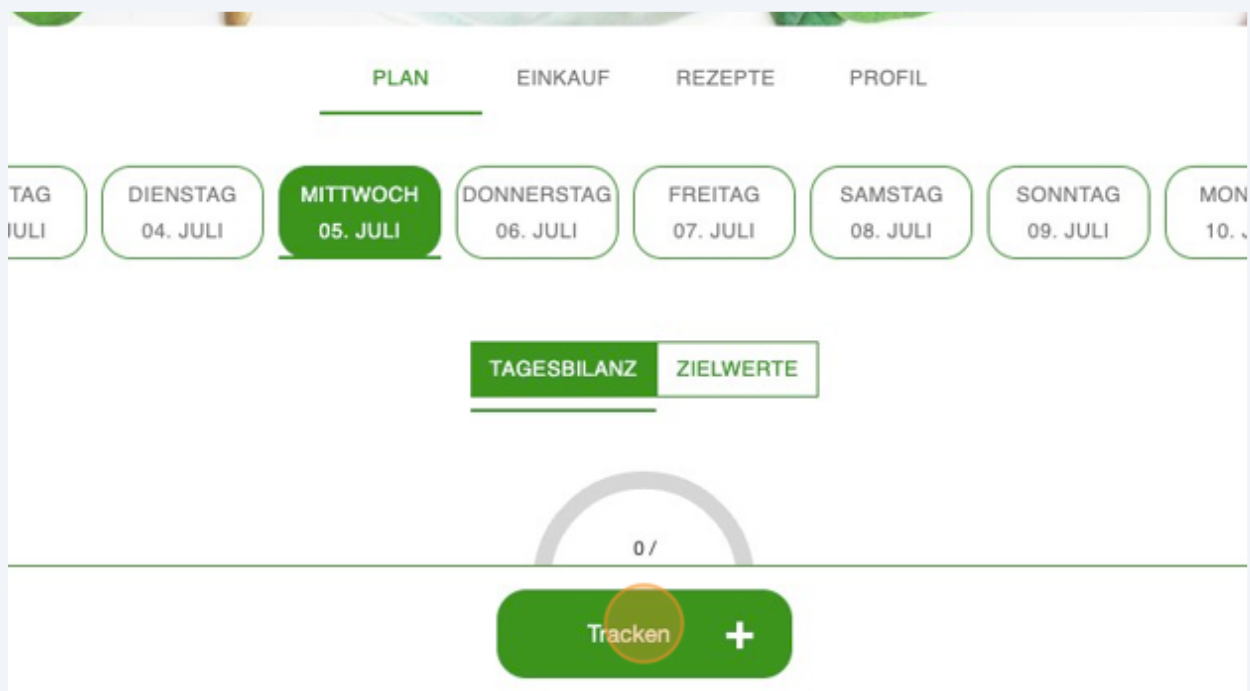


# Datenerfassung durch Kunden

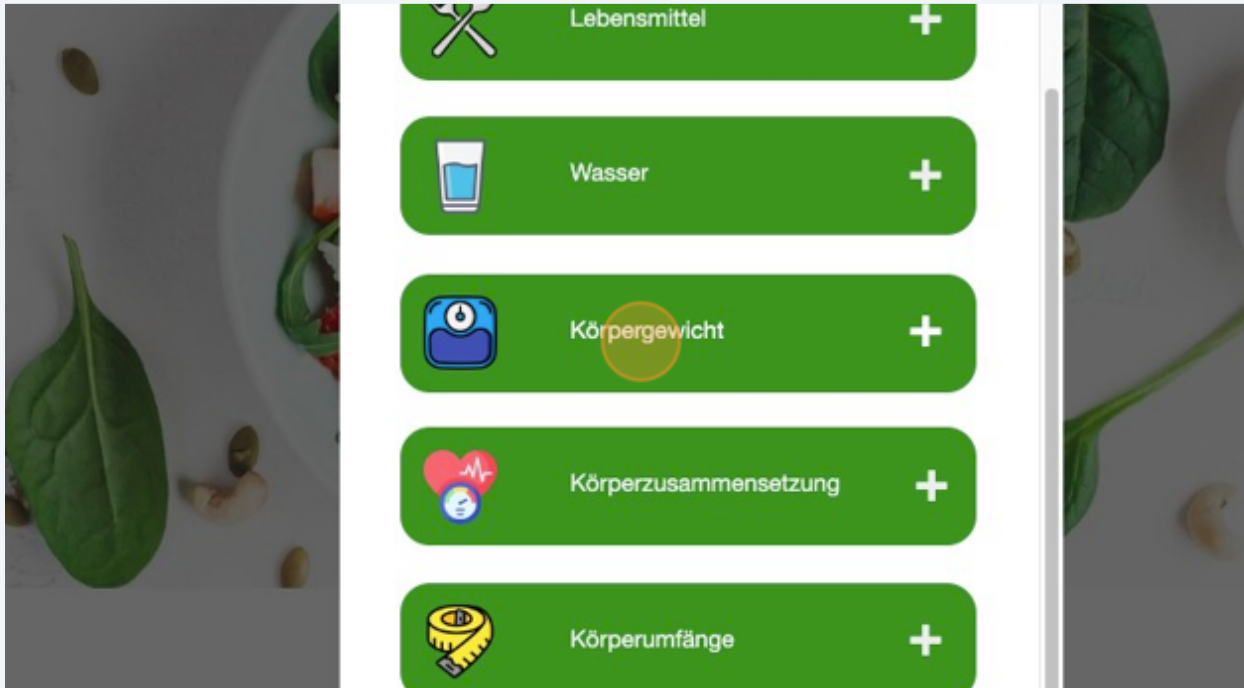


1 Navigiere zu [demo.nattygainscoaching.com/plan](https://demo.nattygainscoaching.com/plan)

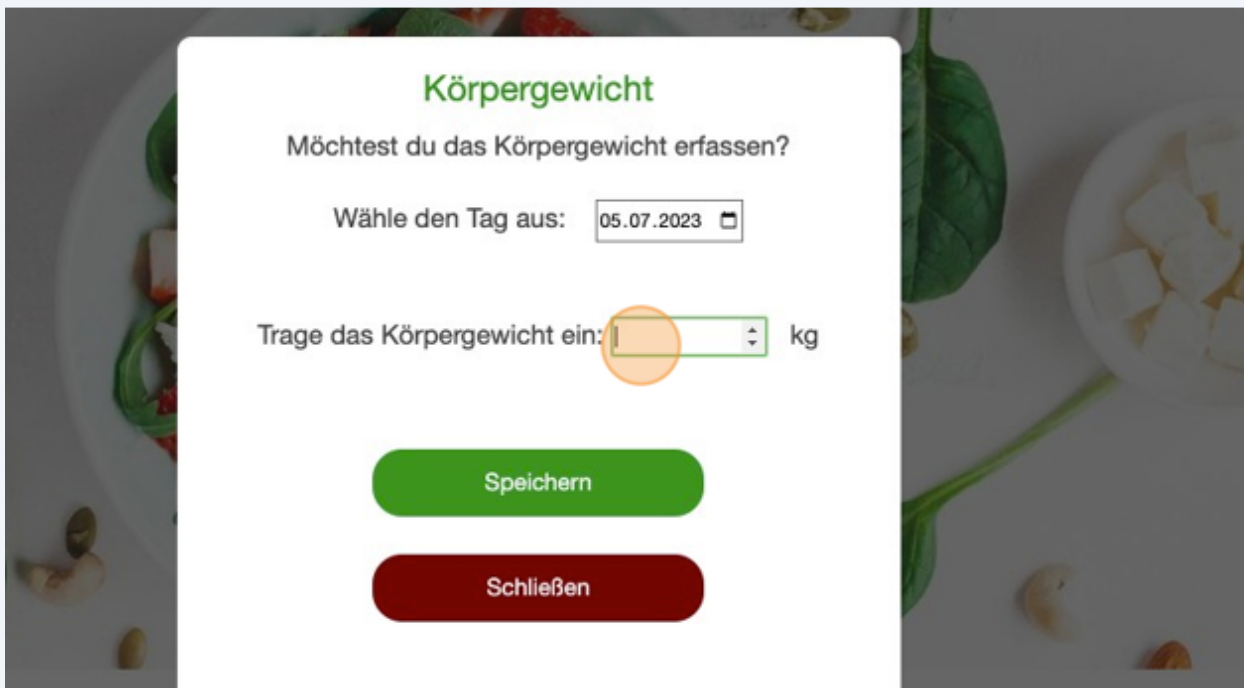
2 Klicke den Tracken-Button



3 Wähle z.B. "Körpergewicht"



4 Trage das Körpergewicht, z.B. 82,7 kg, ein



5

Klicke "Speichern"

Wähle den Tag aus:

Trage das Körpergewicht ein:  kg

**Speichern**

**Schließen**

NTAG DIENSTAG SONNTAG MO

The image shows a mobile application interface with a white modal form. At the top, there is a date selection field labeled 'Wähle den Tag aus:' with the value '05.07.2023'. Below it is a weight input field labeled 'Trage das Körpergewicht ein:' with the value '82,7' and the unit 'kg'. Two buttons are centered: a green 'Speichern' button and a dark red 'Schließen' button. The background is a blurred image of a plate with green leafy vegetables and nuts. At the bottom, there are partial labels for days of the week: 'NTAG', 'DIENSTAG', 'SONNTAG', and 'MO'.