BUDGET FIT PLAN

THE FIT COMPANY

USER GUIDE

Budget Fit Plan

Your personal lifestyle program that automatically adapts to your preferences and results

A practical guide with real app screens

VIBRANT AND MOTIVATING



READING GUIDE

Contents and reading guide

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Start with the sections that matter to you today. The chapters follow the same order as the app's main features.

01 Account and intake

02 Dashboard and navigation

03 Daily meal plan

04 Weekly planning

05 Nutrition values

06 Recipes

07 Shopping lists and overview

08 Exercise Coach

09 Sleep Coach

10 Mindfulness and motivation

11 Quiz, points and badges

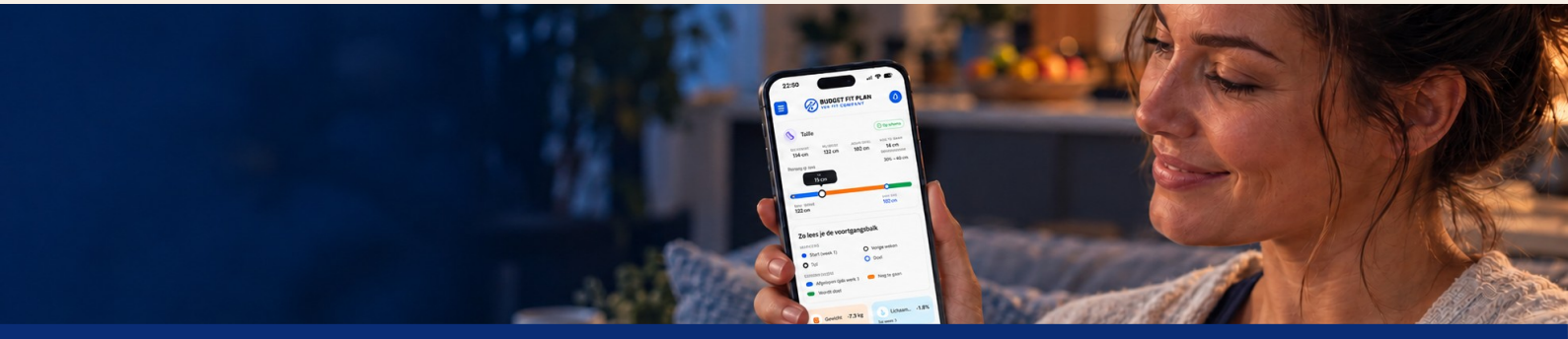
12 Progress

13 Health data

14 Community

15 Profile, notifications and help

16 Your daily routine



GOALS THAT FIT YOU

More than weight loss

Choose the goals that fit you. Budget Fit Plan combines nutrition, exercise, sleep, mindfulness and motivation in one personal program.

- **Lose weight**
- **Maintain your weight**
- **Gain weight**
- **Improve or maintain fitness**
- **Build muscle**
- **Support healthier daily habits**



WEIGHT LOSS IS ONE OF SEVERAL ROUTES

Your combination of goals shapes the approach. Your plan can focus on maintaining weight while building strength and improving fitness.

FOOD PREFERENCES

Food that fits your life

During intake, choose what you enjoy eating and what works in daily life. You can update these choices at any time.



Dietary style

Standard, vegetarian, vegan, flexitarian, Mediterranean, low-carb, high-protein, ketogenic, gluten-free, lactose-free, halal, kosher and more.

Practical choices

Food budget, preparation time, allergies, intolerances, excluded ingredients and regional preferences.

Taste by meal

Choose mild, spicy, sweet or sour preferences separately for breakfast, lunch, dinner and snacks.

A SMALL SELECTION OF AVAILABLE WORLD CUISINES

Dutch	Italian	French	Greek
Spanish	Mexican	Indian	Indonesian
Chinese	Japanese	Korean	Thai
Turkish	Moroccan	Surinamese	Mediterranean

NEW PREFERENCE, UPDATED WEEKLY PLAN

Update your preferences later in Settings. Your next weekly plan automatically includes the new choices.

This is only a small selection from the many world cuisines available.

01 YOUR START

Personal intake and tailored plan

Your profile and preferences form the foundation. Budget Fit Plan then automatically creates a personal lifestyle program that adapts to your results.

01

Complete your profile

Add your goals, circumstances and available time so the app understands your starting point.

02

Choose your preferences

Choose what suits you for nutrition, exercise, sleep and mental wellbeing.

03

Let your plan adapt

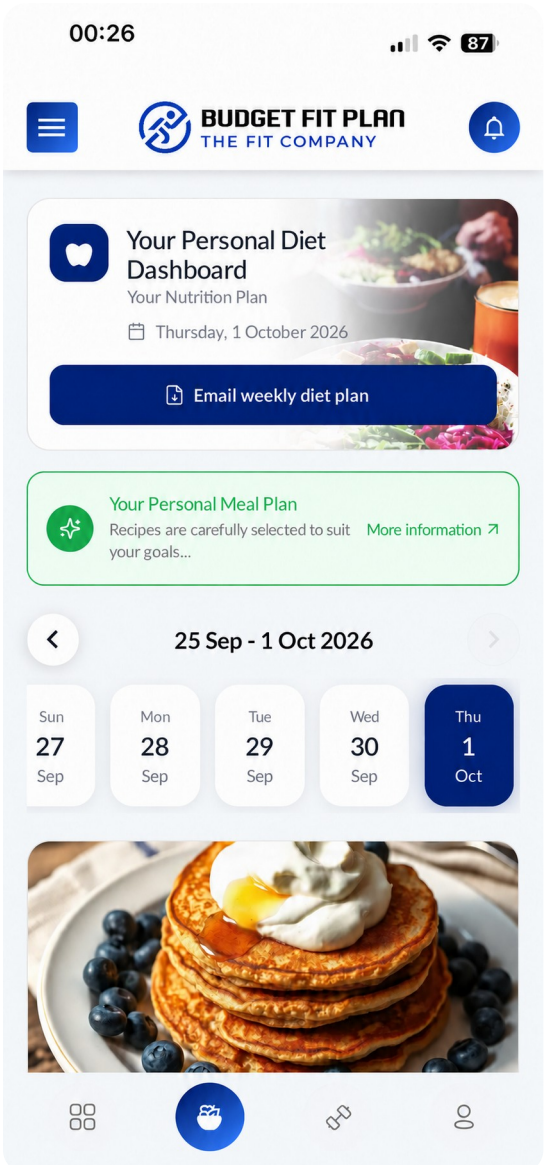
The app creates your program automatically. New results and updated preferences shape your future weekly plans.

100% TAILORED

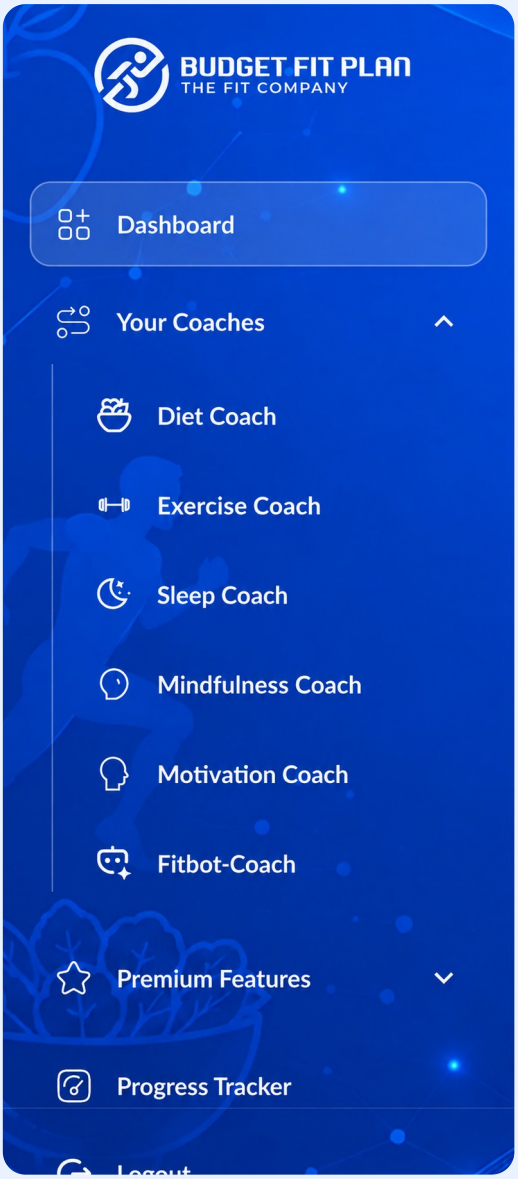
No rigid plan for everyone. Your personal program guides you step by step and continues to match your progress.

Dashboard and navigation

Use the dashboard for your daily plan. Open the menu for coaches, premium features, progress and settings.



Dashboard with your daily plan



Menu with all coaches

Dashboard

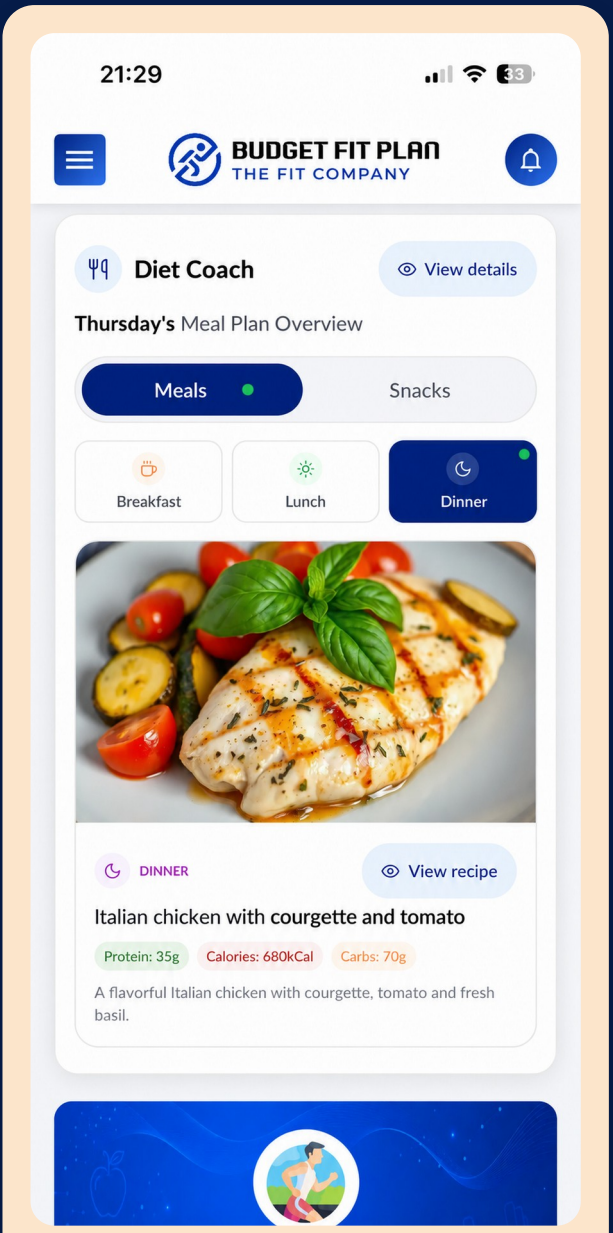
Select the correct day, open a card and go straight to the feature you need.

Menu

Tap the menu icon and expand a category to find every coach quickly.

Daily meal plan

The Diet Coach divides your day into meals and snacks. Each card opens the recipe and nutrition information.



Daily overview with meals

01 Choose a day

Use the week bar to select the correct date.

02 Open a meal

Open breakfast, lunch, dinner or a snack.

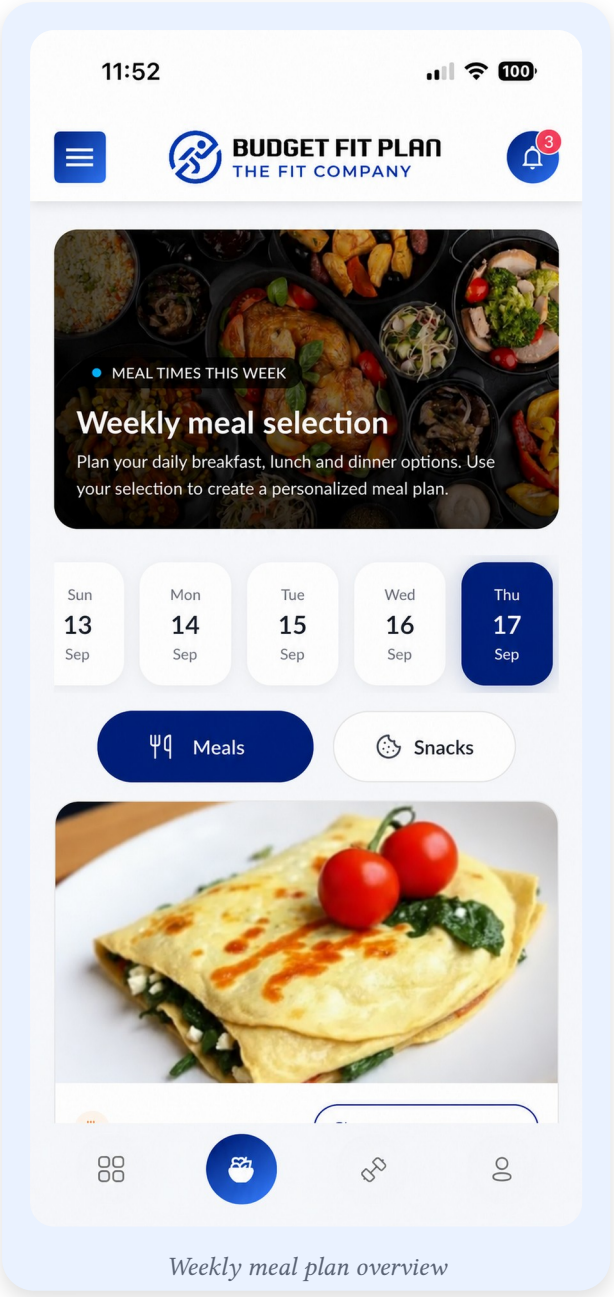
03 View details

Tap View details for ingredients and preparation instructions.

PLAN AHEAD

Check tomorrow's meals in advance so you know what to prepare or take with you.

Weekly planning



Weekly meal plan overview

Budget Fit Plan automatically creates a personal weekly plan based on your profile, preferences and progress.

01

View the week

Use the arrows or week selector at the top.

02

Open a day

Tap a date to view meals and recipes.

03

Update preferences

Open Settings when your food choices or taste preferences change.

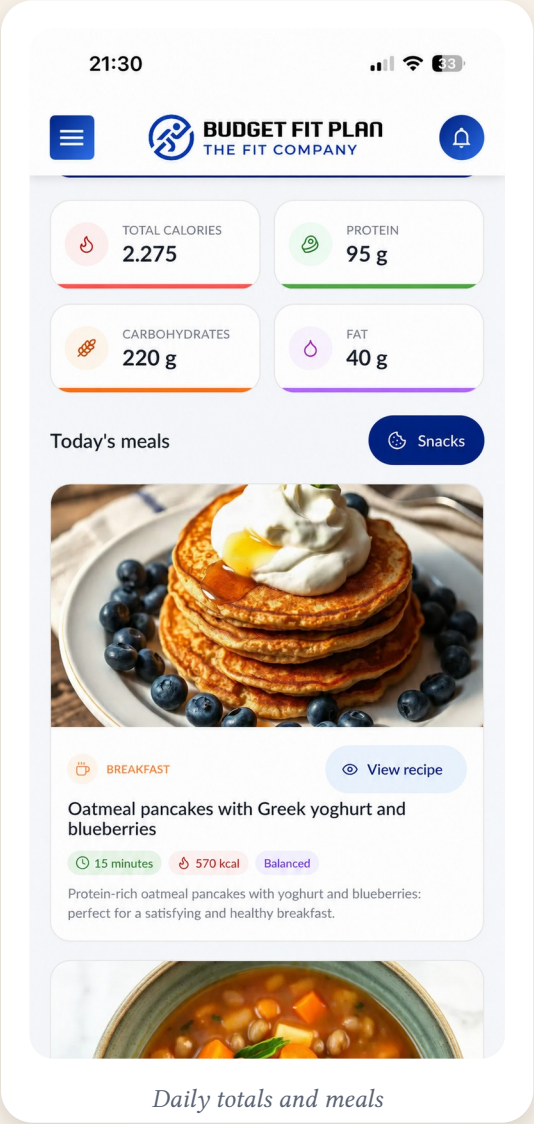
New preference, updated weekly plan

Choose a different world cuisine, for example. Budget Fit Plan automatically includes your choice in the next weekly plan.

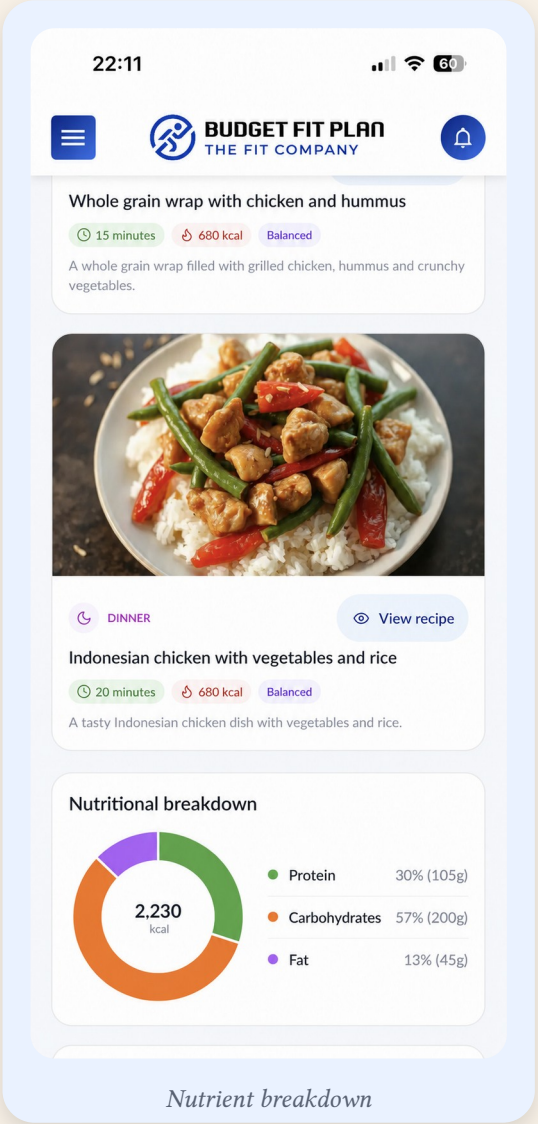
> AUTOMATIC PERSONALIZATION
>
> You do not need to generate a new plan. Your next weekly plan updates automatically.

Nutrition values

Use calories and nutrients as guidance for the whole day. One meal never tells the full story.



Daily totals and meals



Nutrient breakdown

Calories

Total energy

Protein

Recovery and satiety

Carbohydrates

Fuel for the day

Fat

Part of a balanced diet

FOCUS ON THE PATTERN

Daily fluctuations are normal. The trend across several days matters more.

Recipes

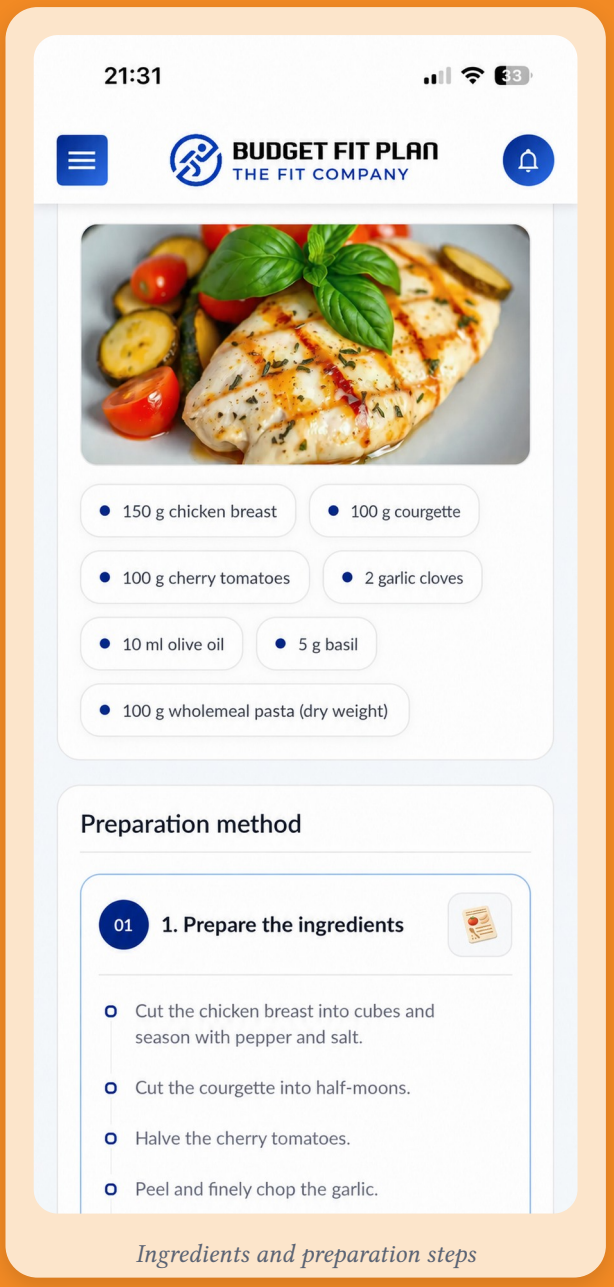
The recipe page brings ingredients, quantities and preparation steps together.

Before you start

- Read the full recipe
- Check the portion size
- Prepare everything you need

While cooking

Follow the steps in order, then check how the meal fits into your daily total.



Ingredients and preparation steps

SUBSTITUTIONS

Choose a similar product and pay close attention to portion size and preparation method.

SAVE YOUR FAVORITE RECIPES

This helps future weekly plans match the foods you enjoy.

Shopping lists and weekly overview

Your shopping lists and meal list are created automatically from your personal weekly plan.

01

Daily shopping list

Everything you need today.

02

Weekly shopping list

The complete week in one overview.

03

Meal list

Every planned meal and dish.

04

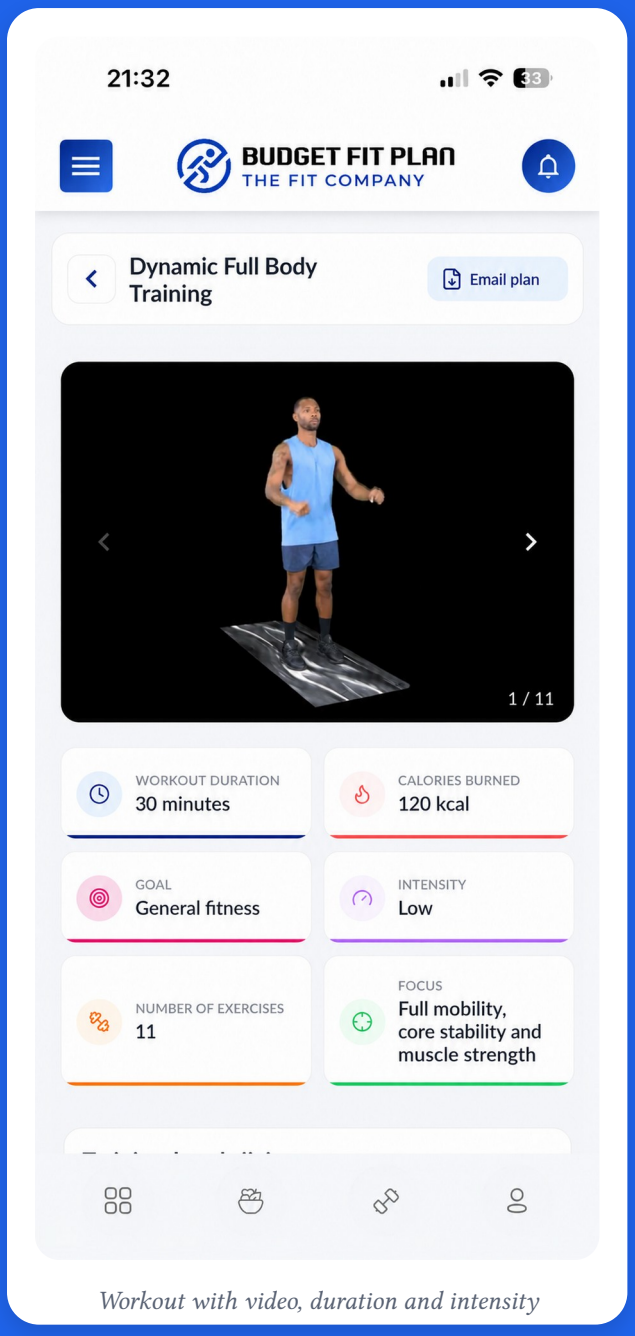
Print or save

Print the list or save it as a PDF.

READY AUTOMATICALLY

You never need to copy recipes by hand. Choose a daily or weekly list, open the meal list and print what you need.

Exercise Coach



Workout with video, duration and intensity

Each workout shows what to do, how long it takes and what the exercise focuses on.

Before the workout

- Check the duration, intensity and focus
- Prepare the required equipment
- Watch the video first

During the workout

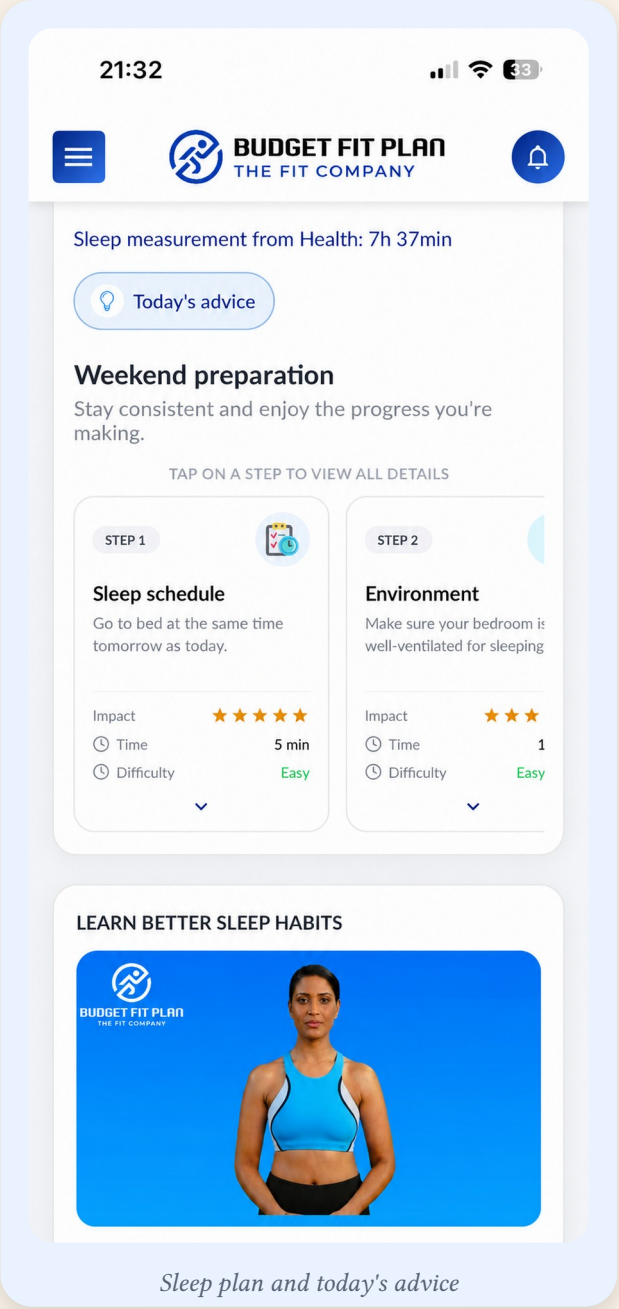
Prioritize control over speed. Use the arrows beside the video to move to the next exercise.

EXERCISE SAFELY

Stop if you feel sharp pain, dizziness or shortness of breath. Choose an easier option if you are unsure.

Sleep Coach

The Sleep Coach combines available sleep data with daily advice and weekly progress.



Sleep plan and today's advice

01 View today's focus

Open today's advice.

02 Choose one action

Apply one step to your bedtime, relaxation or sleep environment.

03 Complete it

Mark the advice as complete after applying it.

04 View the week

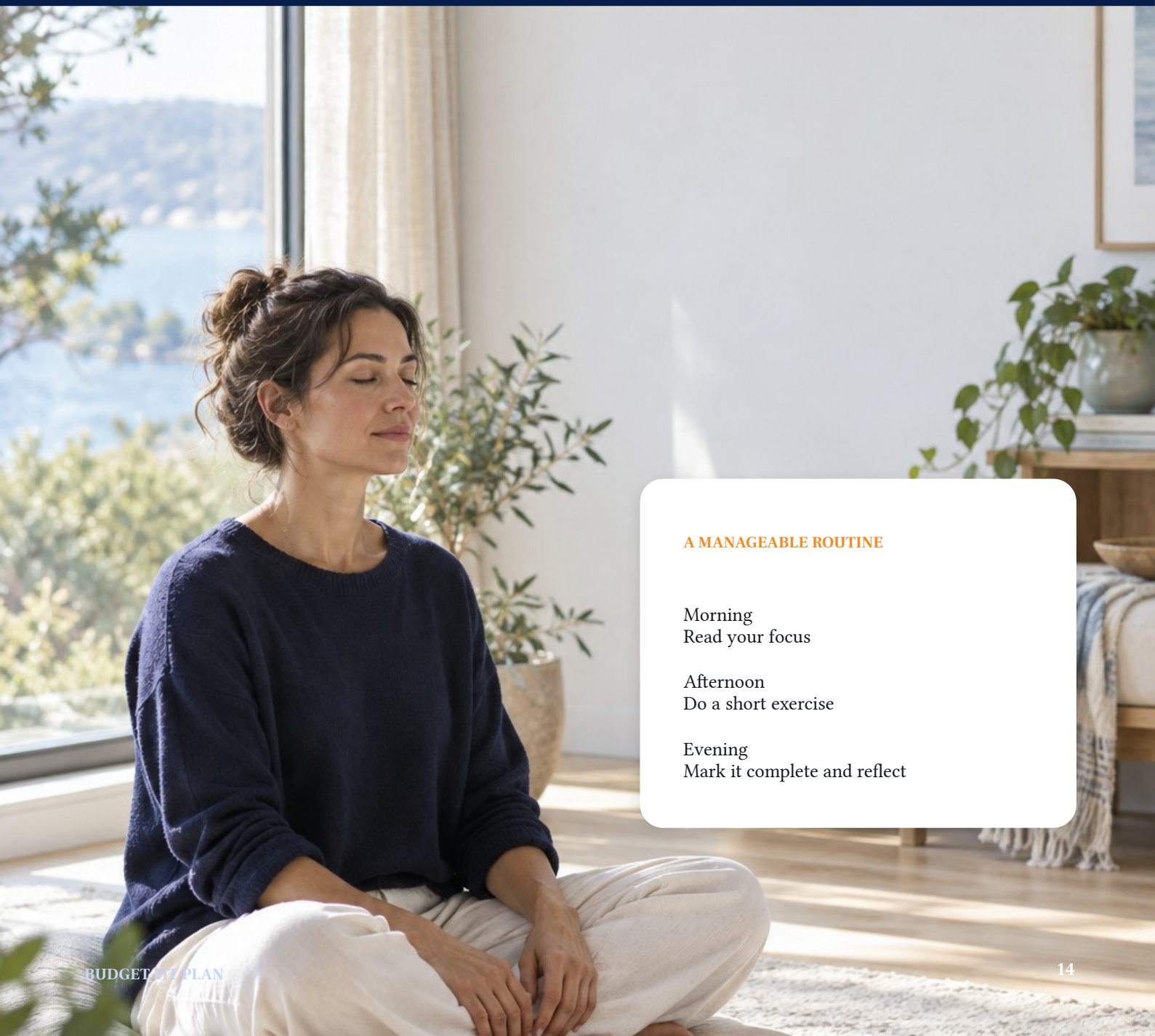
This helps you recognize patterns and unfinished advice.

ONE CHANGE AT A TIME

Repeat one small change for a few days before adding another.

Mindfulness and motivation

The Mindfulness Coach offers a short exercise. The Motivation Coach keeps your attention on your goals and progress.



A MANAGEABLE ROUTINE

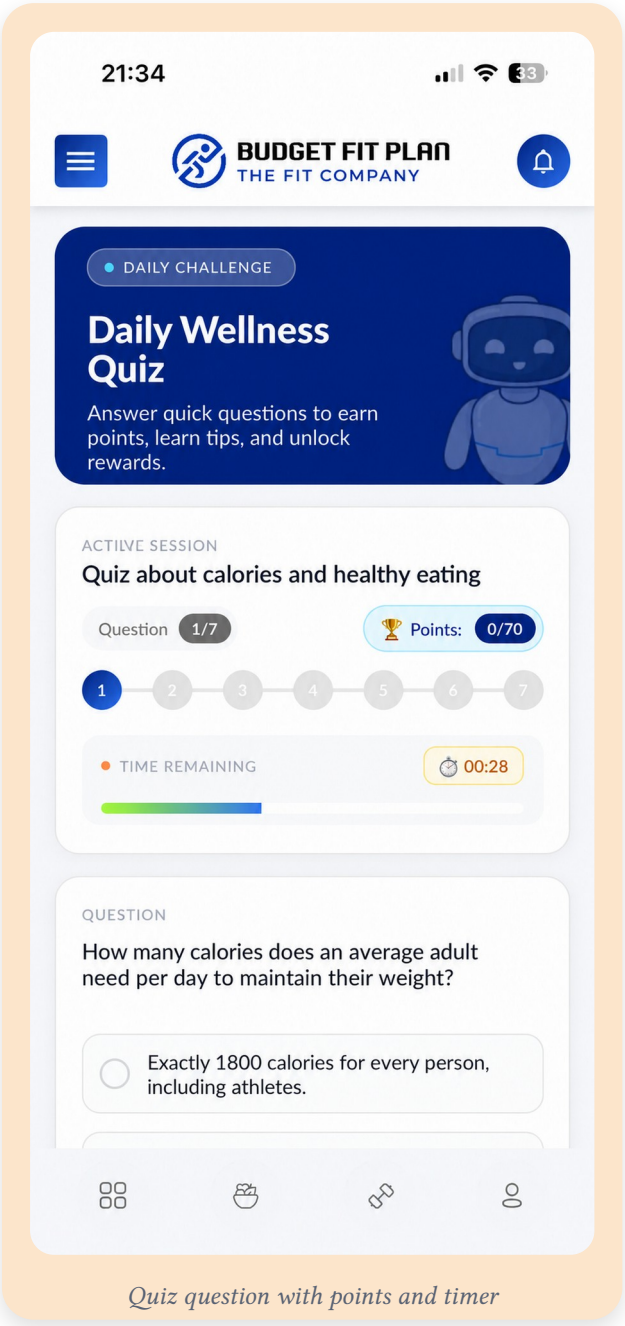
Morning
Read your focus

Afternoon
Do a short exercise

Evening
Mark it complete and reflect

Quiz, points and badges

Choose from a range of lifestyle topics and learn about nutrition, exercise, sleep and healthy habits through play.



Quiz question with points and timer

01 Choose a topic

Choose the lifestyle topic you want to explore.

02 Play the quiz

Answer the questions and use the explanations to learn more.

03 Compare your score

Your points count toward the competition and leaderboard with other users.

Competition, badges and level

Track your position, collect badges and view the milestones you have reached.

IN THE MENU

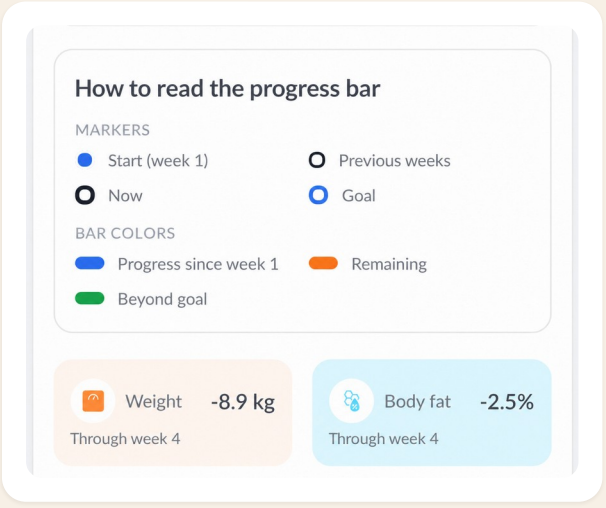
Open Premium Features and select Quiz Game.

Progress

The Progress Tracker compares your starting point, current measurement and personal goal.

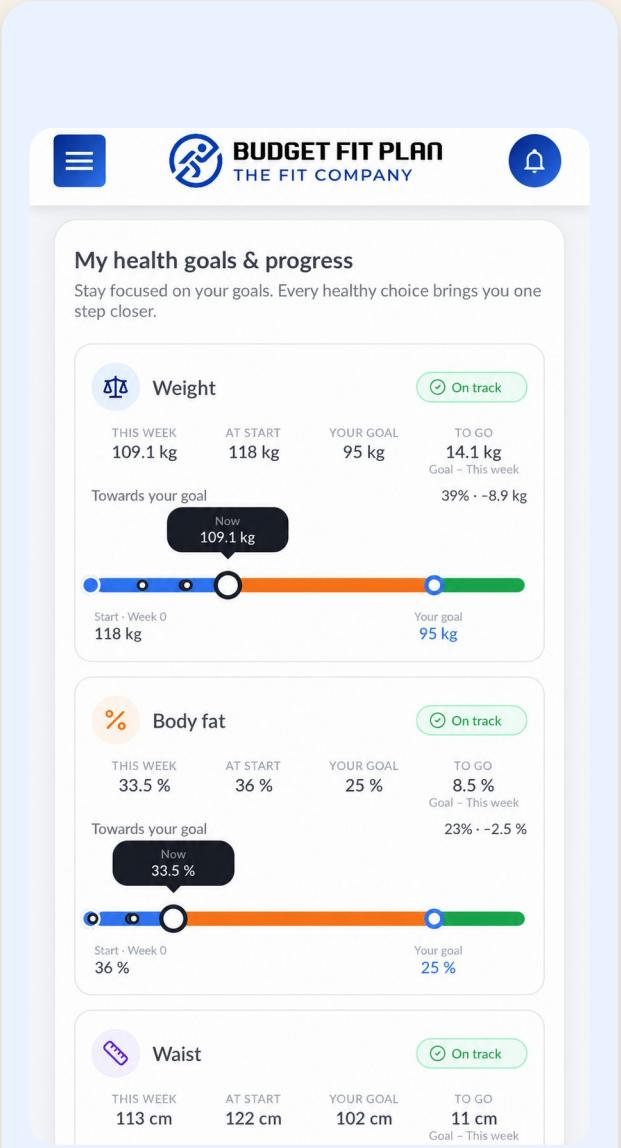
Reading the progress bar

- Blue shows the progress you have made
- Orange shows what remains
- Green begins beyond your goal
- The circles mark previous weeks



Weekly results

Below the bar, each result shows how much has changed since the start.



Goals for weight, body fat and waist

FOLLOW THE TREND

Daily fluctuations are normal. Compare your results across several weeks.

Connect health measurements

Connect Apple Health or Health Connect to view available measurements in one overview.

01 Open the connection

Open Health Data through your profile or the Progress Tracker.

02 Choose permissions

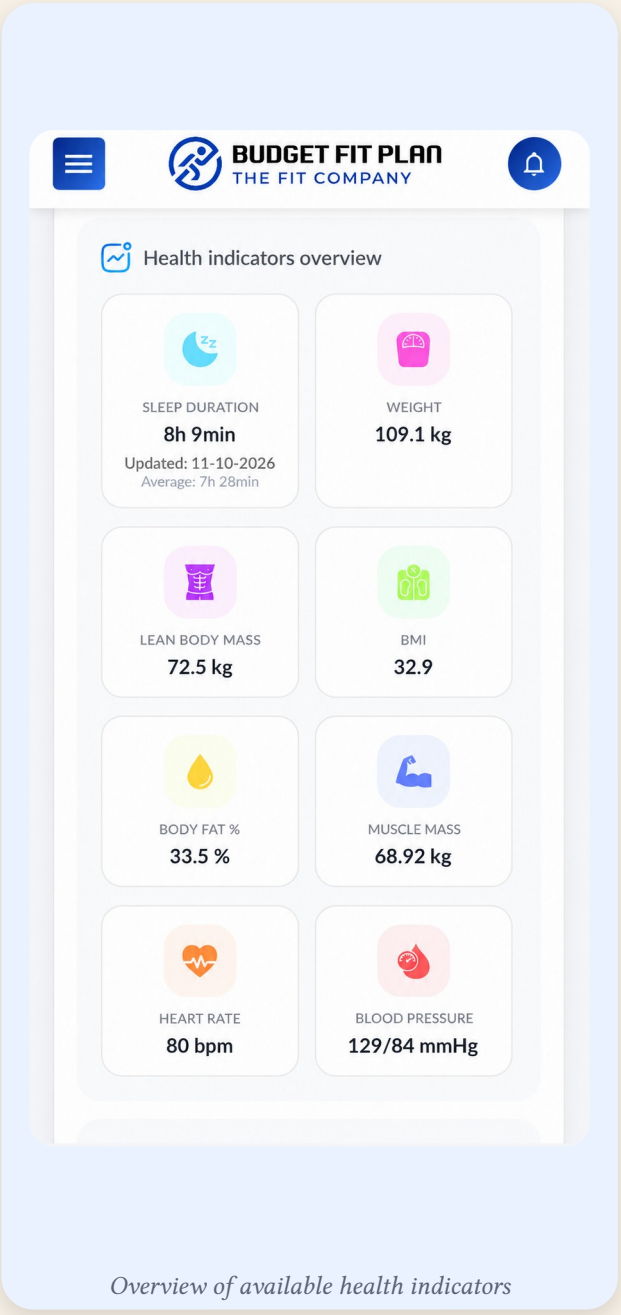
Share only the data you want to use in Budget Fit Plan.

03 Sync your data

Reopen the app and check whether your latest measurements appear.

YOU STAY IN CONTROL

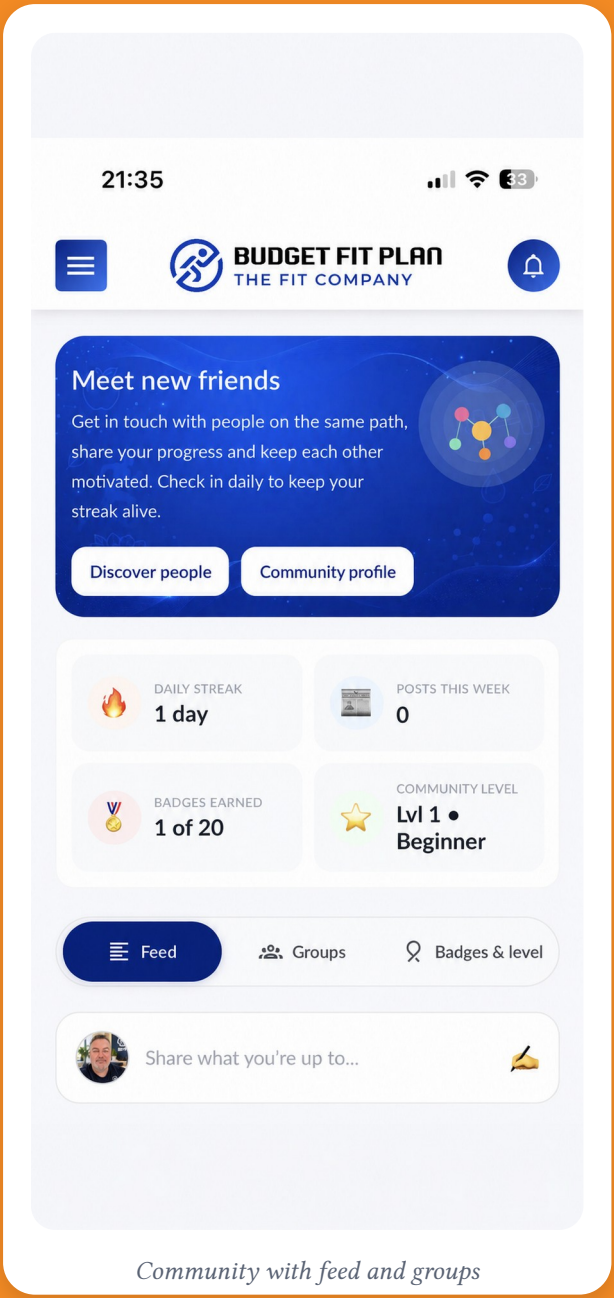
You can change permissions later in your phone's settings.



Overview of available health indicators

What you can view

For example, sleep duration, weight, lean body mass, BMI, body fat, muscle mass, heart rate and blood pressure. The items shown depend on the data available.



Community with feed and groups

14 TOGETHER

Community

Meet New Friends helps you build a community around shared goals and interests.

What you can do

- Create and manage your own groups
- Post photos and videos
- Share posts and comments
- Join other groups
- Discover and connect with people
- Send private messages
- View your badges and level

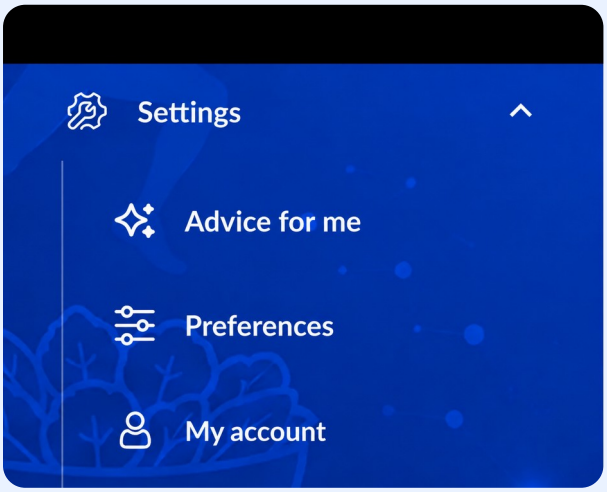
Share thoughtfully

Choose what you make visible. Ask permission before sharing recognizable photos or videos of other people.

> START SMALL
>
> Join one group or respond to one post.

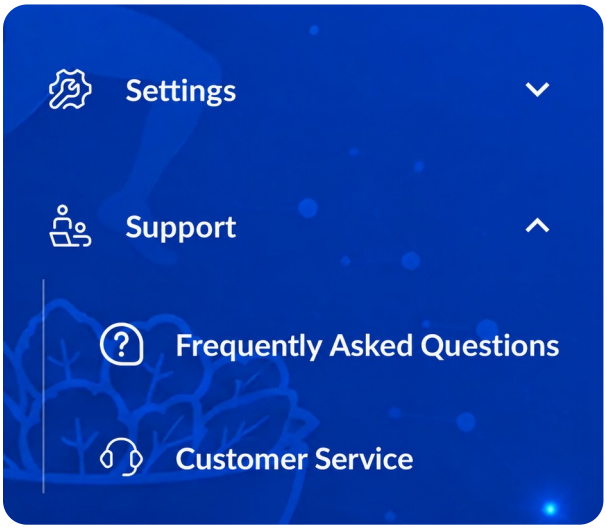
Profile, notifications and help

The menu excerpts below show exactly where to find your preferences and support.



Settings and preferences

Open Settings and then Preferences when your goals, food choices or tastes change. Choose another world cuisine, for example. Your next weekly plan includes the new preference automatically.



Support

Open Frequently Asked Questions for immediate guidance. Contact Customer Service when your question is not listed.

YOU STAY IN CONTROL

Update your preferences whenever your circumstances change. This keeps the program personal and current.

Your daily routine

The app creates and maintains your personal program automatically. Follow your plan, review your progress and update your preferences when your circumstances change.

ALSO ON DESKTOP AND LAPTOP

Budget Fit Plan also works on desktop and laptop.

Log in at budgetfitplan.com

MORNING

Dashboard

Review your meals, focus and schedule.

DURING THE DAY

Your coach for the moment

Complete one workout, exercise or piece of advice.

EVENING

Progress

Mark tasks complete, reflect and prepare for tomorrow.

A PLAN THAT GROWS WITH YOU

Personal from the start. Flexible throughout your journey.

New results and changing preferences continue to shape your future weekly plans. This helps you work toward your goals step by step without a rigid standard schedule.