KeepOn

KeepOn user guide

Set your targets once, log what you eat, weigh in, and watch the weekly trend. This guide walks through every screen on an iPhone, starting with Setup.

Screenshots use sample data. Version of 29 November 2026 · www.keepon.fit

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1 Getting in

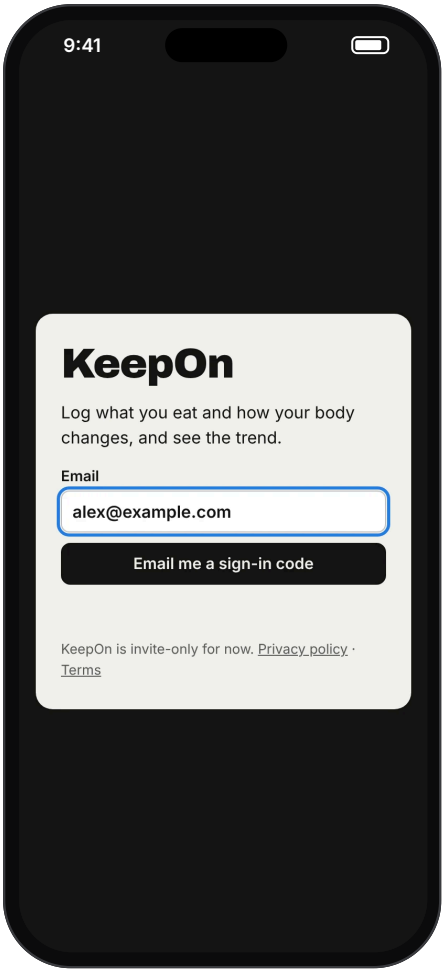
KeepOn is invite-only for now. Once you have been added, you sign in with your email. There is no password.

Sign in with a code

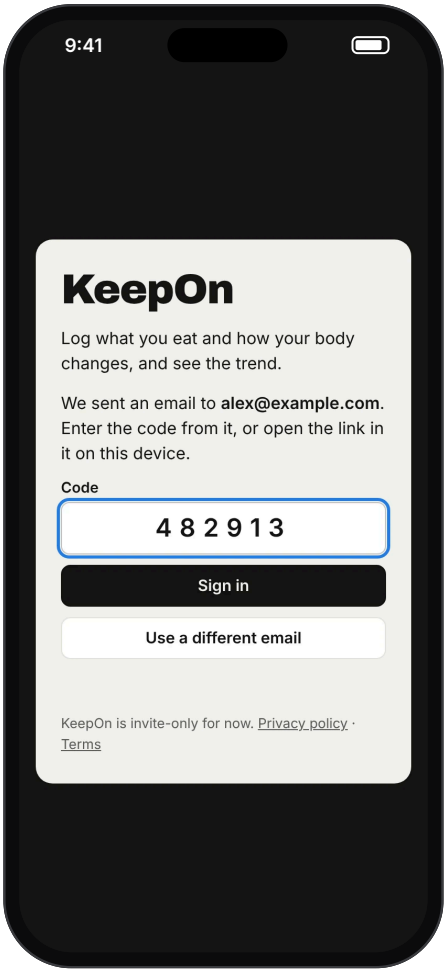
1. Open **www.keepon.fit** in Safari.
2. Type your email and tap **Email me a sign-in code**.
3. Open the email from *login@keepon.fit* and type the 6-digit code, then tap **Sign in**. You can also tap the link in the email.

You stay signed in on that device until you sign out.

> **No email?**
> Check spam once and mark it “not spam”. Codes expire after an hour; ask for a new one with **Use a different email**.



Enter your email



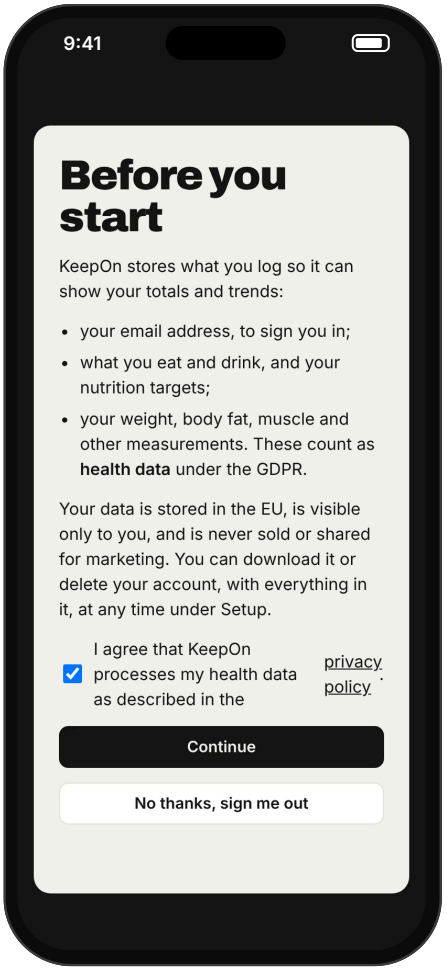
Type the code

Agree once

The first time, KeepOn shows what it stores: your email, what you eat, and your body measurements. Weight and body fat count as health data under the GDPR, so you are asked to agree before anything is saved.

Your data is stored in the EU, only you can see it, and you can download or delete it at any time under Setup.

Tick the box and tap **Continue**. You land on Setup.



One-time consent

Put it on your Home Screen

KeepOn works like an app once it is on your Home Screen: full screen, its own icon, no browser bars. Open www.keepon.fit in your browser, then:

BROWSER	HOW
iPhone: Safari	**Share** (square with an arrow) → scroll down → **Add to Home Screen** → **Add**
iPhone: Chrome	**Share** in the address bar at the top → **Add to Home Screen**
iPhone: Edge, Brave, Firefox and others	Open the browser menu → **Share** → **Add to Home Screen**. If it isn't there, open www.keepon.fit in Safari and add it from there.
Android: Chrome	⋮ → **Add to Home screen** (or **Install app**)
Android: other browsers	Look in the browser menu for **Install app**, **Add to Home screen** or **Add to phone**.

Open KeepOn from the new icon. On iPhone, sign in once more: the Home Screen app keeps its own sign-in, separate from the browser. It remembers you from then on.

> **Signing in from the Home Screen app**
> Type the 6-digit code rather than tapping the link in the email. On iPhone the link opens your browser, not the app.

2 Setup: your first step

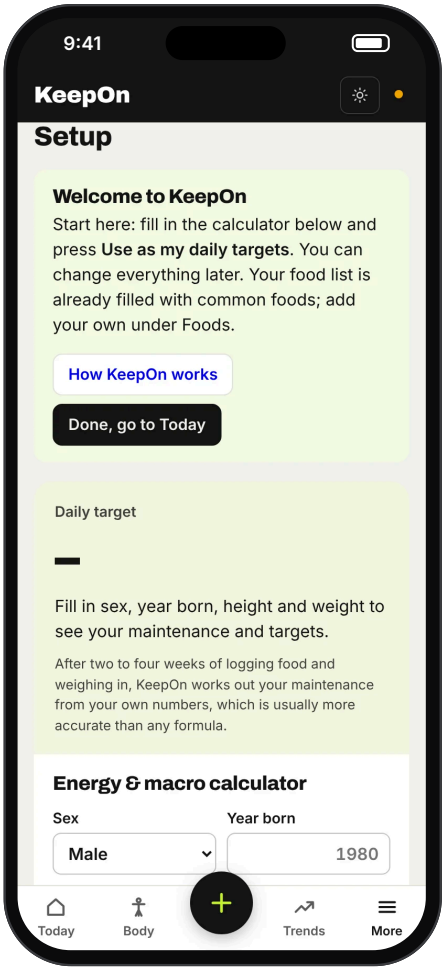
Ten minutes here makes everything else work. You set your daily targets with the calculator, then choose how Today looks. You can come back any time: **More → Setup**.

The welcome note

New accounts open on Setup with a short welcome. Your food list already has around 40 common foods, so you can start logging straight away; add your own later under Foods.

Fill in the calculator below the note and tap **Use as my daily targets**. When you are done, **Done, go to Today** closes the note.

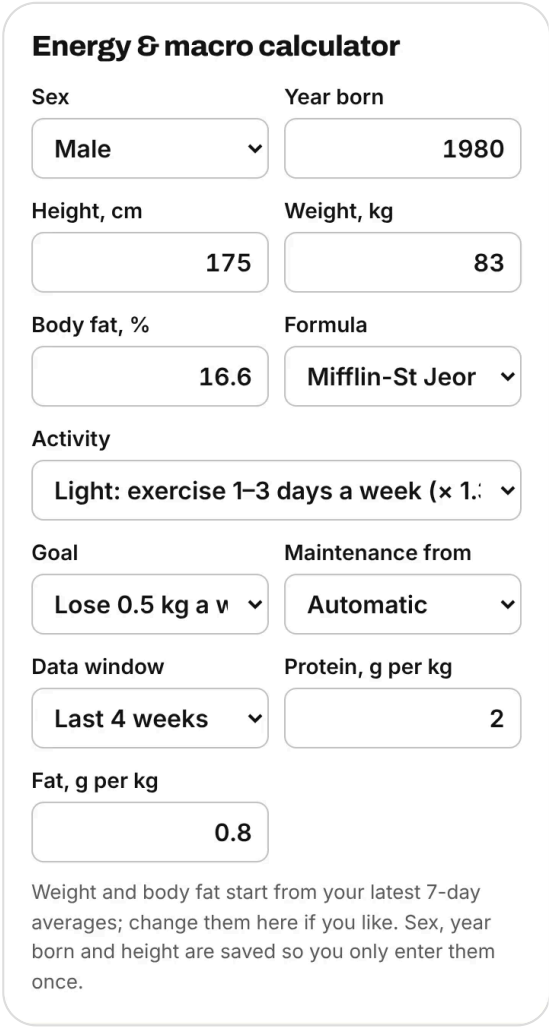
Until you have targets, the daily target box shows a dash and explains what is missing.



First visit to Setup

Energy & macro calculator: what to enter

FIELD	WHAT TO PUT IN
Sex, Year born, Height	Used by the formula. Saved, so you enter them once.
Weight, Body fat	Start from your latest 7-day average. Change them if you want to plan with other numbers. Body fat is optional unless you pick Katch-McArdle.
Formula	**Mifflin-St Jeor** needs only height, weight and age. **Katch-McArdle** uses your lean mass; pick it if you know your body fat from a scale or scan.
Activity	Be honest: most office workers who train 2–3 times a week are *Light*. Count your job and steps, not only the gym.
Goal	How fast to lose or gain. 0.25–0.5 kg a week is easier to keep up and protects muscle.
Maintenance from	**Automatic** uses your own logged data once there is enough, and the formula until then. **Formula only** ignores your data.
Data window	How many recent weeks to learn from. 4 weeks is a good default; 2 reacts faster but is noisier.
Protein, Fat (g per kg)	Grams per kg of body weight. 1.6–2.2 g protein and 0.8 g fat suit most people who train. Carbs get the rest.



Calculator inputs

Reading the result

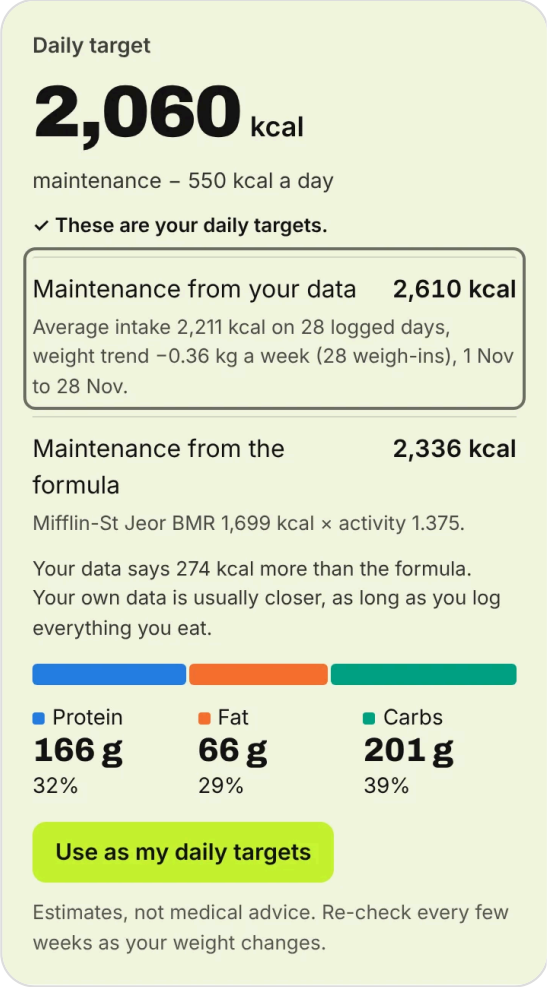
The green box shows your **daily target** and how far it is below or above maintenance.

- **Maintenance from your data** appears after a couple of weeks of logging and weighing in (see Questions). It takes what you actually ate and how your weight actually moved. This is usually more accurate than any formula. The highlighted line is the one in use.
- **Maintenance from the formula** is the textbook estimate: your resting energy (BMR) × activity.
- The coloured bar splits the target into protein, fat and carbs, in grams and as a share of calories.

Tap **Use as my daily targets** to copy everything into Daily targets. A message at the bottom lets you undo it.

Fine-tuning. Want more protein, say 2.2 g per kg when cutting? Set it in the calculator (*Protein, g per kg*) and carbs adjust to keep the same calories. Or type your own numbers under Daily targets. When your targets differ from the suggestion, the top of the box shows them first, with how far below maintenance they put you.

> **Re-check every few weeks.**
> As your weight changes, so does your maintenance. With *Automatic*, opening Setup is enough to see the new number.

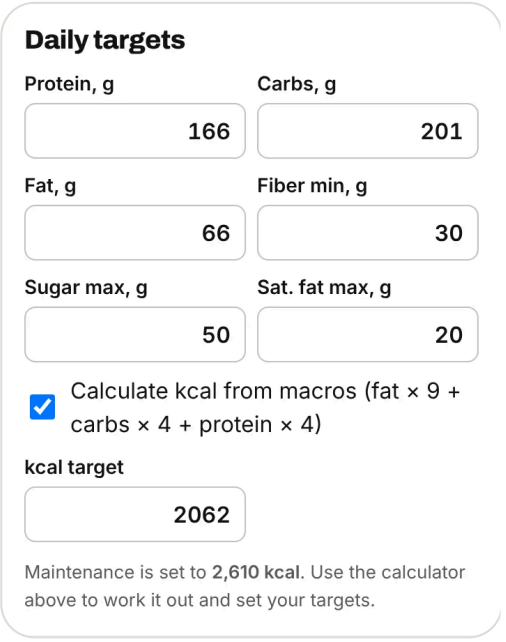


Result: target 2,060 kcal

Daily targets

These numbers drive the rings and bars on Today. The calculator fills them in, but you can type your own.

- **Protein, Carbs, Fat**: daily goals in grams.
- **Fiber min**: a floor to reach. **Sugar max** and **Sat. fat max**: limits to stay under. They turn red when you go over.
- **Calculate kcal from macros**: keep it ticked and the kcal target is always fat × 9 + carbs × 4 + protein × 4. Untick it to set kcal yourself.

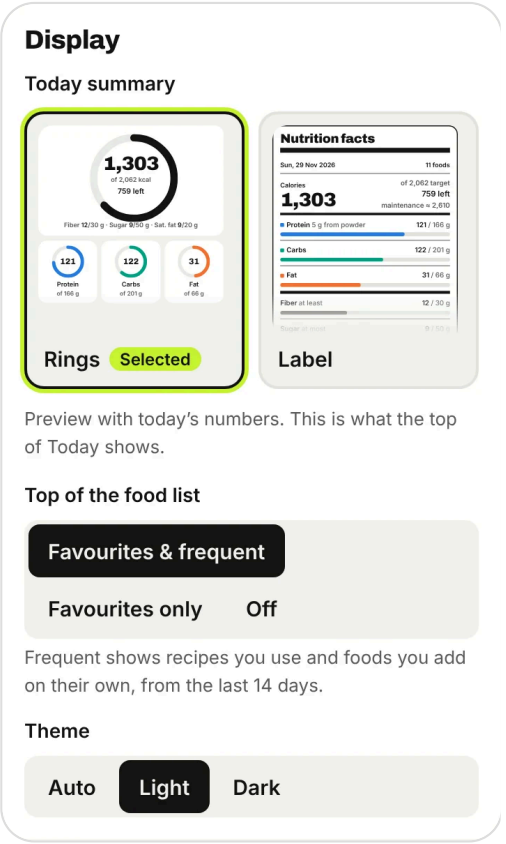


Daily targets

Display: Rings or Label

Today summary picks what the top of Today looks like. Both show the same numbers; the preview uses yours.

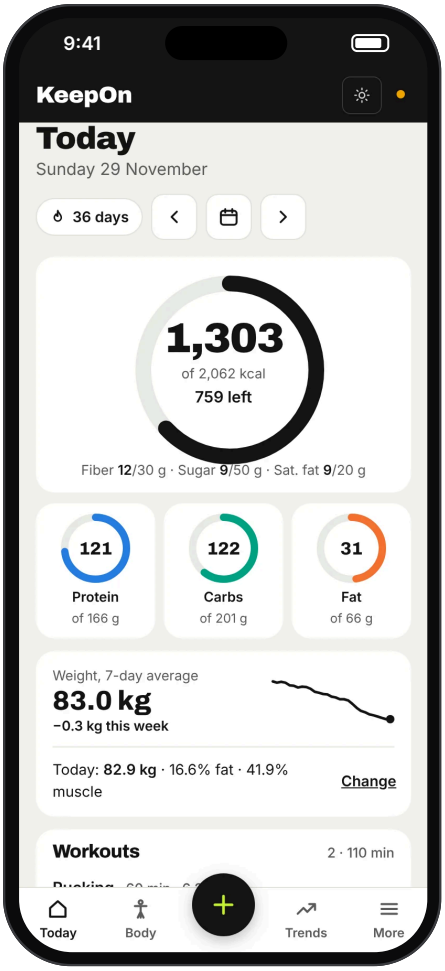
- **Rings**: one big ring for calories and three small ones for protein, carbs and fat. Quick to read at a glance.
- **Label**: a nutrition-facts label with a bar per nutrient, including fiber, sugar and saturated fat.



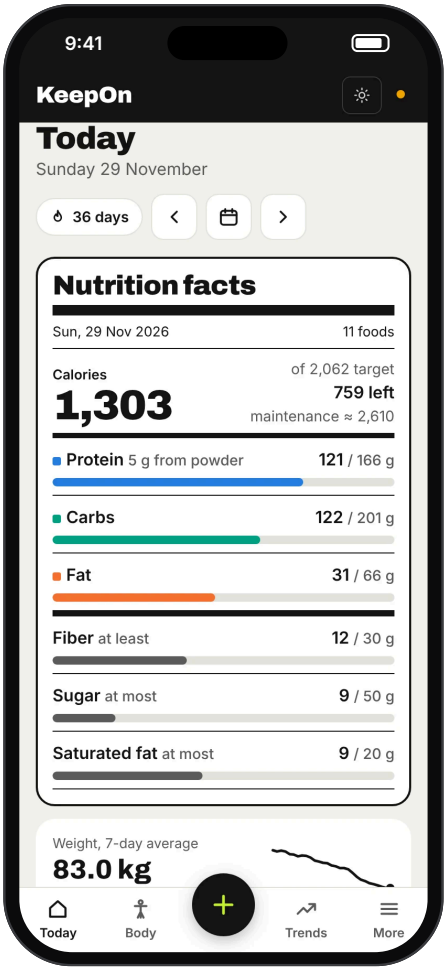
Setup → Display

Rings and Label side by side

The same day in both styles. Switch whenever you like; nothing else changes.



Rings



Label

Top of the food list

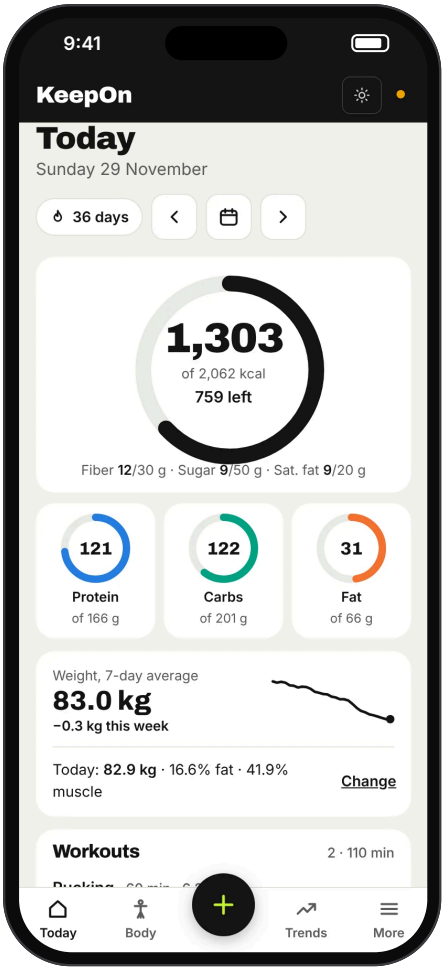
What appears first when you open the food list:

- **Favourites & frequent** (recommended): your starred foods, plus recipes and foods you logged in the last 14 days.
- **Favourites only**: just the foods you starred. Pick this if you want full control.
- **Off**: the list stays in section order.

Frequent is smart about recipes: if you logged a recipe, it shows the recipe, not each ingredient. More in Logging food.

Theme: Auto, Light, Dark

Auto follows your iPhone (Settings → Display & Brightness). **Light** or **Dark** fixes it. The sun/moon button in the top bar of every screen switches it too.



Light



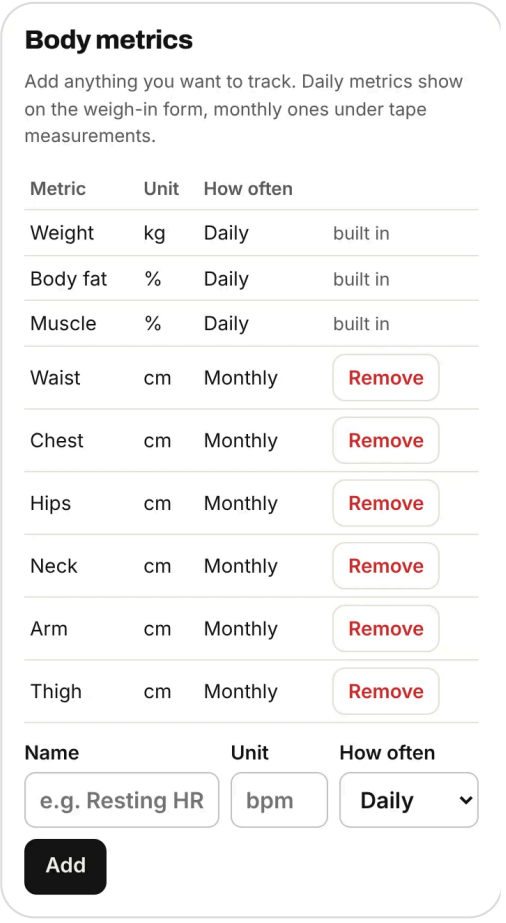
Dark

Body metrics

Weight, body fat and muscle are built in. Add anything else you want to track and say how often:

- **Daily** metrics appear in the weigh-in form, and Trends shows their weekly average. Good ones: *Sleep score* (pts) from a Garmin, Oura, Whoop or Apple Watch, *Resting heart rate* (bpm), *HRV* (ms), *Steps*.
- **Monthly** metrics appear under tape measurements on Body (waist, chest, hips, neck, arm, thigh are there to start).

Enter a **Name**, a **Unit** and **How often**, then tap **Add**. **Remove** takes a metric off the forms; values you already entered are kept.

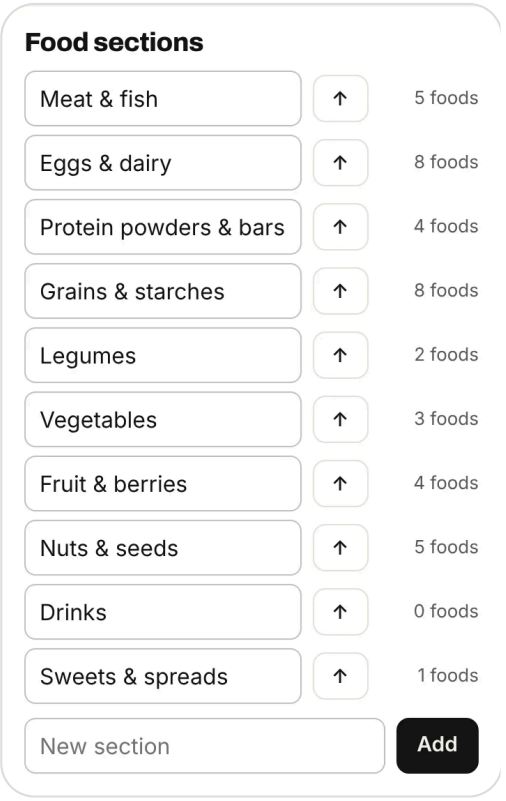


Body metrics

Food sections

Sections group the food list: Meat & fish, Eggs & dairy, and so on. Tap ↑ to move a section up, so the ones you use most come first. Type a name and tap **Add** for a new one, or rename one by editing its name; its foods move with it.

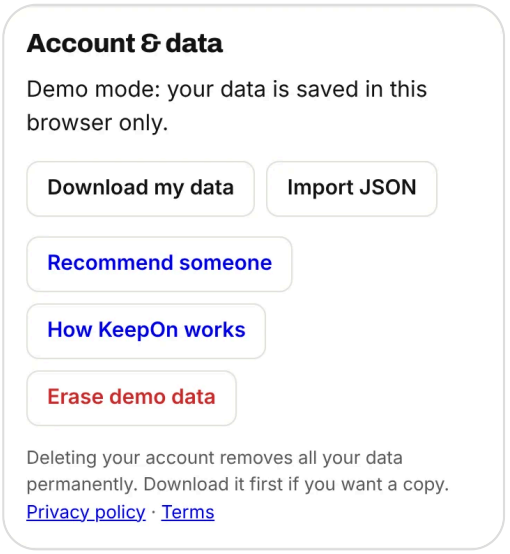
The count on the right shows how many foods each section holds.



Food sections

Account & data

- **Download my data**: everything as a JSON file. **Import JSON** loads such a file back.
- **Recommend someone**: suggest a friend for an invite (see More).
- **Sign out**, and **Delete my account**, which removes all your data permanently. Download first if you want a copy.



Account & data (sample from demo mode)

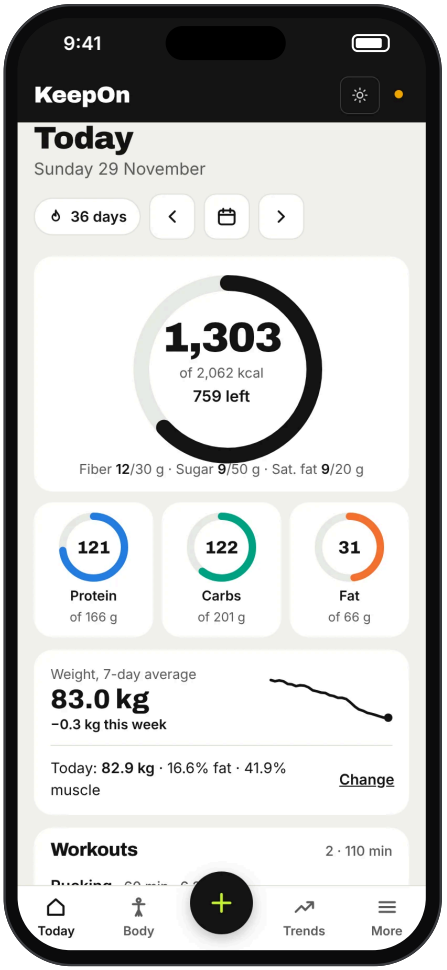
3 The Today screen

Where you spend most of your time. Top to bottom: the day, what you have eaten against your targets, your weight, your workouts, and the day's plate.

Reading Today

- **Streak** (🔥 36 days): days in a row with something logged. Today counts once you log; until then, the streak runs to yesterday.
- **‹ ›** step a day back or forward; the **calendar** jumps to any date. Past days can be edited just like today.
- **Big ring**: calories eaten out of your target, and how many are left. Fiber, sugar and saturated fat sit underneath.
- **Small rings**: protein, carbs and fat in grams. Carbs and fat turn red when you are more than 10% over; protein never does. The big ring turns red past 5% over.

The bottom bar takes you to **Today**, **Body**, **Trends** and **More**. The big **+** in the middle opens the food list.



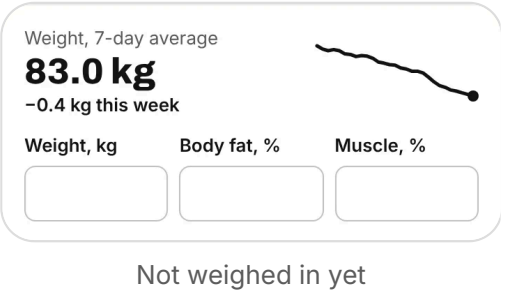
Today

Weight card

Shows your **7-day average** weight, the change over the last week, and a small trend line. Single days jump around with water and salt; the average does not.

If you have not weighed in today, the card shows the form: **weight**, **body fat** and **muscle** (and any daily metrics you added). Values save as you type. Once filled, tap **Change** to correct them.

> **Best habit**
> Weigh in every morning, after the toilet and before eating or drinking. Same scale, same time.



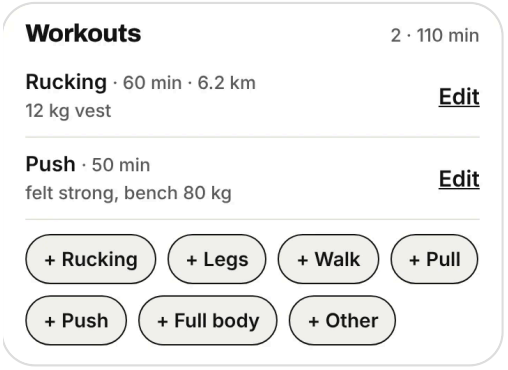
Not weighed in yet

Workouts

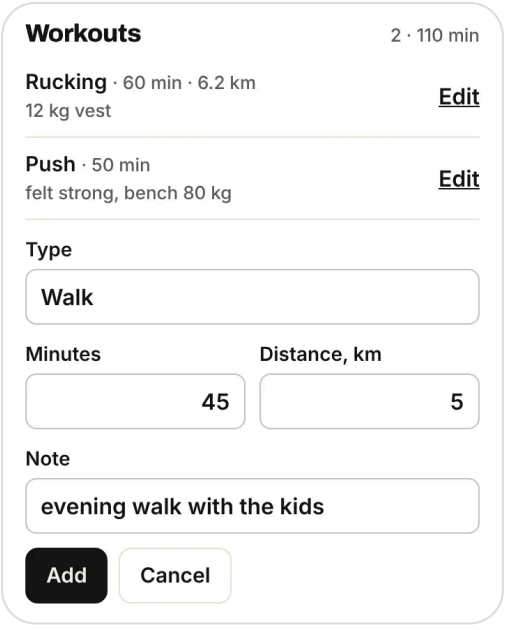
Log every session of the day, each on its own: a morning ruck and an afternoon push session are two workouts.

- Tap a type, e.g. `+ Rucking`. The form opens with the minutes and distance from your last session of that type, so often you only tap `Add`.
- **Minutes** and **Distance, km** are optional. Distance is hidden for gym sessions like Push, Pull and Legs.
- **Note**: anything you want to remember. Extra weight (“12 kg vest”), a route, or how the session felt (“felt strong, bench 80 kg”).
- `+ Other` lets you type any activity. It is remembered and shows up as a button next time. The types you use most come first.
- Tap **Edit** on a workout to change or delete it.

Workouts don’t add calories to your target. Your maintenance, learned from your own data, already includes your usual training, so adding them would count them twice.



Two sessions today

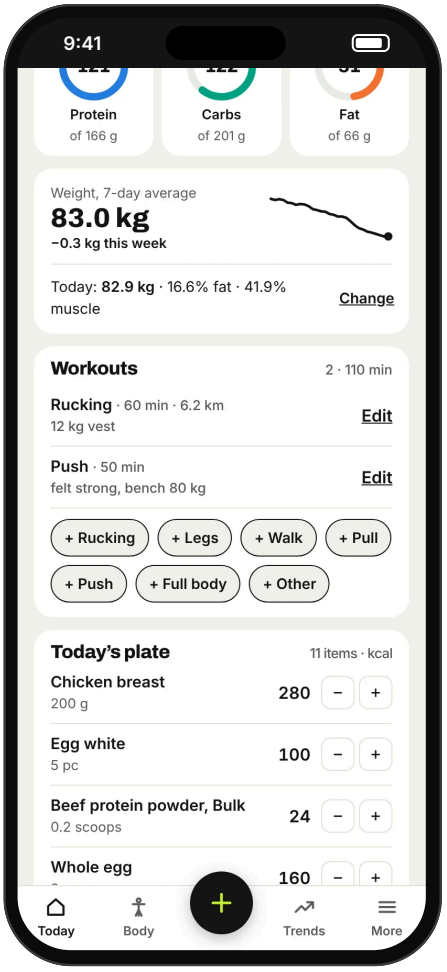


Adding a walk

Today’s plate

Everything logged for the day with its amount and calories. Use **–** and **+** to adjust by one unit, without opening the full list.

Foods that came from a recipe show up as their ingredients here, so you can see exactly what went in.



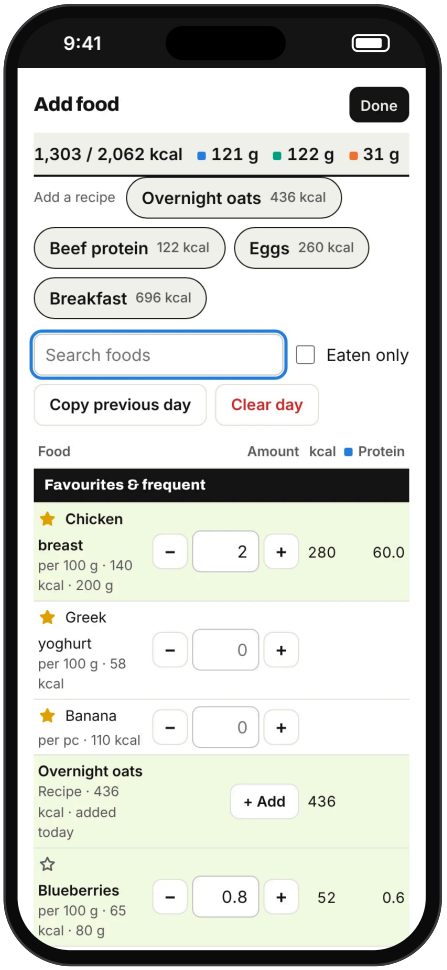
Scroll down for the plate

4 Logging food

Tap the big **+**. The food list slides up with a running total at the top. Tap **Done** when you are finished.

The food list

- **The total line** at the top: calories eaten / target, then protein, carbs and fat in grams. It updates as you type.
- **Add a recipe**: one tap adds a whole recipe (all its ingredients) to the day.
- **Amounts** are in the food's unit, shown under its name: *per 100 g*, *per pc*, *per scoop*… So **0.8** of rice "per 100 g" is 80 g, and **2** eggs "per pc" is two eggs. Use − and + or type a number.
- **Copy previous day** fills today with your last logged day (handy for meal prep). **Clear day** empties it. Both can be undone from the message that appears.



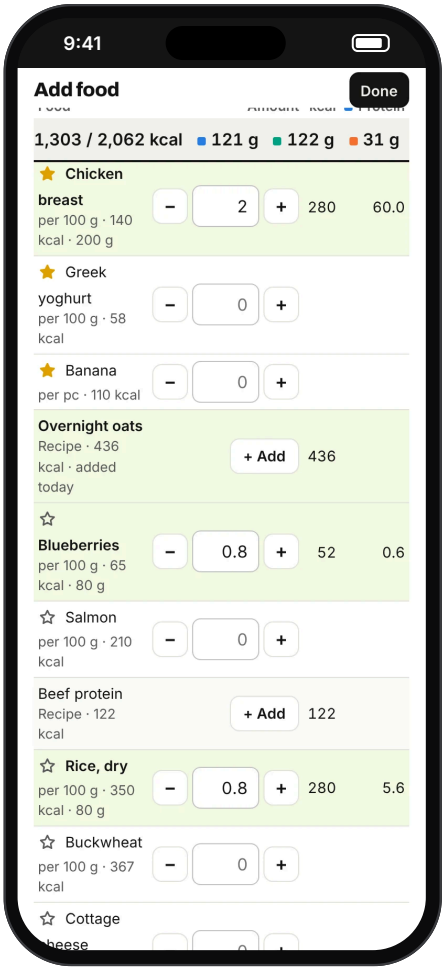
The + sheet

Favourites & frequent

The first group in the list, so the things you eat most are one tap away.

- **Favourites**: tap the ☆ next to any food to star it (★). Starred foods always stay at the top. Tap again to unstar.
- **Frequent**: recipes you used and foods you added on their own in the last 14 days, most-used first. Recipes show a **+ Add** button and the note “added today” once logged.
- Ingredients that only came in through a recipe don’t count as frequent. If you log overnight oats, you see *Overnight oats*, not chia seeds and almond milk.

Change what shows here under Setup → Display → Top of the food list.

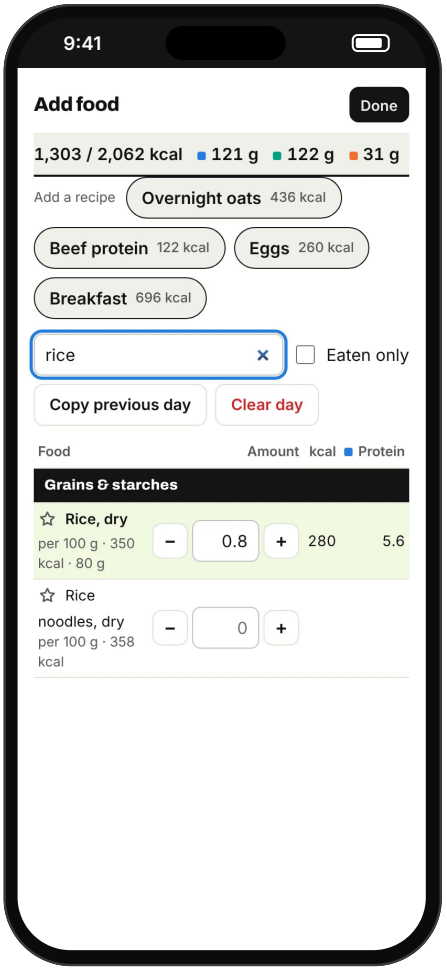


Stars and frequent recipes

Search and “Eaten only”

Type in **Search foods** to filter by name. If nothing matches, KeepOn offers to add what you typed as a new food.

Tick **Eaten only** to see just what you have logged for the day, with amounts you can change.



Searching “rice”

5 Foods & recipes

Open from **More → Foods & recipes**. This is your personal food database; changes save automatically.

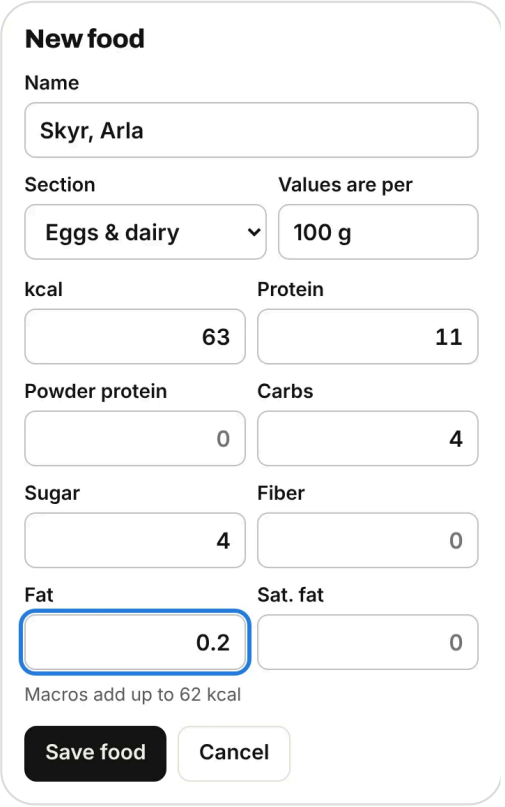
Add your own food

Tap **Add food** and copy the numbers from the label.

FIELD	WHAT TO PUT IN
Name	What you call it, brand last: *Skyr, Arla*.
Section	Where it sits in the list.
Values are per	The unit the label uses: *100 g*, *100 ml*, *pc*, *scoop*, *125 g* (a whole pack)… Everything you log is a number of these.
kcal, Protein, Carbs, Fat	From the label, for that unit.
Powder protein	Protein from a shake or powder, if you want to see it separately. It is part of Protein, not added on top.
Sugar, Fiber, Sat. fat	Optional; they feed the limits on Today.

The line under the fields (“Macros add up to 62 kcal”) is a check: if it is far from the kcal you typed, a number is probably wrong.

In the food table, edit any value in place, move foods with ↑ ↓, or tap **Delete** twice to remove one. On a phone the table scrolls sideways. Deleted foods stay in your past days.



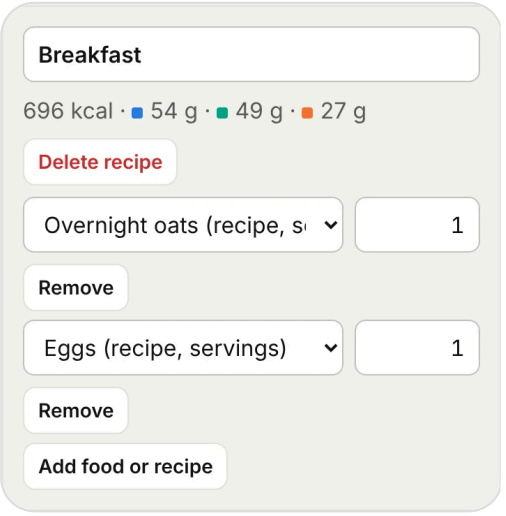
New food

Recipes, including recipes inside recipes

A recipe is a list of foods with amounts. Adding it logs all of them at once. Use recipes for the meals you repeat: your usual breakfast, a shake, a batch-cooked dish.

1. Under **Recipes**, tap **New recipe** and name it.
2. **Add food or recipe**, pick an ingredient, set the amount in its unit.
3. A recipe can contain other recipes. Their amount is in **servings**. Here, *Breakfast* = 1 × *Overnight oats* + 1 × *Eggs*.

The top line shows the recipe's totals. Change a recipe later and future uses follow; days already logged keep what you ate.



A recipe made of recipes

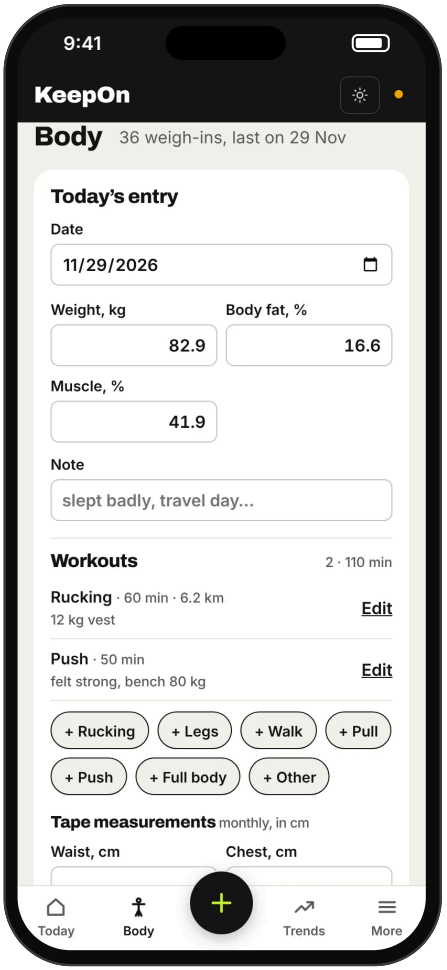
> **Batch cooking**
> Log a big pot as a recipe of single servings: put each ingredient's share for one portion in, then add the recipe once per portion.

6 Weigh-ins & Body

The Body tab holds all your measurements. Today's weigh-in form is the same one as on Today.

Today's entry

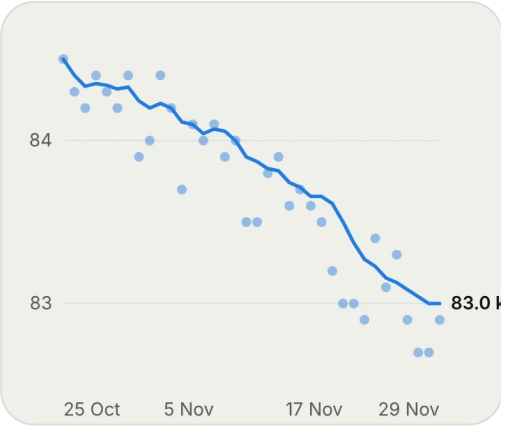
- **Date**: pick another day to fill in or fix a past entry.
- **Weight, Body fat, Muscle** and your daily metrics. Muscle is the percentage most smart scales show.
- **Note**: free text for the day ("slept badly", "travel day"). Useful when you look back at a strange week.
- **Workouts**: the same list as on Today, for the selected date. Handy for adding yesterday's session.
- **Tape measurements**: monthly, in cm. Measure at the same spots each time.



Body

The weight chart

Dots are single weigh-ins; the line is the 7-day average. Follow the line and let the dots be noisy.



Weigh-ins and 7-day average

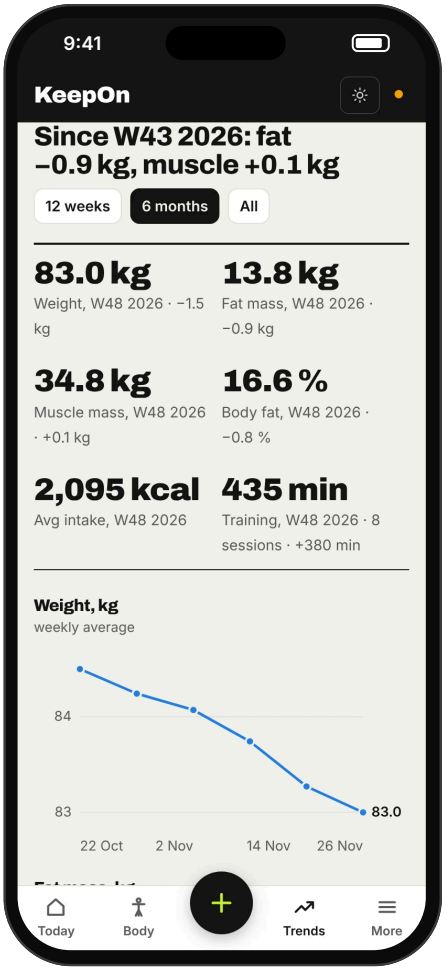
7 Trends

The big picture, by week. Pick **12 weeks**, **6 months** or **All**.

What you are looking at

- **The headline** turns percentages into kilograms: here, since week 43, 0.9 kg of fat lost and 0.1 kg of muscle gained.
- **The tiles**: latest weekly averages of weight, fat mass, muscle mass, body fat % and average intake, plus training minutes and sessions, each with the change since the start of the range.
- **Charts** for weight, fat mass, muscle mass, intake and training minutes, one point per week.
- **Your own daily metrics** (sleep score, resting heart rate, steps…) get a tile, a chart and a column in the week-by-week table too. Put a bad sleep week next to a stalled week and you often have the reason.

> **Losing weight but not fat?**
> If weight drops while fat mass holds, you are likely losing water or muscle. Check protein and slow the goal down a notch in Setup.



Trends

8 More & recommending people

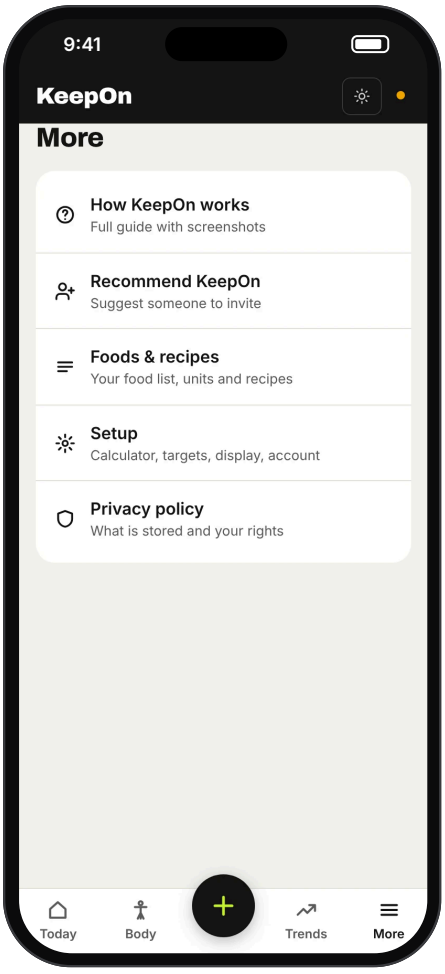
More

Everything that is not a daily screen: this guide, **Recommend KeepOn**, **Foods & recipes**, **Setup** and the **Privacy policy**.

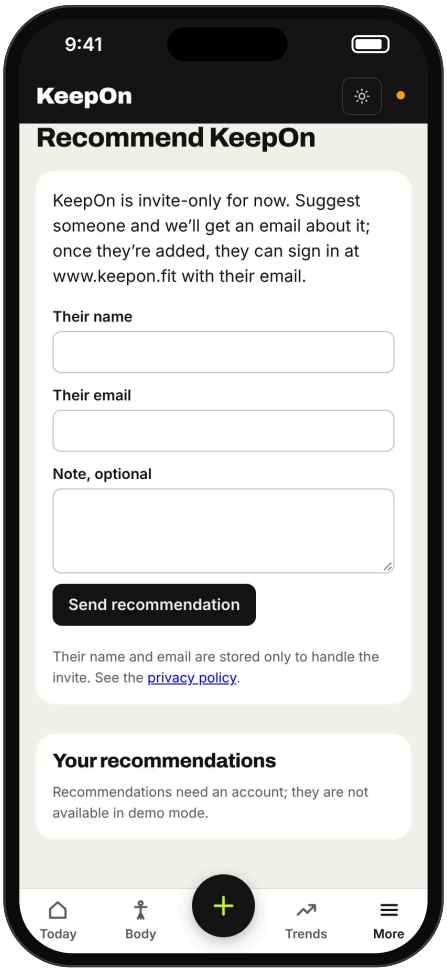
Recommend someone

KeepOn is invite-only. Enter a friend's name and email (and a note if you like) and tap `Send recommendation`. We get an email; once they are added, they can sign in at www.keepon.fit with that email.

Your recommendations are listed below the form. Their name and email are stored only to handle the invite.



More



Recommend KeepOn

9 What goes where

A quick map from “I want to…” to the right place.

I WANT TO…	GO TO
Work out how much to eat	Setup → Energy & macro calculator → *Use as my daily targets*
Set my own numbers	Setup → Daily targets
Log a food	**+** → find it → set the amount
Log my usual meal in one tap	Make it a recipe (More → Foods & recipes), then **+** → *Add a recipe*
Keep a food at the top of the list	Tap its ☆ in the food list
Fix an amount I just logged	Today → Today’s plate → − / +
Log yesterday or fix a past day	Today → ‹ or the calendar
Eat the same as yesterday	**+** → *Copy previous day*
Add a food that is not in the list	**+** → search → *Add “…” as a new food*, or More → Foods & recipes → *Add food*
Weigh in	Today → weight card (or Body)
Track sleep score, resting heart rate, steps	Setup → Body metrics → add it as *Daily*; enter it each morning with your weight
Track waist, chest… or something new	Body → Tape measurements; add new ones in Setup → Body metrics
Log a workout	Today → Workouts → tap a type (or Body → Workouts for another day)
Write a note about the day	Body → Note
See if it is working	Trends
Switch between rings and label	Setup → Display → Today summary
Change light / dark	Sun/moon button in the top bar, or Setup → Display → Theme
Reorder or add food sections	Setup → Food sections
Invite a friend	More → Recommend KeepOn
Get a copy of my data / leave	Setup → Account & data

10 Questions

Why does my weight go up when I ate less?

Water. Salt, carbs, training and sleep move your weight by a kilo or more from day to day. That is why KeepOn shows 7-day averages and weekly trends. Judge progress over two weeks or more.

When does “maintenance from your data” appear?

With the default 4-week window, once you have at least 14 logged days and 11 weigh-ins spread over two weeks or more. Until then Setup says what is still missing. Days with nothing logged are left out, so a missed day does not spoil it, but logging only part of a day does.

Should I log everything exactly?

Close enough, every day, beats perfect some days. Weigh foods for the first couple of weeks to learn what a portion looks like. Don’t forget oils, sauces and drinks.

My streak dropped to zero.

The streak counts days in a row with anything logged. Go back to the missed day with ‹ and log it; the streak comes back.

Does it work offline?

KeepOn needs a connection to save. If the connection drops for a moment, it keeps your changes and retries; keep the app open until you are back online. If you use two devices, reopen the second one to pick up the latest data.

Who can see my data?

Only you. It is stored in the EU, never sold or used for marketing, and you can download or delete it at any time. See the privacy policy.

Is this medical advice?

No. The numbers are estimates. If you have a medical condition, are pregnant, or are under 18, talk to a doctor before changing how you eat.

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