



Baritastic - Bariatric Tracker 4+

Nutrition, Macros & Surgery

NBL Media LLC

#156 in Medical

★★★★★ 4.8, 21.2K Ratings

Free

iPhone Screenshots



Download Instructions:

Step 1 – Open the App Store for iPhones or Google Play store for Android phones

Step 2 – Search “Baritastic” and download. It is a FREE app.

Step 3 – Open Baritastic app and follow prompts to enter your information such as height, weight, gender, etc. Select “Non-Surgical Weight Loss - Medically Managed Weight Loss”

Step 4 – Select the ☰ button located in the center at the top of the screen

Step 5 – Scroll down to find and click on “How to Use This App”

Step 6 – There are 7 categories. Each contains instructional videos pertaining to the topic to teach you how to utilize the features of the app. Popular features include: food logging, weight tracking, exercise tracking, reminders, tracking fluids, and tracking inches lost. Familiarize yourself with the app features and begin using them.

Additional features include tracking Body Mass Index (BMI), access to recipes database, integration with fitness wearable devices like Fitbit and Apple watch, and taking progress pictures.

To Send Food Logs to Dietitian: Select the ☰ button located in the center at the top of the screen. Select “My Reports”. Click “Food Logs” and select the appropriate length (7 or 14 days). Enter cbaulick@garnethealth.org then click submit.