

**About Fitbook**

**How it Works**

* Visit Fitbook.com and create a free account.
* Fill out your profile details and start your health journey by entering your eating and exercise details.
* In addition to tracking your current healthy living habits, you can set goals and track your progress.
* Connect your account with social networks and share your successes with your friends.

Fitbook is a virtual platform that helps you reach your goals and create healthy habits along the way. If you need to lose weight,   
get toned or just want a healthier lifestyle, Fitbook is the answer.

**Fitbook Features**

* Diet Journal
  + Track your nutrition, including calorie and nutrient intake.
  + Set specific goals to help you lose weight.
  + Set your profile to meet specific diet goals, such as a low-carb diet.
* Workout Journal
  + Track your fitness activities, including cardio and strength exercises.
  + Add how much time you worked out, including sets and repetitions.
  + Develop workout plans to take with you to the gym.
* Goal Setting
  + Set healthy lifestyle goals to improve your nutrition or fitness.
  + Track your progress with Fitbook's goal-setting platform.
  + Receive resources and motivation from Fitbook's team of professionals to stay on track and achieve your goals.

**Why Fitbook**

* Fitbook serves as your virtual partner to help you reach your fitness goals. It provides key information about how you can make your goals a reality and be successful in living a healthier lifestyle.
* Creating healthy habits turns a diet into a lifestyle. With its innovative goal-setting platform, Fitbook helps you set achievable goals while providing you the support you need to make them everyday habits.
* Fitbook focuses on helping you meet the goals you set by providing access to customized resources. For instance, if you want to build up your running ability, Fitbook provides running tips and useful resources to make that a reality.
* Fitbook serves as your virtual partner to keep you motivated to exercise. After you complete a step towards your goal, you can check it off and share the achievement with other users and your friends.

**For Healthcare Professionals**

* Fitbook works with personal trainers and healthcare professionals to make it easy for them to track their client's activities.
* Professionals can help their clients set goals and track their progress with Fitbook. Through the program, they can see exactly how their clients are performing on a daily basis.
* Fitbook helps professionals stay current with their client's actions and ensure that they are providing the support their client needs for success.