
Subten — User Manual

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Subten — User Manual

Version 1.0 · July 2026

Subten is intended for people aged 18 and over.

1 Foreword

Welcome to the user manual for **Subten** — the body-recomposition coach for iPhone and Apple Watch. Subten combines food logging (AI photo scanning, barcode, search), an adaptive calorie and macro engine that learns from your real results, a training module, deep Apple Health integration, and an AI mentor.

1.1 What you will find in this manual

This manual covers the whole app: from creating an account and the onboarding interview, through every tab and feature, to subscriptions, privacy and troubleshooting. It is a *how-to-use* guide: for every feature you will find what it is for, how to operate it step by step, and what the app shows you and why.

No prior nutrition knowledge is assumed. Wherever the app relies on a concept (calorie deficit, macros, energy availability, adaptive targets), the manual briefly explains it in plain language.

You can read the manual two ways:

- **From the beginning** — Parts I and II introduce the concepts and get you set up; then continue with the screens you use most.
- **As a reference** — each chapter is self-contained. Chapters describing screens share the same structure, so the same type of information is always in the same place.

1.2 How the manual is organized

Part	Contents
I — Introducing Subten	What Subten is, key concepts (the energy model, adaptive targets, calibration, Free vs Premium), a map of the screens.
II — Getting started	Account creation, sign-in options, the 6-step onboarding, first-day setup.
III — The five tabs	One chapter per tab: Today, Food, Training, Progress, Coach.
IV — The adaptive engine	How your calorie and macro targets evolve from your real data, and the built-in strategies (cheat meal, diet break, refeed, plateau protocol).
V — Apple Watch & shortcuts	The Watch app, complications, the Action Button and Siri shortcuts.
VI — Apple Health	Exactly what Subten reads and writes, per-type switches, health alerts.
VII — Premium & subscription	Free vs Premium, trial, promo codes, Sport Packs, restoring purchases.
VIII — Settings, privacy & account	Profile, reminders, data export/import, AI consent, deleting your account.
IX — Troubleshooting & FAQ	Common problems and their solutions.
Appendix	Glossary.

Screen chapters (Part III) share a fixed structure: *What it is for* → *Quick start* → *Step by step* → *Fields and options* → *Connections to other screens* → *Common mistakes* → *Limitations*.

1.3 Typographic conventions

- **Bold** marks a user-interface element — a button, menu item or tab name: tap **Save**.
- *Italics* mark a value or state the app displays: the ring turns *red* when you are over target.
- `Monospace` marks something you type.
- Boxes labelled **Tip**, **Note** and **Warning** highlight shortcuts, context and pitfalls.

Note: Subten's interface is available in **English, Slovak and Czech**. This manual uses the English interface; the Slovak and Czech editions of the manual use the corresponding localized labels.

2 Part I — Introducing Subten

2.1 What is Subten

Subten is an iOS app (with an Apple Watch companion) for **body recomposition** — losing fat, building muscle, or both. Its tagline is blunt: “–10 kg. No excuses.” Underneath the bluntness sits a careful engine:

- You log what you eat — by **photo (AI)**, **barcode**, **search**, **label scan** or manually.
- You log (or import) your **training** and your **weight**.
- Subten reads activity, sleep and recovery data from **Apple Health**.
- Every week, the **adaptive engine** compares what you actually ate with how your weight actually moved, measures your true maintenance, and adjusts your daily calorie and macro targets — with safety rails.
- The **AI mentor** (Coach tab) reviews your day and week, explains what the numbers mean, and can log food or activities for you.

Subten is designed for adults: the app enforces an **18+ age gate** during onboarding.

2.2 Key concepts

The energy model: $\text{Remaining} = \text{Goal} - \text{Eaten}$

Subten uses a single, deliberately simple energy formula on every screen:

$\text{Remaining} = \text{Daily Goal} - \text{Eaten}$

Your Daily Goal *already accounts for your planned activity*. Unlike many calorie apps, exercise does **not** inflate your remaining budget: a workout does not “earn” you extra food by default. Activity from Apple Health is shown for information. Only when your *measured* movement clearly exceeds your plan does the app extend the day’s target, shown as *Goal + Extra movement*. This prevents the classic double-counting trap where optimistic exercise estimates cancel out your deficit.

Adaptive targets and calibration

Your initial targets come from a standard estimate (the Mifflin–St Jeor equation plus an activity multiplier). Estimates are wrong for almost everyone — so Subten treats them only as a starting point. For roughly the **first two weeks** the app is *calibrating*: it needs enough logged days and weigh-ins before it trusts the data. After that, targets are re-derived **weekly** from your real intake and real weight trend. Part IV explains the rules and safety rails in detail.

Plan vs Reality

Your **training plan** drives your nutrition targets (training days can carry different targets than rest days — see *day types* below). What Apple Health *measures* is used to check reality against the plan, not to rewrite it minute by minute.

Day types

Each day has a type — **Strength**, **Cardio**, **Rest** or **Custom** — shown as a badge on the Food tab. Day types allow carb cycling: the daily target can differ by day type. Special day types set by strategies (cheat day, refeed, diet break) are excluded from the weekly adaptation so one planned high day doesn’t distort your statistics.

Free vs Premium

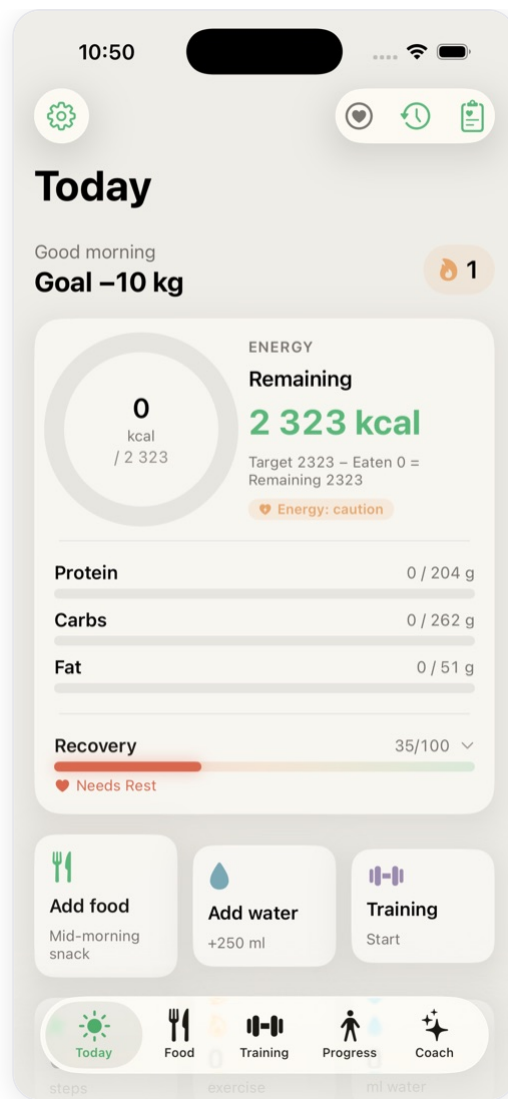
The core loop is free: food logging by search, barcode and manual entry, the dashboard, the My Plan training tab, progress tracking, Apple Health sync, reminders, and data export/import. **Premium** unlocks the AI features (photo scanning, label scanning, meal plans, the Coach) and the full training module (Gym, Sport, Personal Records). Chapter 9 has the full comparison.

2.3 A map of the app

The app has **five tabs**:

Tab	What it is for
Today	Your day at a glance: energy ring, quick actions, steps, water, sleep and recovery, today's training and meals.
Food	The food diary: log, edit and plan meals; AI meal plan and shopping list.
Training	Your training plan, workout library, active workout with rest timer, personal records.
Progress	Weight and trend chart, body measurements, progress photos, streak.
Coach	The AI mentor: chat, daily and weekly reviews, meal plan, shopping list.

Settings are reached from the gear icon on the **Today** tab.



The Today tab and the five-tab bar.

3 Part II — Getting started

This part takes you from installing the app to your first fully set-up day.

3.1 Quick start

1. Open Subten. On the welcome screen tap **Get Started** (or **I have an account** if you already registered).
2. Complete the 6-step onboarding: profile → activity level → goal → optional training plan → Apple Health.

3. Tap **Done**. Your free trial starts and you land on the **Today** tab.
4. Log your first meal: **Food** tab → **+** at a meal → search, scan a barcode, or take a photo (Premium).
5. Add today's weight on the **Progress** tab so calibration can begin.
6. Optional: in **Settings** → **Reminders** switch on meal, water and weigh-in reminders.

3.2 Creating an account and signing in

On first launch Subten shows the sign-in screen. You can create an account three ways:

Method	Notes
E-mail + password	Classic registration; you confirm your e-mail.
Sign in with Apple	Fastest on iPhone; you may hide your real e-mail.
Sign in with Google	Uses your Google account.

You must agree to the **Terms** before the Apple/Google buttons become active.

Forgot your password? Tap **Forgot password?**, enter your e-mail, and follow the link in the reset message — it opens the app directly on the new-password screen.



The sign-in screen with all three methods.

3.3 Onboarding step by step

Onboarding is a 6-step interview with a progress indicator (*Step X / 6*). You can go **Back** at any time; step 5 can be **skipped**.

Warning: Subten is for adults only. The date-of-birth picker will not accept a date that makes you younger than 18.

Step 1 — Welcome. The app introduces itself. iPhone 15 Pro and newer also show a tip: you can map the **Action Button** to quick-add food.

Step 2 — Profile. Choose **Gender**, set your **date of birth**, **height** (120–220 cm), **current weight** and **target weight** (35–200 kg each). These feed the initial calorie estimate.

0:08

Krok 2 / 7

Pár základov

Použijeme ich na výpočet denného príjmu (Mifflin-St Jeor).

POHLAVIE

Muž Žena

Dátum narodenia 23.7.1996

Výška 178 cm — +

Aktuálna váha 85.0 kg — +

Cieľová váha 75.0 kg — +

Ďalej

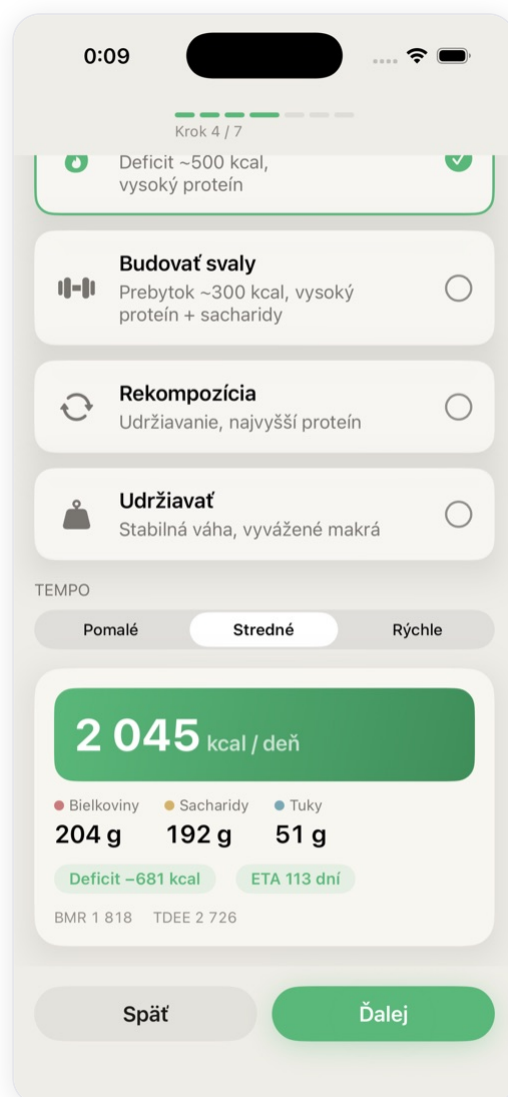
Step 2 — your basic profile.

Step 3 — Activity level. Pick from *Sedentary, Light, Moderate, Active, Very active* — each card explains what it means in workouts per week. Choose honestly; the adaptive engine will correct estimation errors, but a realistic start converges faster.

Step 4 — Goal. Choose **Burn fat, Build muscle, Recomposition** or **Maintain**.

- Fat loss adds a **Pace** picker (*Slow / Medium / Fast*).
- Muscle gain adds a **Training experience** picker (*Novice / Intermediate / Advanced*) — experienced lifters gain muscle more slowly, so the surplus is smaller.

A live preview card shows your starting targets: daily kcal, protein/carbs/fat, the deficit or surplus, your estimated **time to goal**, and your BMR and TDEE.



Step 4 — goal selection with the live target preview.

Step 5 — Training plan (optional). Pick a training split: **Full Body 3x**, **Upper/Lower 4x**, **Bro Split 5x** or **Push/Pull/Legs 6x**. You can change or build a custom plan later on the Training tab.

Step 6 — Apple Health. Subten explains what it wants to read (weight, steps, heart data, sleep...). Tap **Allow access** and confirm in the iOS sheet. You can also skip this and enable it later in **Settings → Health**. Tap **Done** — your profile is saved and your **free trial** starts.

3.4 First settings worth checking

- **Language** — Settings → Language: English, Slovak or Czech (requires an app restart).
 - **Units** — Settings → Units: kilograms or pounds (display only; data is stored in kg).
 - **Reminders** — Settings → Reminders: breakfast, lunch, dinner, water, training (workout days only) and weigh-in, each with its own time.
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4 Today (Dashboard)

4.1 What it is for

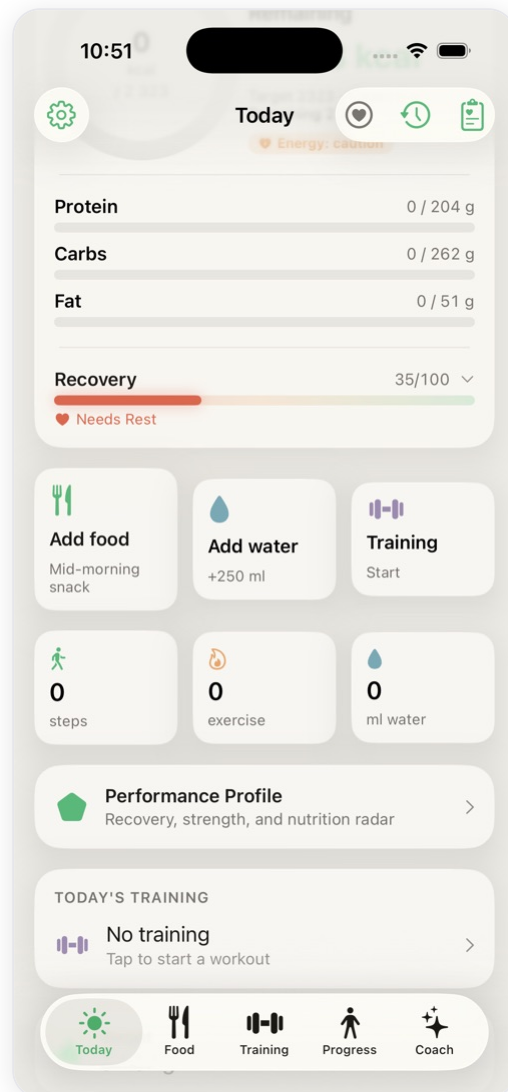
The **Today** tab is your home screen: one glance tells you how the day is going — energy budget, activity, water, recovery, planned training and logged meals. It is also the launch pad for the most frequent actions.

4.2 What you will see

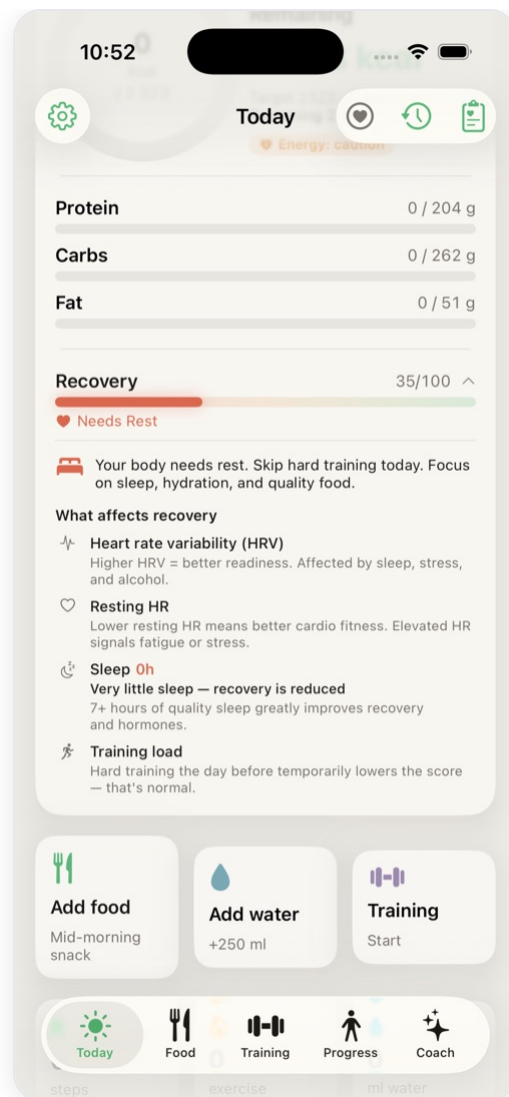
From top to bottom (cards appear only when relevant):

- **Banners** — health alerts (from Apple Health anomalies), an active *life situation*, and during the first ~2 weeks the **Calibrating your targets** banner: *“Keep logging meals and weigh-ins for ~2 weeks — we’ll fine-tune your calories from your real results.”*
- **Greeting** with your goal and your **streak** (consecutive days of logging, shown as a flame).
- **Energy ring** — *Eaten / Goal*, with **Remaining** in the middle, an **Energy Availability** chip (*low / watch / ok / optimal*), and activity shown for information. When the weekly adaptation has just changed your targets, an **Adapted this week** badge appears here.
- **Quick actions** — **Add food** (opens a menu of logging methods), **+250 ml** water, **Start training**.
- **Stats row** — steps, exercise kcal, water.

- **Sleep & Strain** tiles and the expandable **Recovery bar** — a 0–100 recovery score built from HRV, resting heart rate, sleep, SpO₂, respiratory rate and wrist temperature, each with a plain-language explanation and a training recommendation.
- **Performance Profile** — a radar of recovery, strength and nutrition.
- **Today's training**, a **weight mini-card** (7-day change) and **today's meals**.



Energy ring, quick actions and daily stats.



The expanded recovery bar with per-metric explanations.

Note — no Apple Watch required. Subten **reads** the recovery score and every health metric (HRV, heart rate, sleep, SpO₂...) **from Apple Health**, not directly from a watch. The source can be **anything that writes those metrics into Apple Health** — an Apple Watch, Garmin, Oura, Whoop, other bands or rings, or even the iPhone itself (steps, sleep). If Apple Health holds no such data, recovery simply won't appear.

4.3 Toolbar

- **Gear** — opens **Settings** (chapter 10).
- **Heart circle** — **Life situations**: temporary modes (illness, vacation, high stress...) that pause or soften the engine so a bad week doesn't wreck your targets.

- **History** — browse past days in the same card layout.
- **Lifestyle** — water dosing and supplement tracking.

4.4 Common mistakes

- **Expecting exercise to add food budget.** By design it doesn't (see the energy model, §2.2). Only clearly-above-plan movement extends the day's target.
 - **Dismissing the calibration banner and judging targets on day 3.** The first estimate is deliberately conservative; let the two-week calibration finish.
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-

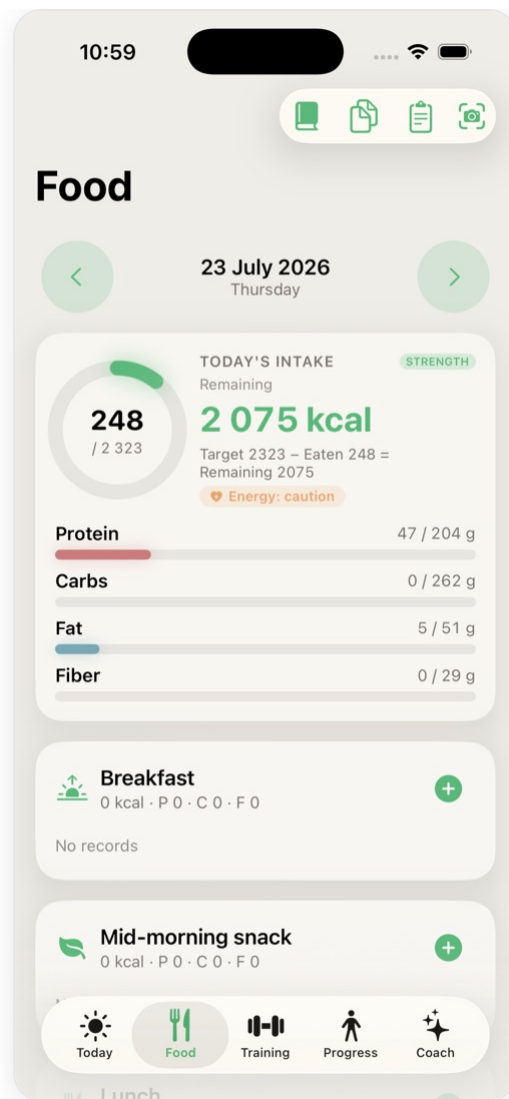
5 Food

5.1 What it is for

The **Food** tab is your diary: everything you eat and drink, organized by meal (Breakfast, Lunch, Dinner, Snack), with daily totals against your targets — including **fiber**.

5.2 The screen

- **Date header** — arrows for previous/next day, tap the date for a calendar.
- **Daily totals card** — calorie ring with *Remaining*, plus bars for protein, carbs, fat and fiber. The current **day type** badge (Strength / Cardio / Rest / Custom) is shown here.
- **Meal sections** — each with an **add** menu, a totals line, and one-tap chips of **Recent** and **Frequent** foods.
- **Toolbar** — **Recipes**, **Copy from day** (any of the last 7 days), **Meal plan**, **Scan**.



A logged day: totals card and meal sections.

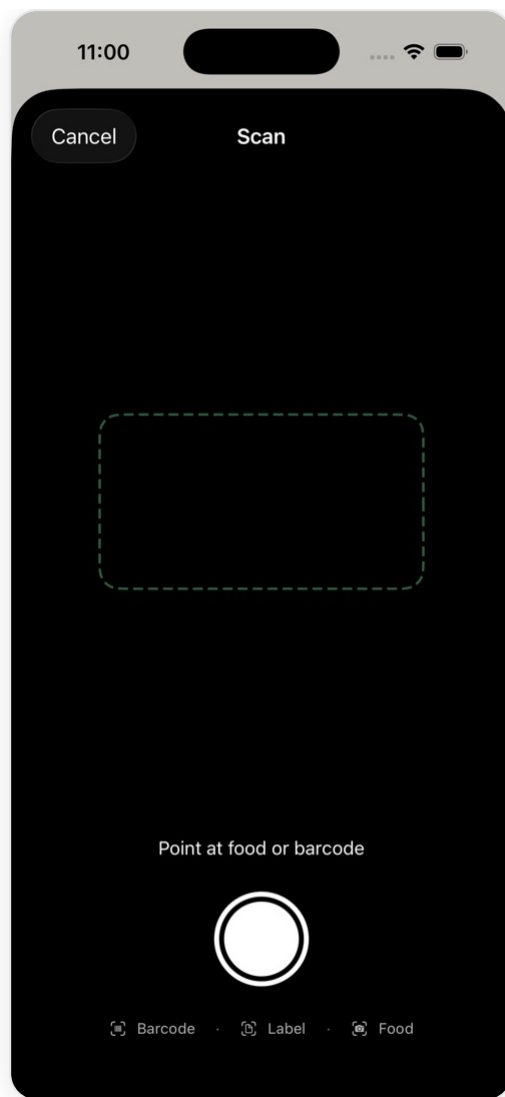
5.3 Ways to log food

Method	How	Availability
Search	Type a name, pick a result, set the amount. Side dishes can be added in the same flow.	Free
Barcode	Point the camera at the barcode; the product loads from the Open Food Facts database.	Free

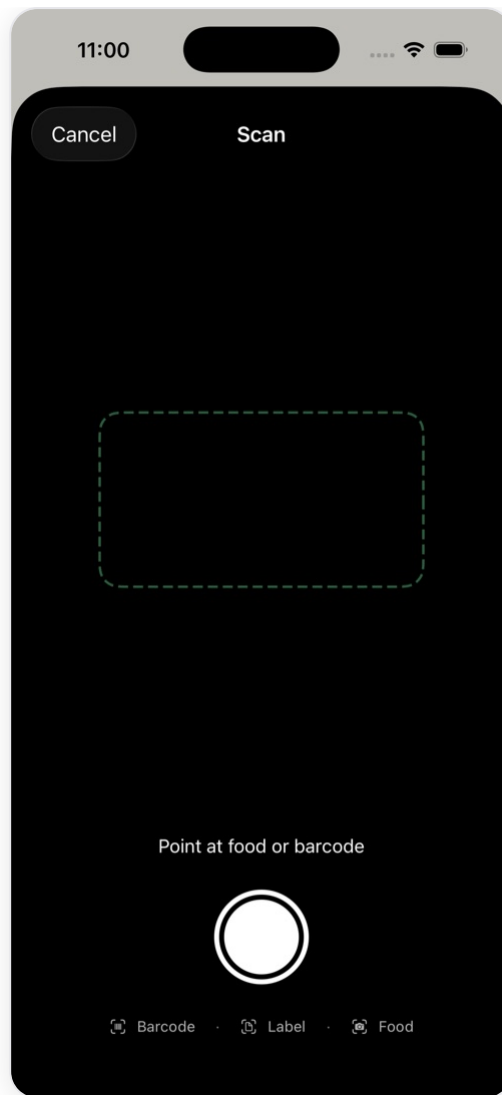
Method	How	Availability
AI photo scan	Photograph your plate (or pick from the gallery); the AI identifies the meal and fills in macros, which you review and confirm.	Premium
Nutrition label scan	Photograph the label; the AI reads the values.	Premium
Recipe scanner & Recipes	Scan or store multi-ingredient recipes and log portions of them.	Free
Quick add	Type a name and kcal/protein/carbs/fat/fiber directly.	Free
Favorites / Recent / Frequent	One-tap re-logging of foods you use often (save with the heart icon).	Free

Tip: Photo scans work offline too — they are queued and processed when you're back online. A banner shows pending and failed scans; tap it to open the **scan queue**.

Tip for the best result: The scanner has three modes — **Barcode** · **Label** · **Food**. If a product **isn't found by barcode** (missing from the Open Food Facts database), switch to **Label** mode and photograph the packaging's **nutrition table** (values per 100 g or per serving). The AI reads the macros from it and fills them in for you — more reliable than estimating from a plate in Food mode.



AI photo logging: snap, review, confirm.



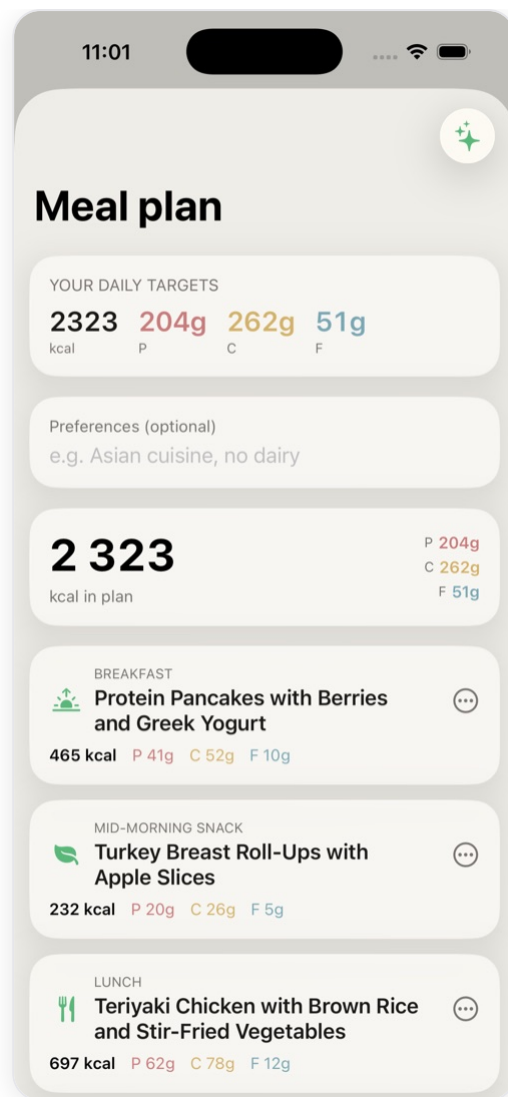
Barcode scanning against the Open Food Facts database.

5.4 Editing entries

Tap any food row to edit: change grams with a ± 10 g stepper or presets (50/100/150/200/300 g), or override macros entirely. Swipe or use the context menu to **favorite**, **move to another meal**, **copy to today** (from a past day) or **delete** (with confirmation).

5.5 AI meal plan and shopping list (Premium)

Toolbar → **Meal plan** generates a full day of meals matching your current targets. You can state preferences in plain language (*"Asian cuisine, no dairy"*). Review the plan, tap **add to day** to log it, and open the **Shopping list** for the ingredients.



A generated day matching your targets.

5.6 Common mistakes

- **Trusting a photo scan blindly.** The AI estimate is a starting point — check the portion size before confirming, especially for mixed dishes.
- **Logging into the wrong day.** Check the date header after using the calendar; the app keeps whatever day you navigated to.

5.7 Limitations

- Photo and label scanning require Premium and (for processing) an internet connection.
- Barcode coverage depends on the Open Food Facts database; regional products may be missing — use Quick add and save as a favorite.

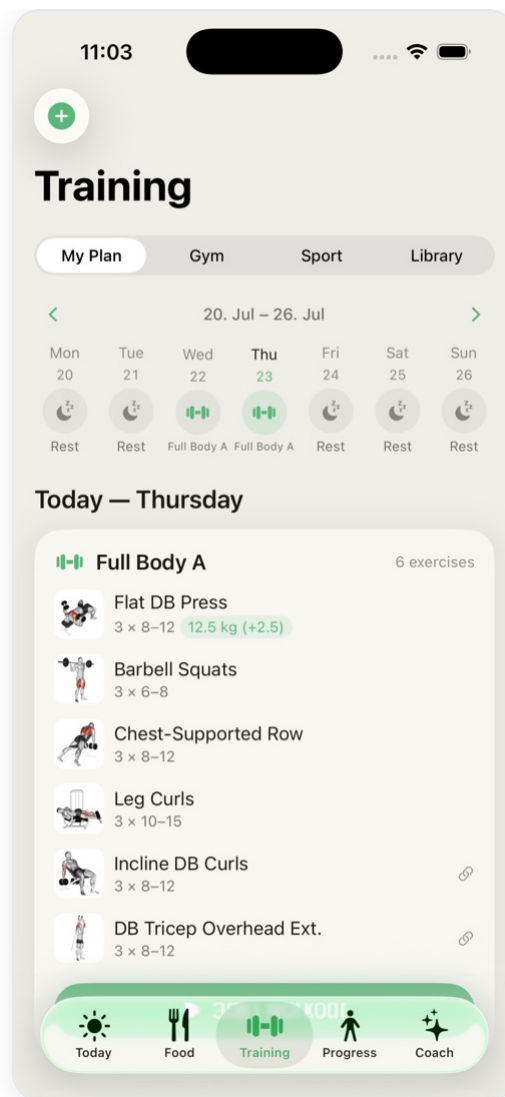
6 Training

6.1 What it is for

The **Training** tab holds your plan, your workouts and your history. It has four sub-tabs: **My Plan**, **Gym**, **Sport** and **Library**.

6.2 My Plan (free)

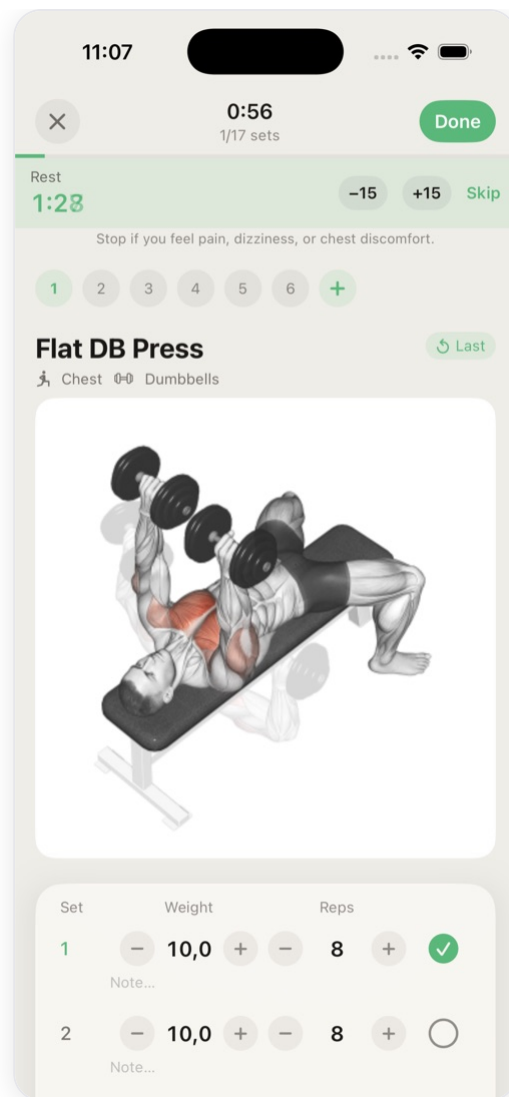
Your active plan: a resume-workout banner if one is in progress, the week strip, today's workout, a section of **Apple Watch workouts** you can import, weekly stats and your workout history. From here you can **Add activity** (log cardio manually) or **Create training plan**.



My Plan: week overview and today's session.

6.3 Active workout

Starting a workout opens the live screen: exercises with sets and reps, a **rest timer**, and a **Live Activity** on your lock screen so you can track rest without unlocking. Finishing a session records it to history and (if allowed) to Apple Health; new **Personal Records** are detected automatically.



The active workout screen with rest timer.

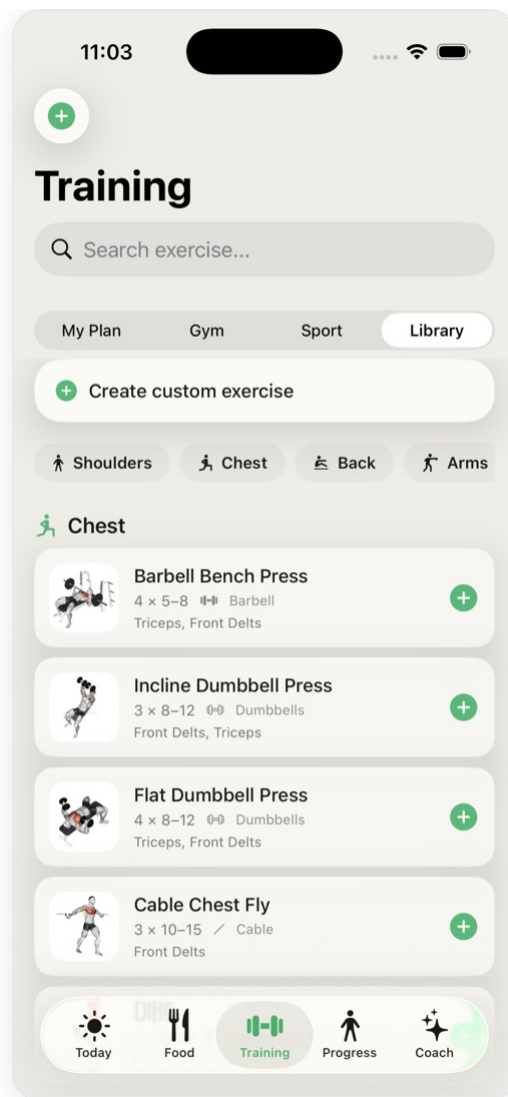
6.4 Gym and Sport (Premium)

- **Gym** — the full catalogue of workout plans and templates.
- **Sport** — sport-specific plans (hockey, football, tennis, basketball...) delivered as **Sport Packs**.

Without Premium these sub-tabs show a paywall card.

6.5 Library

The exercise library: filter by muscle group, watch animated demonstrations, read technique instructions, and create **custom exercises**.



The exercise library.

6.6 Connections

- Your plan's day types drive the Food tab's daily targets (carb cycling).
- Workouts sync with Apple Health and the Watch app; Watch-recorded workouts appear in **My Plan** for import.

Note: The training module includes an exercise disclaimer — Subten provides guidance, not medical advice. Stop any exercise that causes pain.

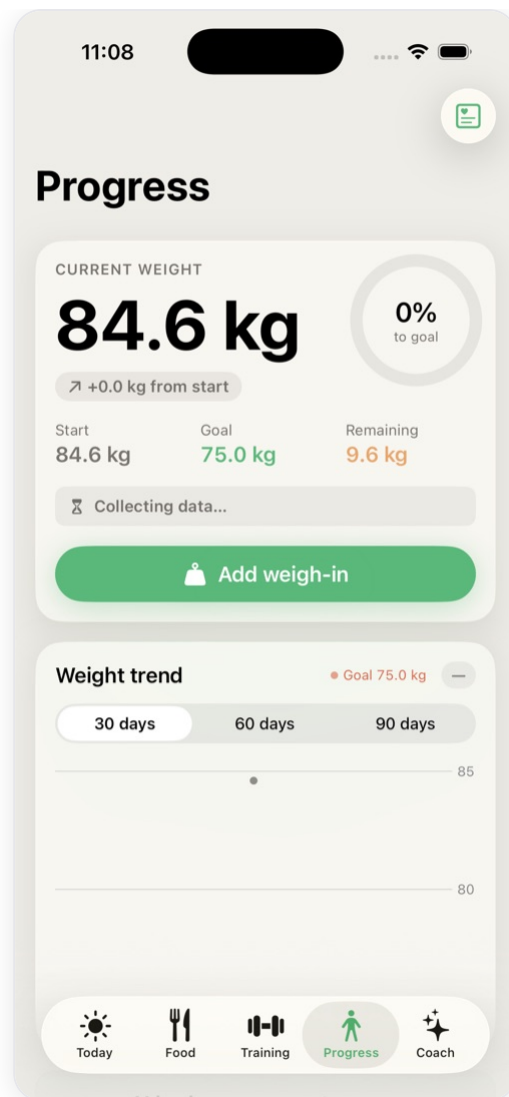
7 Progress

7.1 What it is for

The **Progress** tab tracks the outcome: weight, trend, body composition, measurements and photos.

7.2 The screen

- **Weight hero card** — current weight and an **add weight** button. Log at a consistent time (mornings work best).
- **Weight chart** — with selectable ranges. The *trend*, not any single weigh-in, is what the adaptive engine uses.
- **Body composition** and **Body measurements** — log waist, hips, arms and more, each tracked over time.
- **Streak** and **Progress photos** — consistent photos (same light, same pose) are often more motivating than the scale.



Weight trend and measurements.

7.3 Common mistakes

- **Weighing once a week and panicking.** Daily weight fluctuates 1–2 kg with water and food timing. Weigh often, judge the trend line, ignore single readings.

8 Coach (AI mentor)

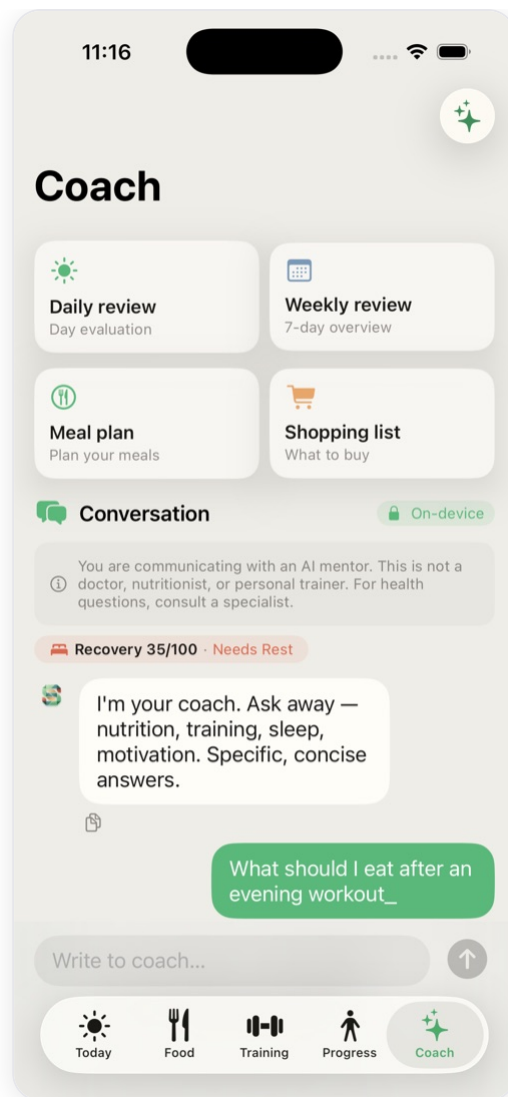
8.1 What it is for

The **Coach** tab is your AI mentor: a chat that knows your data and four one-tap reviews. It explains, suggests and — with your confirmation — acts.

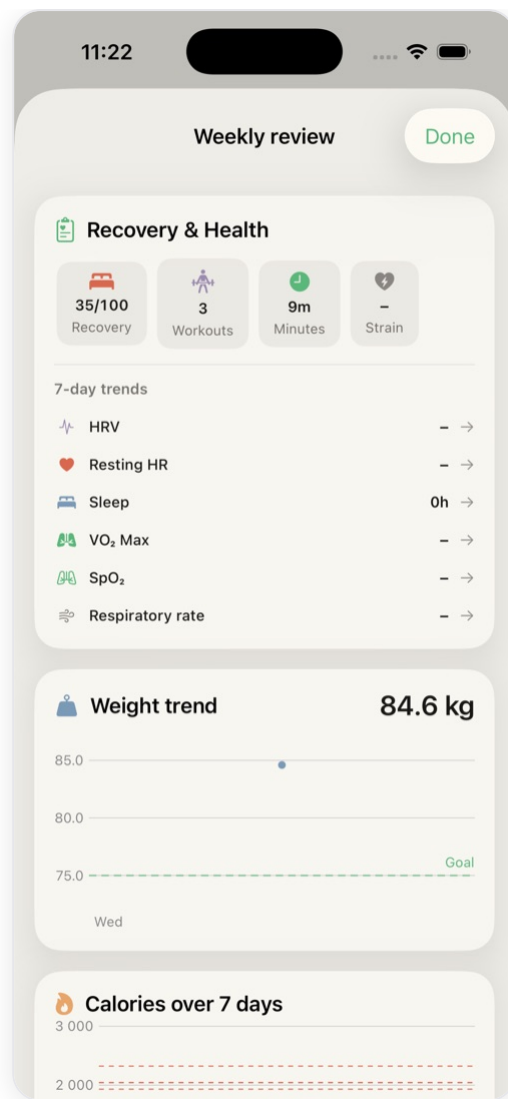
Note: As required by the EU AI Act, the Coach discloses that you are communicating with an AI mentor. It is not a doctor, nutritionist or trainer; for medical concerns see a professional.

8.2 The screen

- **Chat** — streaming replies; you can edit a message, retry, copy, stop generation, or start a new chat. Suggestion chips adapt to the time of day.
- **Four tiles** — **Daily review**, **Weekly Review** (7-day charts of recovery, weight trend, calorie compliance, macro averages and training, plus an AI insight), **Meal plan**, **Shopping list**.
- **Plateau banner** — when your progress stalls, the Coach offers a deep-dive analysis.
- **Action cards** — the Coach can propose logging a food or an activity for you; nothing is logged until you confirm.



Chatting with the mentor — the “On-device” lock badge (top right) means the reply runs on the device.



The Weekly Review.

8.3 On-device AI (Private mode)

Subten can run the Coach's text features (chat, the daily and weekly reviews, plateau analysis) **directly on your iPhone** — without sending anything to the cloud. This happens **automatically**; you don't switch anything on.

How to tell in chat: when a Coach reply runs on the device, the conversation header shows a badge with a **lock and the word "On-device"**. When that badge is **absent**, the reply was handled by the **cloud**. Simple rule: *lock = on-device, no lock = cloud*.

The local model is only available on iPhones with **6 GB of RAM or more**. On weaker devices (under 6 GB) the Coach **always uses the cloud** and the "On-device" badge never appears.

First model download (Wi-Fi only)

For on-device AI to work, Subten needs a language model (~3 GB). **The fine-tune adapter ships inside the app**, but the base model itself is **downloaded after install**, like this:

- The download runs **in the background at app launch** — no screen, no progress bar, nothing you have to do.
- It downloads **over Wi-Fi (or ethernet) only**. On cellular it is skipped and retried at the next launch on Wi-Fi.
- **Until the model is downloaded and loaded, the Coach uses the cloud** (and the “On-device” badge doesn’t show). Once it’s ready, Subten switches to the local model automatically.
- The download is **interruptible and resumable** — if it stops, it finishes later, and already-downloaded parts are not fetched again. The model is kept out of your (iCloud) backup.

In practice: **after the first install, leave the phone on Wi-Fi for a while** and on-device AI prepares itself. Until then the app works normally, just via the cloud.

When the local model runs, and when the cloud does

Subten decides **automatically** — you don’t switch anything. The **local (on-device) model** is used when all three conditions hold at once:

- it is a **Coach text feature**: chat, the **daily review**, the **weekly review** or the **plateau analysis**;
- the app language is **Slovak, Czech or English**;
- the local model has been downloaded and loaded into memory (iPhone with **6 GB of RAM or more**).

In that case the reply carries the *on-device* badge and nothing leaves the phone. In every other case the **cloud (OpenRouter API)** is used:

Feature	Where it runs
Chat, daily/weekly review, plateau analysis (SK/CS/EN)	Local*
Food photo scan, nutrition-label and recipe scan	Always cloud

Feature	Where it runs
AI meal plan, AI food estimation	Always cloud
Chat that logs a food/activity to your diary	Cloud
Unsupported language, or the model isn't ready yet	Cloud

* If local generation fails, Subten **silently falls back to the cloud** so you still get an answer (except in Private mode).

Private mode (optional toggle)

On iPhones with 6 GB of RAM or more, **Settings** has a **Private mode: AI on device only** toggle. The normal (automatic) behaviour already prefers the device; this toggle additionally **disables the cloud fallback** for the Coach's text features — if the local model can't answer, it shows an honest error rather than sending data to the cloud. **Offline behaves the same** as Private mode.

Even in Private mode, **cloud features stay in the cloud**: food, label and recipe scans, AI food estimation and meal plans (which send your photos) — these simply won't run without the cloud.

8.4 Availability

The Coach is a **Premium** feature; without Premium the tab shows an unlock card.

9 Part IV — The adaptive engine

This chapter explains, in user terms, how your targets change over time. You don't need to do anything for this to work — just log food and weigh-ins.

9.1 Calibration (first ~2 weeks)

The engine will not touch your targets until it has: at least **14 days** of history, at least **10 days** with logged intake, and at least **3 weigh-ins**. Until then the Today tab shows the calibration banner. The starting targets are deliberately conservative.

9.2 Weekly adaptation

Every 7 days the engine measures your **true maintenance** from real data: your average intake and your actual weight trend together reveal how much you really burn. Your new daily goal is that measured maintenance plus your goal's deficit or surplus. Safety rails:

- Targets move by at most **±250 kcal per week** (up to +400 for muscle gain), so no whiplash.
- A **brake** engages if you lose faster than 1 % of body weight per week — the engine nudges calories *up* to protect muscle.
- **Refeed, cheat, plateau and diet-break days** (and a short buffer after them) are excluded; diet-break weeks are skipped entirely.
- A **hard calorie floor** (sex-based) is never crossed.

When targets change you'll see the **Adapted this week** badge on the Today tab, and the Coach can explain the change.

9.3 Time to goal (ETA)

Your ETA is recomputed from the measured trend. It can read *collecting data*, *no clear trend*, *goal reached*, or an actual date. If the current trend would take longer than about two years, the app caps the estimate rather than display fiction.

9.4 Strategies

Settings → Advanced → Life situations & Strategies (and the strategy hub) offer planned protocols:

Strategy	What it does
Cheat meal	One planned free meal; the day is excluded from adaptation.
Refeed	A planned higher-carb day, useful in long fat-loss phases.
Diet break	1–2 weeks at maintenance; the engine pauses adaptation.
Plateau protocol	A structured response when weight stalls despite compliance.

Using the built-in strategies (instead of ad-hoc off-plan days) keeps your data clean and your adaptation accurate.

10 Part V — Apple Watch & shortcuts

10.1 The Watch app

The Subten Apple Watch app is an **optional bonus** — a convenient glance at your day right on your wrist (rings, water, complications). **It is not required to use Subten:** the health data (recovery, sleep, heart rate...) is read from Apple Health independently of it, so any other brand of watch or wearable sensor that feeds Apple Health works just as well (see chapter 11).

The Watch home screen mirrors your day:

- **Concentric rings** — calories plus protein, carbs, fat and fiber; the centre shows *remaining* (or *over*, in red).
- **Energy card** and compact macro bars.
- **Recovery row** — when recovery data exists, tap through for the detail.
- **Water button** — tap for **+250 ml**, long-press for other doses.



The Watch Today screen.

10.2 Complications and widgets

Add the Subten complication to your watch face for at-a-glance remaining calories; the iPhone widget does the same on your home screen.

10.3 Action Button and Siri

On iPhone 15 Pro and newer you can map the **Action Button** to Subten's *Add food* or *Scan food* intent. The same intents work with Siri and the Shortcuts app; the Watch adds a *Log Water* intent.

11 Part VI — Apple Health

Subten asks for Health access only when you explicitly enable it (onboarding step 6 or **Settings** → **Health**). You control each type separately.

Subten reads whatever is **in Apple Health**, regardless of which device wrote it. **An Apple Watch is not required** — anything that feeds Apple Health works: an Apple Watch, Garmin, Oura, Whoop, other bands and rings, or the iPhone itself (steps,

sleep). The more data Apple Health holds, the more accurate recovery and recommendations are; without it Subten still works, those features just stay empty.

Data	Direction
Weight	read and write
Steps, Active energy, Workouts, Sleep, Water	read
HRV, resting heart rate, SpO ₂ , respiratory rate, wrist temperature	read (recovery score)
Consumed calories, macros, water	write

Health alerts: when the data shows anomalies (unusual SpO₂, respiratory rate, heart rate, HRV, temperature or sleep), Subten surfaces a banner on the Today tab. These are informational nudges, not diagnoses.

Tip: If numbers look doubled (e.g. a workout counted twice), check that only one app writes workouts, or disable that type’s sync in **Settings → Health → Sync by type**.

12 Part VII — Premium & subscription

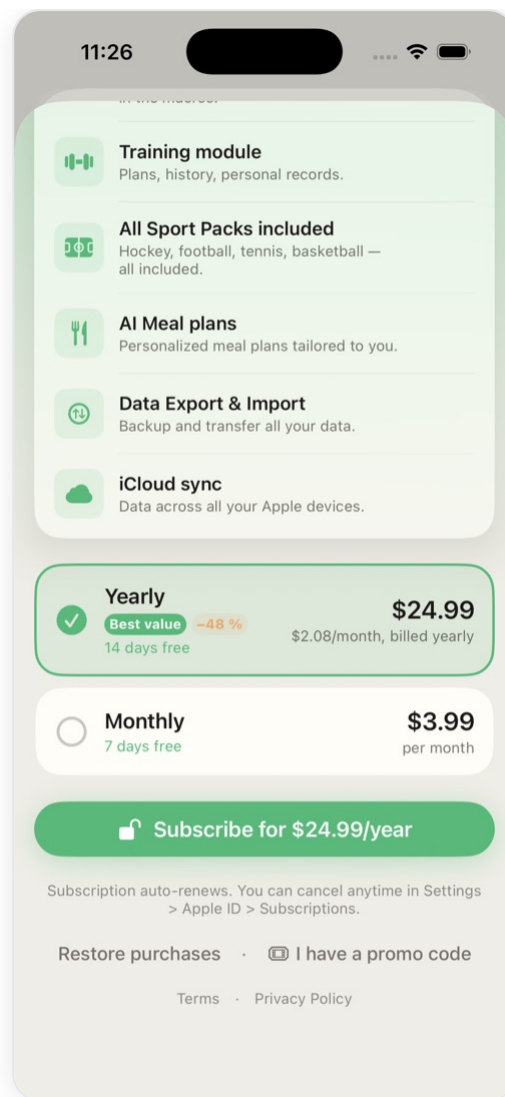
12.1 Free vs Premium

Feature	Free	Premium
Food logging: search, barcode, manual, recipes, favorites	✓	✓
Dashboard, Progress, streaks	✓	✓
Training — My Plan, Library	✓	✓

Feature	Free	Premium
Apple Health sync, reminders, Watch app	✓	✓
Data export & import	✓	✓
AI photo & label scanning	—	✓
AI meal plans & shopping list	—	✓
AI Coach (chat, reviews)	—	✓
Training — Gym & Sport, Personal Records	—	✓
Sport Packs	—	✓
iCloud sync	—	✓

12.2 Subscribing

The paywall offers **Monthly** and **Yearly** plans (Yearly is marked *Best value* with a per-month breakdown) with a free-trial period. Purchases go through your Apple ID; subscriptions auto-renew until cancelled in iOS Settings. **Restore purchases** recovers an existing subscription on a new device. A **promo code** field accepts codes.



The subscription screen.

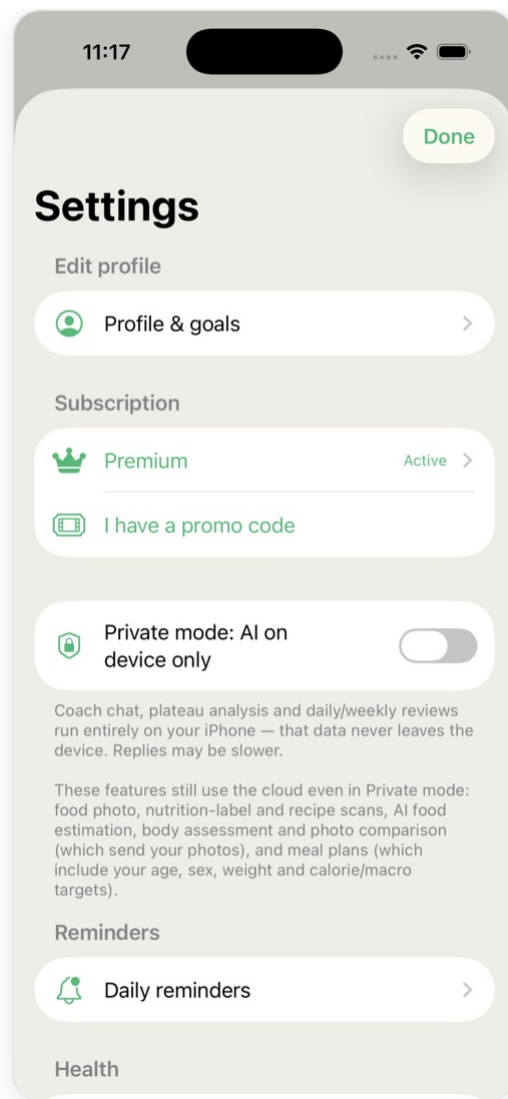
12.3 Trial

A local free trial starts when you finish onboarding. When it ends, AI and premium training features lock again and the app shows *Trial expired — Activate Premium*. Your data is never locked away: logging, progress and export stay free.

13 Part VIII — Settings, privacy & account

Open Settings from the gear on the **Today** tab.

Section	What is there
Edit profile & goals	Change weight targets, goal, pace, activity — targets recompute.
Subscription	Premium status, activation, promo code.
Private mode	On-device-only AI toggle (6 GB+ devices, see §8.3).
Reminders	Breakfast, lunch, dinner, water, training, weigh-in — each with its own time.
Health	Master toggle plus per-type sync switches.
Units	kg / lbs (display only).
Language	English / Slovak / Czech (restart required).
Advanced	Life situations & Strategies; Export & Import of your data.
Feedback	Send feedback to the developer.
Account	Sign out; Delete account & data.
AI in Subten	What the AI features do, the AI data-sharing consent toggle, privacy policy and disclaimer.
About	Version information.



Settings.

13.1 Your data

- **Export & Import** (free, GDPR): export everything to a file, import it on another device or after reinstalling.
- **Delete account & data** wipes the server, the device and iCloud. This is irreversible — export first if in doubt.
- **AI consent:** AI features that use the cloud only run with your explicit consent, controllable in **AI in Subten**. Private mode (§8.3) keeps coaching fully on-device.

14 Part IX — Troubleshooting & FAQ

A banner says “Food database failed to load.” Tap **Retry**. If it persists, force-quit and reopen the app.

My photo scan is stuck “pending.” Scans queue offline and process automatically once you’re online. Open the scan queue from the banner to retry failed items.

Prices don’t load on the paywall. *Price unavailable, try again later* means the App Store didn’t respond — tap **Retry**, check your connection.

My targets haven’t changed in weeks. Check you meet the calibration minimums (§9.1): enough logged days and at least 3 weigh-ins in the window. Diet-break weeks are skipped by design.

Remaining doesn’t grow when I exercise. By design — see the energy model (§2.2).

Steps/weight don’t sync. Check **Settings → Health**: the master toggle and the per-type switch. Then check iOS **Settings → Privacy & Security → Health → Subten**.

I changed the language but the app is mixed. Restart the app — the language switch requires it.

The Coach tab just shows an unlock card. The Coach is Premium; start the trial or subscribe. If you *are* Premium, tap **Restore purchases** on the paywall.

I can’t select my birth date. Subten is 18+; the picker enforces it.

Deleting my account failed. You need a network connection (the server copy must be wiped too). Try again online; contact support via **Settings → Feedback** if it persists.

15 Appendix — Glossary

Term	Meaning
BMR	Basal metabolic rate — energy burned at complete rest.

Term	Meaning
TDEE	Total daily energy expenditure — BMR plus all activity; your true maintenance.
Deficit / surplus	Eating below / above maintenance — the driver of fat loss / muscle gain.
Macros	Protein, carbohydrates, fat (Subten also tracks fiber).
Recomposition	Losing fat and building muscle in the same period.
Energy Availability (EA)	Energy left for the body after training; chronically <i>low</i> EA harms health and adaptation.
Day type	Strength / Cardio / Rest / Custom — drives per-day targets (carb cycling).
Calibration	The first ~2 weeks in which Subten gathers data before adapting targets.
Refeed	A planned higher-carb day within a diet phase.
Diet break	A planned 1–2 week pause at maintenance calories.
Streak	Consecutive days of logging.
HRV	Heart-rate variability — a recovery indicator read from Apple Health.
Live Activity	The iOS lock-screen widget shown during an active workout.

