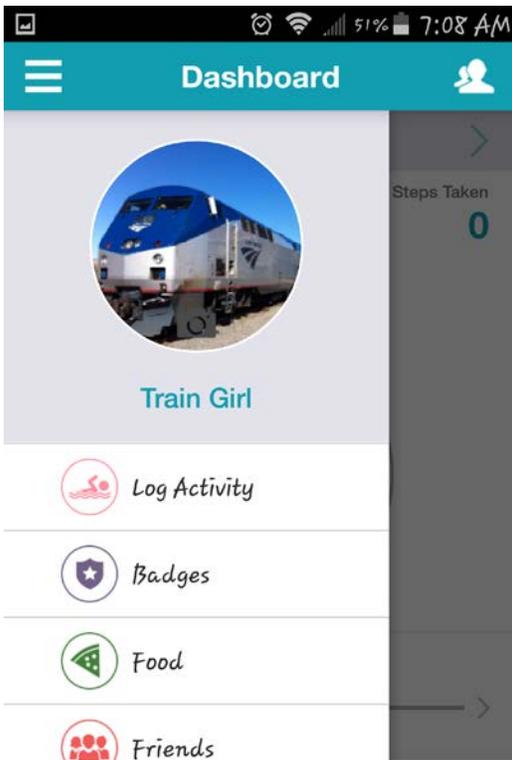
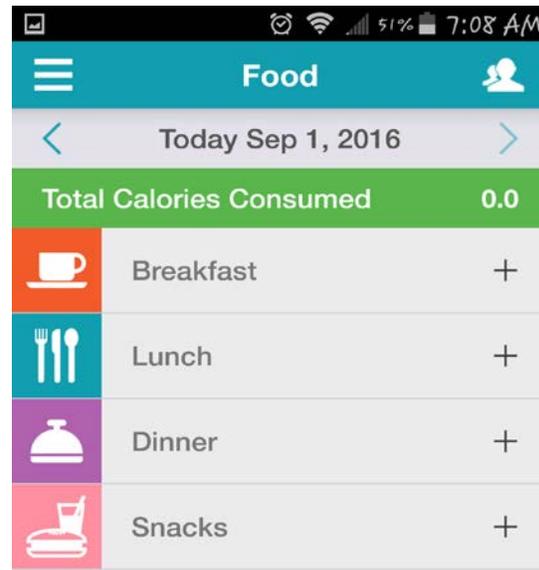


# How to use the Walkingspree App Food Tracker

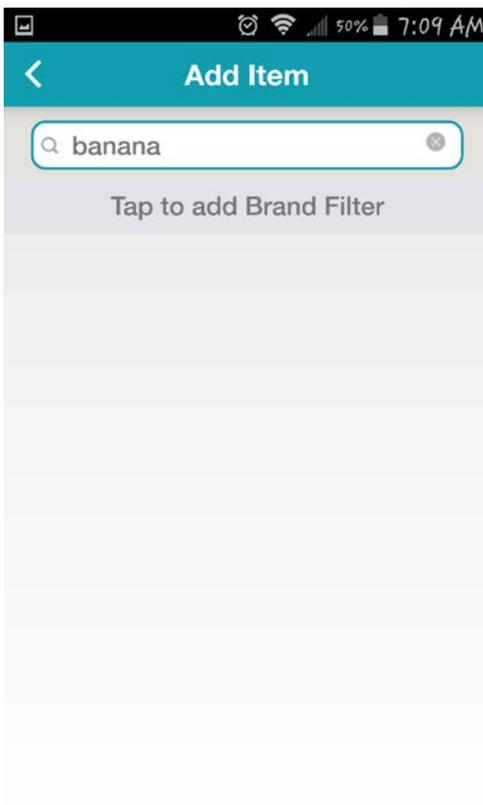
1. Open the menu on the Walkingspree app. Scroll down to Food and select



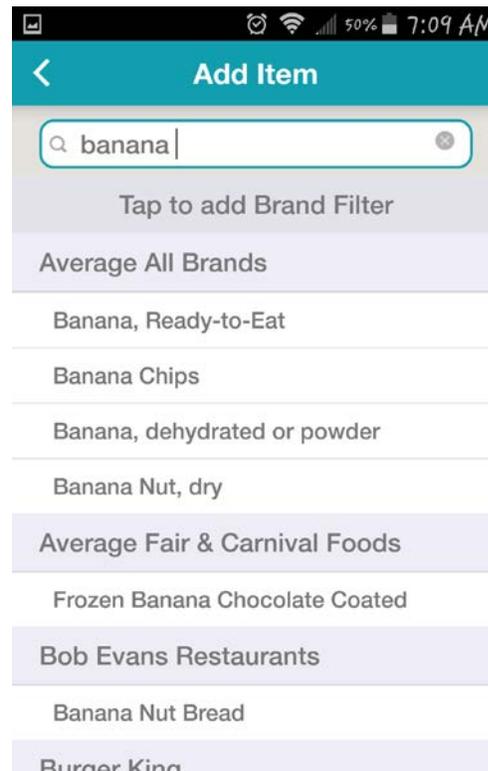
2. Select the category to add in your food. You can also scroll to another day to enter a food entry.



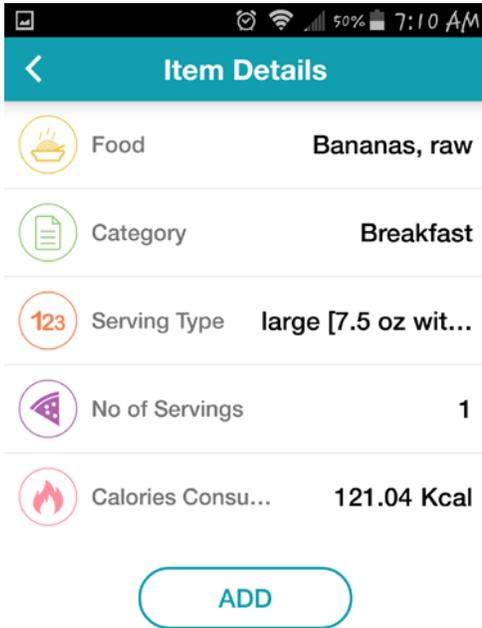
3. Type in the food item.



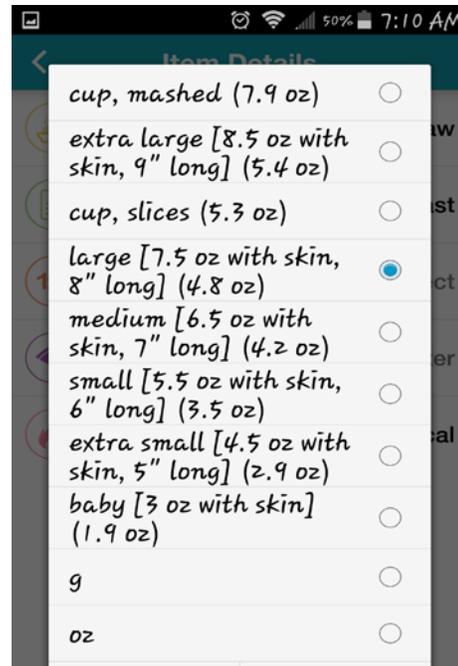
4. A list of things related to Bananas (for example) will open up. Select the one that fits what you ate.



5. The Item Detail page will open. Tap Serving type.



6. You can select the serving that best fits what you ate. Click ok



9. Select No of Servings, then click Add.

