



Welcome to **On Track**, AddDietTracking's first quarterly newsletter. **On Track** is geared to professionals in the medical, health, weight loss, fitness, and lifestyle arenas. Future issues will focus on industry trends, new research findings, client's observations, new strategies in marketing, new/creative uses of AddDietTracking, updates on the power, cost savings tied to "white labeled" products and services, and on the ever-expanding power of digital products in the healthcare and healthy living industries.

New Features

 We've recently upgraded our food database API to deliver over 1 million foods, 600,000 barcodes and much better search results.

 We now incorporate a second barcode scanner, which uses advanced AI to read barcodes and produce fantastic results on all devices.

Bonus Offer

New clients who sign on before 2025 will have Sleep and Intermittent Fasting tracking components added at no additional cost.

Sleep Tracking

Last night's sleep hours and restfulness.

8.5 Save

Restful **Average** Spotty Difficult

Intermittent Fasting

How many hours was your fast?

10 Save

Your daily fasting goal is 10 hours.

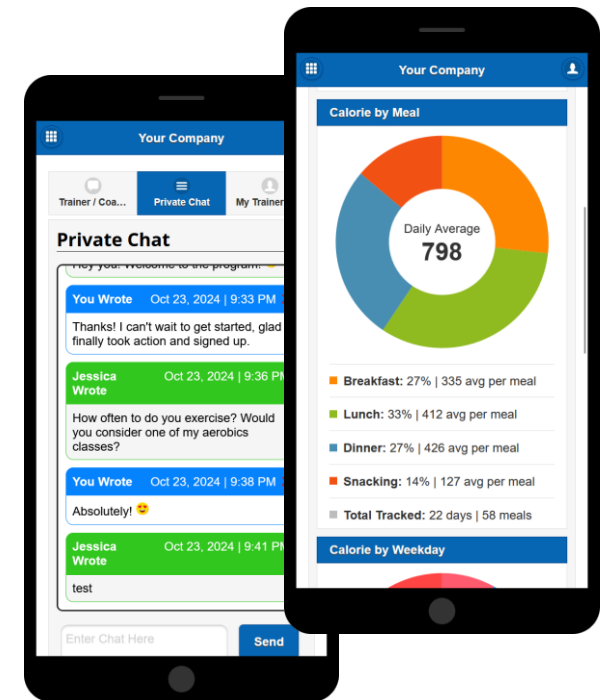
LET'S GET STARTED!

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Interested in a guided demo or have additional questions? We'd love to hear from you!



Your app will work great on computers, tablets and all mobile devices.

Blog: Dispelling The Myths

In our conversations with existing and potential clients, we continue to hear myths about the process of weight loss. Decisions being made based on myths or once - true beliefs which have "aged out." Here are the 4 most often repeated myths. [Read More](#)