



USER'S MANUAL

FitFuel – Fuel Your Fitness Journey

<https://fitfuel.cc>

**Achieve your health and fitness goals with FitFuel,
your all-in-one app for personalized meal plans and
workout routines.**

Type: Mobile and Web Applications

Trade Name: FitFuel

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1.0 Technical Specifications

1.0 TECHNICAL SPECIFICATIONS

1.1 Supported Platforms

Carefully create menus fit for your tastes and objectives. Create easy grocery lists to simplify your shopping, change portion sizes to fit your macro goals, and find a wealth of healthy recipes. With simple meal adherence tracking, keep on target.

1.1.1 iOS 17+

Experience FitFuel's seamless performance and latest features on iPhones and iPads running iOS 17 or newer.

1.1.2 Android 12+

Enjoy FitFuel's full functionality and optimized experience on Android devices with Android 12 or later versions.

1.1.3 Web Browsers

1.1.3.1 *Mozilla Firefox*

Access FitFuel through the popular and privacy-focused Mozilla Firefox browser, ensuring a secure and smooth experience.

1.1.3.2 *Chromium-Based Browsers*

Utilize a wide range of Chromium-based browsers like Google Chrome, Microsoft Edge, or Brave to access FitFuel's features with excellent compatibility.

1.1.3.3 *Safari*

Seamlessly integrate FitFuel into your Apple ecosystem by accessing it through the Safari browser on your Mac, iPhone, or iPad.

1.2 Minimum Device Requirements

To ensure a smooth and optimal FitFuel experience, your device should meet these minimum requirements: at least 4GB of memory, a dual-core 1.5GHz processor, and 1GB of available storage space.

2.0 Relation to Other Documents

2.0 RELATION TO OTHER DOCUMENTS

This manual serves as the primary guide for using the FitFuel application.

Refer to the FitFuel Privacy Policy for information on data handling and user privacy.

For self-hosting instructions, consult the FitFuel Server Setup Guide (available separately).

3.0 Contents

3.0 CONTENTS

3.1 List of Images

<insert images when available here>

3.1.1 FitFuel Logo



3.1.2 Screenshots of key app features

<insert screenshots here when available>

3.1.2.1 Meal Planning

<insert screenshots and more details when available>

3.1.2.2 Exercise Tracking

<insert screenshots and more details when available>

3.1.2.3 Recipe Search

<insert screenshots and more details when available>

3.2 List of Icons

<insert screenshots and more details when available>

3.2.1 Home

<insert screenshots and more details when available>

3.2.2 Meal Plan

Carefully create menus fit for your tastes and objectives. Create easy grocery lists to simplify your shopping, change portion sizes to fit your macro goals, and find a wealth of healthy recipes. With simple meal adherence tracking, keep on target.

3.2.2.1 *Creating a new meal plan*

Create a customized meal plan fit for your particular objectives and tastes to start your nutritious path. The easy interface of FitFuel helps you navigate nutritional demands, calorie targets, and macro ratios to make sure your plan exactly fits your way of life.

<insert screenshots and more details when available>

3.2.2.2 *Searching and adding recipes*

Create a customized meal plan fit for your particular objectives and tastes to start your nutritious adventure. The easy interface of FitFuel helps you navigate nutritional demands, calorie targets, and macro ratios to make sure your plan exactly fits your lifestyle.

<insert screenshots and more details when available>

3.2.2.3 *Adjusting portion sizes and macros*

Explore a universe of culinary inspiration available from FitFuel's large recipe collection. Search for great and healthy meals that match your budget using keywords, dietary restrictions, or cuisine type. With just a few presses, easily include recipes into your dinner schedule.

<insert screenshots and more details when available>

3.2.2.4 *Generating grocery lists*

Use FitFuel's automatic food list to streamline your shopping visits. FitFuel creates a thorough list of ingredients based on your meal plan, which keeps you organized and guarantees you have everything you need to create your healthy meals.

<insert screenshots and more details when available>

3.2.2.5 *Tracking meal adherence*

With FitFuel's meal adherence tracker, keep motivated and accountable. Track your progress, easily track your meals and snacks, and learn a great lot about your eating patterns.

<insert screenshots and more details when available>

3.2.3 Exercise

Track your progress, log your efforts, and create reasonable fitness goals. From a range of exercise regimens, design your own. Track your performance records and see how you change with time.

3.2.3.1 *Logging workouts (manual entry and potential integration with fitness trackers)*

Use FitFuel's flexible recording choices to carefully document your workouts. manually enter your exercise information or automatically synchronize data from your preferred fitness tracker.

<insert screenshots and more details when available>

3.2.3.2 *Browsing and selecting workout routines*

Explore a wide range of exercise regimens catered to different fitness degrees and objectives. To keep your workouts interesting and fresh, go over well chosen programs or design your own unique routines.

[<insert screenshots and more details when available>](#)

3.2.3.3 *Tracking progress and viewing statistics*

Track your fitness development using FitFuel's extensive progress monitoring. See your successes using clever charts and statistics to inspire you to keep on target and soar.

[<insert screenshots and more details when available>](#)

3.2.3.4 *Setting and monitoring fitness goals*

Clearly state your goals for fitness and let FitFuel help you to reach success. Establish reasonable objectives, monitor your development, and get individualized support to stay driven and focused.

[<insert screenshots and more details when available>](#)

3.2.4 **Recipes**

Discover a large library of mouthwatering and healthy dishes satisfying different dietary requirements and preferences. Look by cuisine kinds, dietary limitations, or keywords. Save your best recipes for easy access; also, offer your own cooking ideas to inspire others.

3.2.4.1 *Searching for recipes (by keyword, dietary restrictions, cuisine, etc.)*

Discover gourmet jewels catered to your tastes! FitFuel's strong search engine lets you explore its large recipe library by keywords, dietary restrictions, cuisine kinds, and more, so helping you to identify the ideal meals to meet your needs and support your objectives.

[<insert screenshots and more details when available>](#)

3.2.4.2 *Viewing recipe details and instructions*

Get all the knowledge required to craft culinary marvels! See comprehensive cooking directions, nutritional analysis, and tantalizing pictures. FitFuel provides simple guidelines for cooking great, nutritious food.

[<insert screenshots and more details when available>](#)

3.2.4.3 *Saving favorite recipes*

Create your own custom recipe book. Save your best foods for quick and simple access to guarantee you always have go-to choices for meal planning and inspiration.

[<insert screenshots and more details when available>](#)

3.2.4.4 *Contributing new recipes*

Share with the FitFuel community your cooking knowledge! If the app lets you upload your own special and nutritious recipes, inspire others on their wellness paths and increase the recipe database so everyone may enjoy it.

[<insert screenshots and more details when available>](#)

3.2.5 Profile

Control your personal data, change your notification choices, and make sure your data syncs between devices. Whenever you need help, access tools or get in touch with the FitFuel crew.

3.2.5.1 *Managing personal information*

Start managing your FitFuel profile! Simply change your personal information—name, email address, profile picture—ensuring your information is always accurate and current.

<insert screenshots and more details when available>

3.2.5.2 *Adjusting notification preferences*

Customize your FitFuel encounter! Customize your notification settings to get timely reminders, progress reports, and inspirational messages keeping you involved and on target toward your goals.

<insert screenshots and more details when available>

3.2.5.3 *Syncing data across devices (if applicable)*

Easily retrieve your FitFuel data from several devices! If the software enables data syncing, make sure your food planning, exercise logs, and progress are constantly current whether you are on a computer, tablet, or phone.

<insert screenshots and more details when available>

3.2.5.4 *Accessing support or contacting the FitFuel team*

You need help? Here to help is FitFuel's committed support staff! For tailored help with any questions or problems you might have, simply call out personally or easily find useful materials.

<insert screenshots and more details when available>

3.2.6 Troubleshooting and FAQ

Discover answers to often asked questions and remedies for possible FitFuel problems. Your first go-to source for troubleshooting and guaranteeing a seamless experience is this part.

3.2.6.1 *Addressing common issues or questions users might encounter*

<insert screenshots and more details when available>

3.2.6.2 *Providing solutions or workarounds*

<insert screenshots and more details when available>

4.0 Introduction

4.0 INTRODUCTION

This user manual is intended to provide comprehensive guidance on using the FitFuel application. Whether you are new to FitFuel or looking to explore its advanced features, this manual will help you navigate the app effectively and achieve your health and fitness goals.

Embark on your wellness journey with FitFuel! Create your account, set your dietary preferences and fitness goals, and familiarize yourself with the intuitive interface to unlock a personalized experience tailored to your needs.

5.0 General Safety Prescriptions

5.0 GENERAL SAFETY PRESCRIPTIONS

- FitFuel is designed to support a healthy lifestyle. Consult with a healthcare professional before making significant changes to your diet or exercise routine.
- Use FitFuel responsibly and listen to your body. If you experience any pain or discomfort during exercise, stop immediately and seek medical advice.
- FitFuel is not a substitute for professional medical advice. If you have any concerns about your health, consult a qualified healthcare provider.

6.0 Description & Composition

6.0 DESCRIPTION & COMPOSITION

FitFuel is a comprehensive health and fitness application that empowers users to:

- **Plan and track meals:** Create personalized meal plans, track calories and macro intake, and discover healthy recipes.
- **Track exercise:** Log workouts, monitor progress, and set fitness goals.
- **Access a wealth of resources:** Explore educational content on nutrition, exercise, and overall wellness.
- **Connect with a community:** Share your journey and find support from other FitFuel users.

FitFuel is composed of several key modules:

- **Meal Planner:** Create and customize meal plans based on your dietary preferences and goals.
- **Exercise Tracker:** Log workouts, track progress, and view performance statistics.
- **Recipe Database:** Discover a wide variety of healthy and delicious recipes.
- **Educational Content:** Access articles and videos on nutrition, fitness, and wellness topics.
- **Community Forum:** Connect with other FitFuel users, share your experiences, and find support.

FitFuel is committed to providing a user-friendly and effective platform for achieving your health and fitness aspirations.
