

**iKCal361 is a set of healthy self
management App
Operational Guidelines**

kutech

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iKCal361 Function v1.0.0.8

iKCal361 is a set of healthy self management apps for daily calorie intake, which records the calories and sodium contents ingested per day, as well as the used up calories through exercise. Apply this easy and practical app to search the ideal balance between health and delicacies. Allow yourself to find the secret garden of controlling your own weight within your busy schedule, thereby enriching your splendid life. The calorie calculator counts the calories required to be ingested per day according to your height and weight.

KUO YUE always persists in giving consideration to both technology innovation and quality. The software can have inexhaustible innovation and creation; therefore, it's enchanting. The recent technology develops in order to meet the user's needs. The renovation of the consumer software is one good example.

iTunes Link :

- v1.0.0.8

Features :

- System develop based on iOS 6.1 or later.
- Great user-interface
- Data transmission with e-mail
- To record your calories in, calories out, Na.
- Data transmission with e-mail.
- Export a text file of your calories data if you need a delimited text file to load into another program.
- Export your calories information directly to Excel (CSV) if you're not sure what info you need and you'd rather delete and rearrange columns in a spreadsheet program.
- The monthly calorie analysis table compiles the statistics for the calories and sodium content ingested per month, as well as their depletion.
- The calorie calculator counts the calories required to be ingested per day according to your height and weight.
- The daily calorie panel allows you to think first prior to having a feast or not?
- The monthly calorie analysis table compiles the statistics for the calories and sodium content ingested per month, as well as their depletion. It then analyzes the data in order to adjust the balance between calorie intake and depletion for the body.