



Foody

Food & Symptom Tracker for iPhone

About the app

Foody is your personal diary for keeping track of your food and symptoms you may experience from it. Once used for a couple of days Foody lets you analyze your diet and symptoms to assist you in understanding your health. The more you record, the better Foody can help you analyzing it. Therefore it was designed with focus on ease of use and simplicity rather than complicated forms.

◇ Record your Food

- Mark your meals as breakfast, lunch, dinner or just snacks and drinks in between.
- Solid food and drinks are separated for or a better overview.
- No need to guess amounts or what not.
- Add unlimited ingredients for dishes and drinks.
- Add notes to your meals to include as much details as you need.

◇ Record Symptoms

- Add symptoms by a concise title
- Use the intensity to keep track of how symptoms evolve.
- Add notes to include as much details as you need to.

◇ Input Helper

Entering the same over and over again is cumbersome. Foody helps you with a custom prediction bar above the keyboard. It suggests your most used symptoms, foods, drinks and even ingredients so entering common items is only a matter of seconds.

◇ Timeline / Overview

- View and modify your diary entries in a beautiful timeline.
- Apply filters to analyze and check any suspicion.
- Filter to display only a custom period / date range.
- Filter food based on meal type and search term.
- Choose to hide symptoms or filter by search term.

◇ Furthermore

- No setup required: Foody is ready to record right away. No need to sign up, fill out stuff or create catalogs before.
- All on your device: Everything is stored only on your device. No Cloud is involved at all.
- Fully Offline: Since everything happens on your device without internet connection, it works where ever you go.
- 3D Touch - Home Screen Quick Actions: With Quick Actions adding meals and symptoms on iPhone 6s is even faster.
- Reminders: Foody can send you notifications to remind you of entering missing meals.

Foody is free to download and try all feature. However, entries older than 7 days will be cut off unless the unlimited version is purchased.



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About the developer

I am Martin Stemmler, an independent iOS developer from Berlin, Germany. I've been developing iOS apps since 2010. I have build serval other apps before including apps for Mac OS X.

The Story behind the app

The idea of making an app for tracking food and symptoms arose as my girlfriend was suffering from food related issues. After several tests on allergies she was asked to do a food and symptom diary by her doctor.

Rather than worrying about a sheet of paper she, wanted to do it on her iPhone. As she couldn't find an app that was simple enough (most would have asked her to create a catalog up front or enter various details), she ended up taking plain notes with the build in Notes app.

So I wondered "who hard can it be to build a food and symptom tracking app that makes writing such a diary as easy as possible". Turns out it's actually a bit of a challenge, but that's what makes building apps fun. After several months of having my girlfriend actually be using the app we figured out a lot of details that are important to allow quick entry of meals, drinks and symptoms.

Contact & Links

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