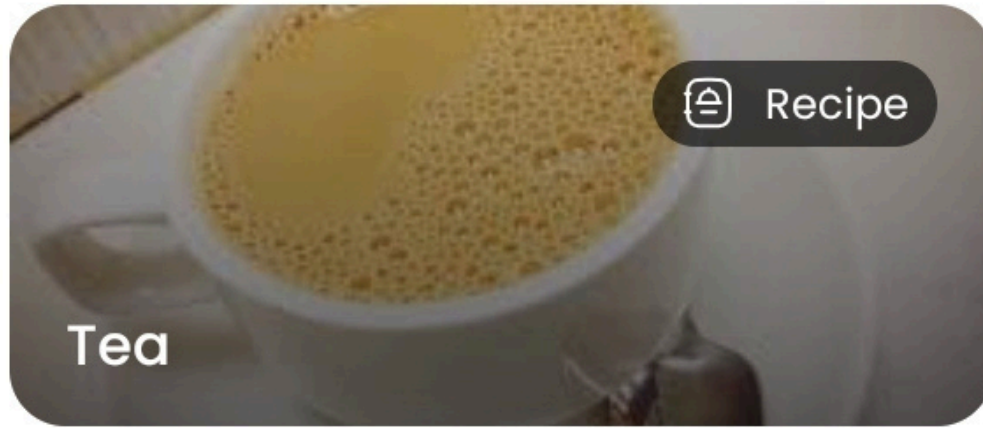
Depression  Anger issues

Loneliness  Relationship stress

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Recipe

Tea

Quantity

Measure



1



teacup



### Macronutrients Breakdown

Calories

**73 Cal**

Net wt: 180.0 ml

	Proteins	3.0 g
	Fats	3.2 g
	Carbs	8.3 g
	Fiber	0.0 g

ADD





Search by Food Name/Dish

### Frequently Tracked Foods

<b>Tea</b> 1.0 teacup	73 Cal	
<b>Boiled Egg</b> 2.0 large	155 Cal	
<b>Banana</b> 1.0 small(4.5" long)	55 Cal	
<b>Roti</b> 1.0 roti/chapati	85 Cal	
<b>Almond</b> 5.0 almond	37 Cal	
<b>Milk</b> 1.0 glass	168 Cal	
<b>Idli</b> 2.0 idli(regular)	146 Cal	
<b>Apple</b> 1.0 small (2-3/4" dia)	88 Cal	
<b>Walnut</b> 2.0 piece(half of one)	28 Cal	

