



Get started with FRAMVEI

Log training, food and weight – and get follow-up from your coach in one place. This manual walks you through the app, screen by screen.

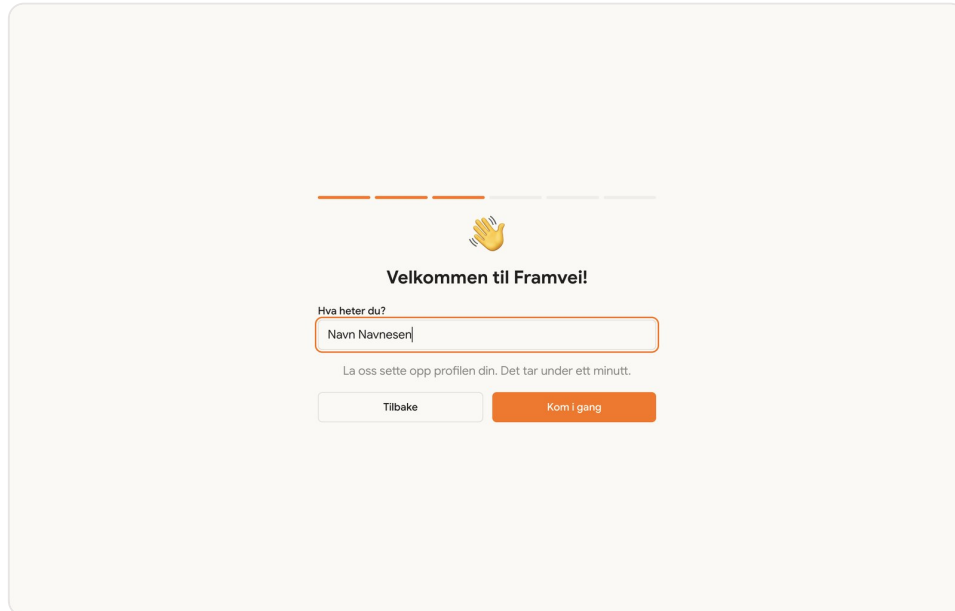
Screenshots are shown in Norwegian — the app itself is fully available in English.

Create your profile

Sign up at **framvei.fitness**. Setup takes less than a minute – and everything can be changed later.

1 Name

Tell us your name.



Velkommen til Framvei!

Hva heter du?

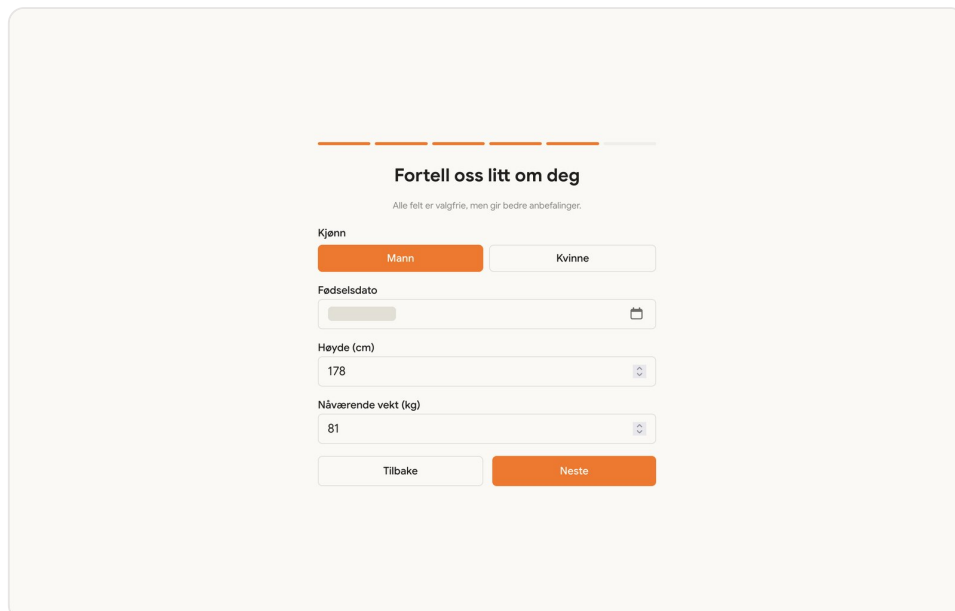
Navn Navnesen

La oss sette opp profilen din. Det tar under ett minutt.

Tilbake Kom i gang

2 A bit about you

Sex, date of birth, height and weight. All fields are optional, but they make the recommendations better.



Fortell oss litt om deg

Alle felt er valgfrie, men gir bedre anbefalinger.

Kjønn

Mann Kvinne

Fødselsdato

Høyde (cm)

178

Nåværende vekt (kg)

81

Tilbake Neste

Baseline, consent and goal

3 Your daily baseline

FRAMVEI calculates calorie and macro targets from your details. You can adjust this at any time – a good coach helps you find what works for you.

Ditt daglige utgangspunkt

Beregnet fra dine opplysninger. Du kan justere dette når som helst – en god coach vil hjelpe deg finne ut hva som passer for deg og hvorfor.

Er du selv coach? Framvei lar deg følge opp klienter på en og samme plattform – du finner dette under profinnstillinger (øverst) under profinnavnet ditt.

Daglig kalorimål (kcal)

2370

Protein 162g 2g/kg kroppsvikt	Karbo 282g restende	Fett 66g 25% av kcal
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Tilbake Neste

4 AI consent – entirely optional

AI analysis and food scanning require consent to send your log data to Anthropic for analysis. You can say no thanks, and you can change your mind in either direction at any time in your profile settings. Your data is never used to train AI models.

5 Choose your goal

Lose weight, build muscle, both, or general health – and you're off.

KI-analyse av fremgang og matskanning

Du gir samtykke til at vekt, måltidsdata og treningsdata kan sendes til Anthropic (USA) for KI-analyse. Samtykket er gjeldende inntil du trekker det tilbake i Profil-innstillinger. Du kan trekke tilbake samtykket når som helst. Anthropic bruker ikke dine data til å trene KI-modeller.

☒ Ja, jeg samtykker til at mine data kan sendes til Anthropic for KI-analyse

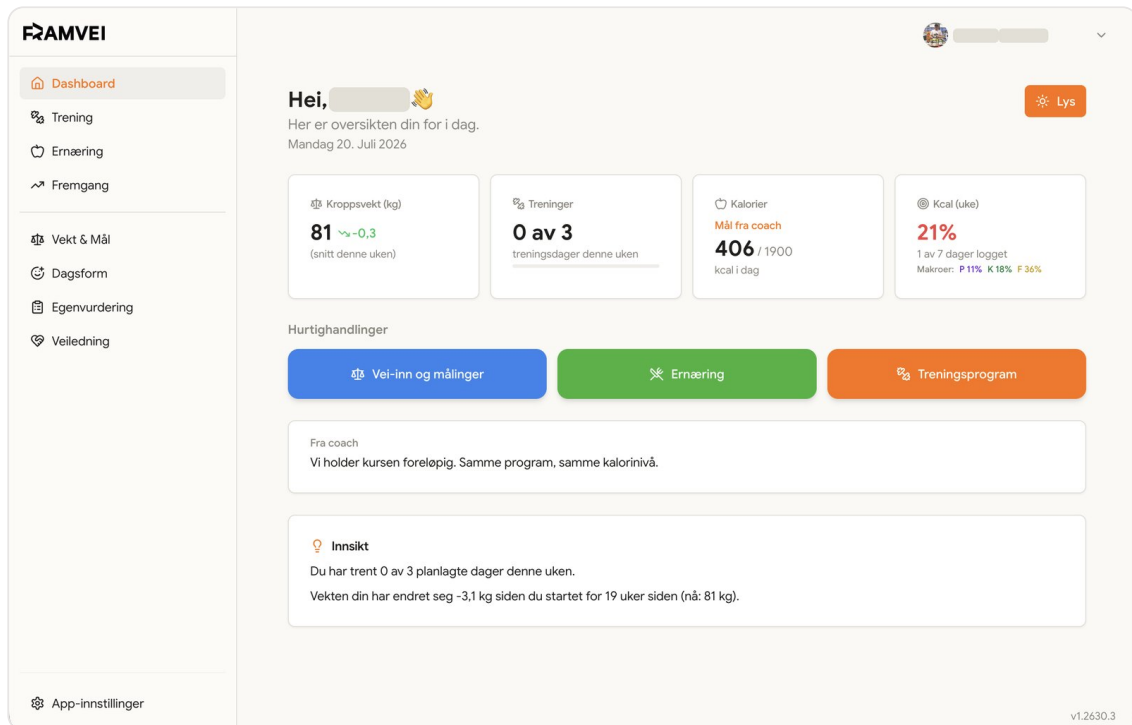
☐ Nei takk — jeg vil ikke bruke KI-funksjoner

Du kan endre dette når som helst i Profil-innstillinger.

Tilbake Fullfør

Dashboard

The dashboard is today's overview: your weekly weight average, training days, calories against target and the week's food logging.



The dashboard with key numbers, quick actions, the note from your coach, and insight.

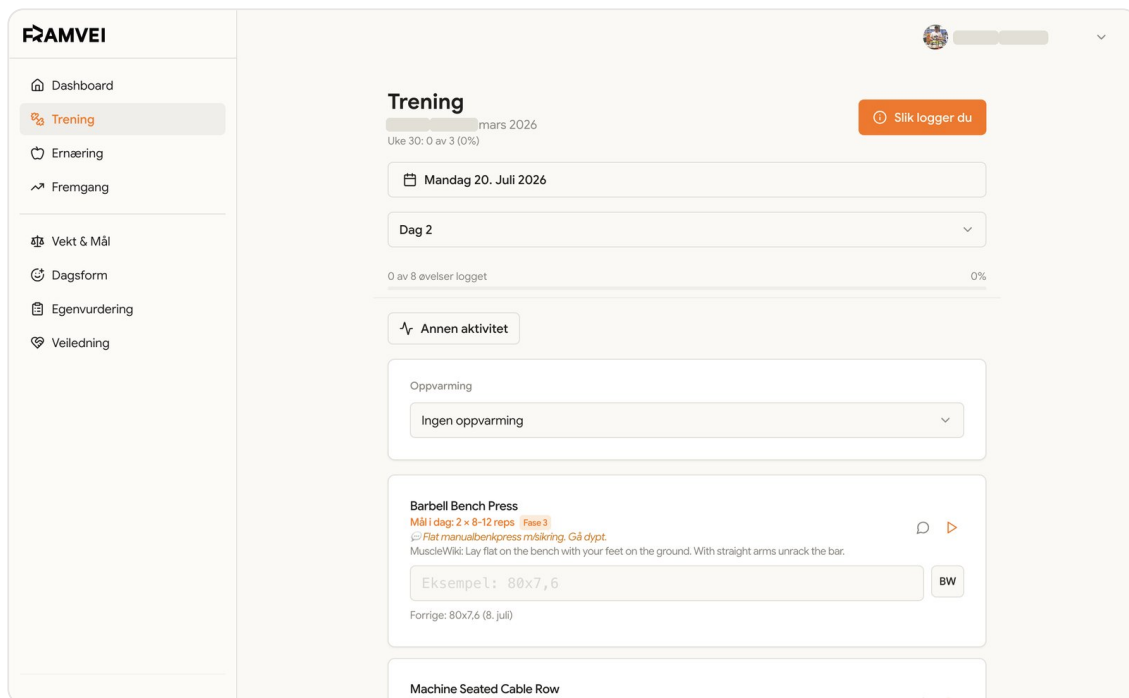
- **Quick actions** take you straight to weigh-in, nutrition and your training program.
- **From coach** is your coach's short note to you – typically updated weekly.
- **Insight** sums up your week and your development since you started.

The menu follows you

Training, Nutrition and Progress at the top – Weight and measurements, Wellbeing, Check-in and Coaching below. Everything in this manual is at most two taps away.

Training

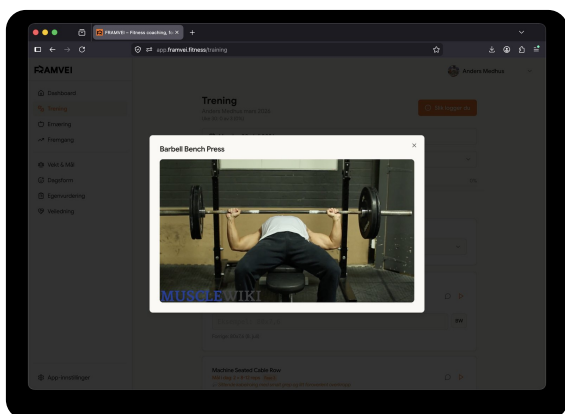
Pick the day and the session, and the program from your coach is ready – with targets, comments and a technique video for every exercise.



Today's session: today's targets, your coach's comment, and a logging field per exercise.

The log format – quick and simple

80x10,8 means 80 kg: 10 reps in the first set, 8 in the second. Running Myo-reps, you write e.g. **60x12+4+4+4**. "Previous" under the field shows what you did last time.



Tap an exercise for a technique video from MuscleWiki.

Other activity

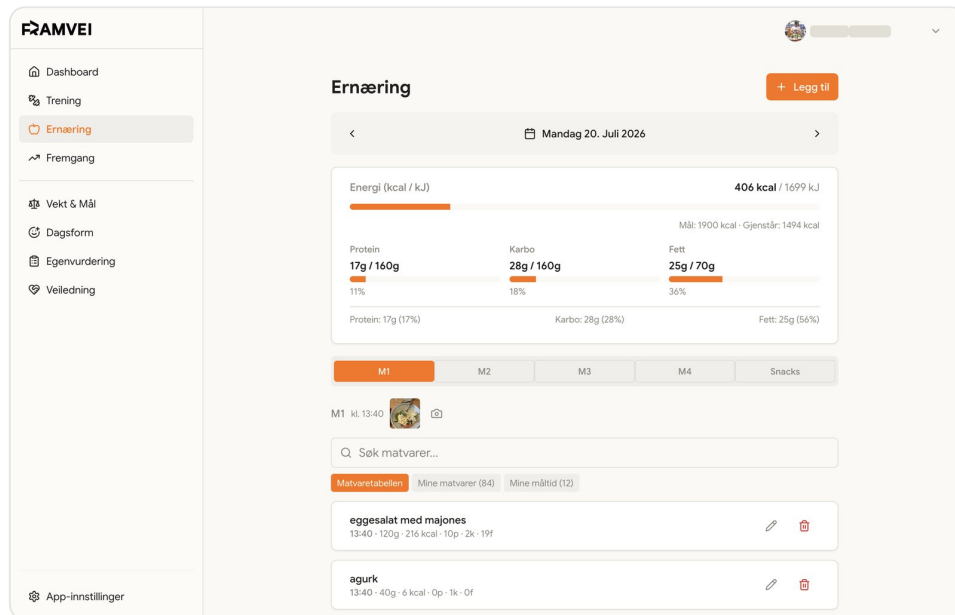
Went for a walk, cycled or played football? Log it under **Other activity** at the top of Training – then it counts toward your week.

Exercise unavailable?

If a machine is taken or your shoulder is grumpy, mark the exercise as unavailable and note why. Your coach sees it in the log.

Nutrition

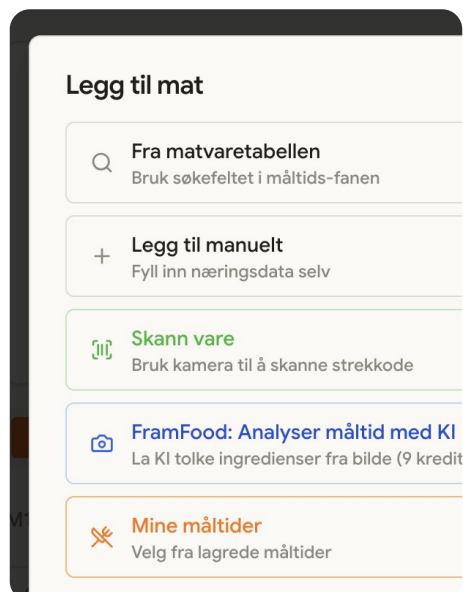
The day view shows energy and macros against your targets – split across the meals M1–M4 and snacks.



Today's nutrition: progress toward kcal and macro targets, meal by meal.

Five ways to add food

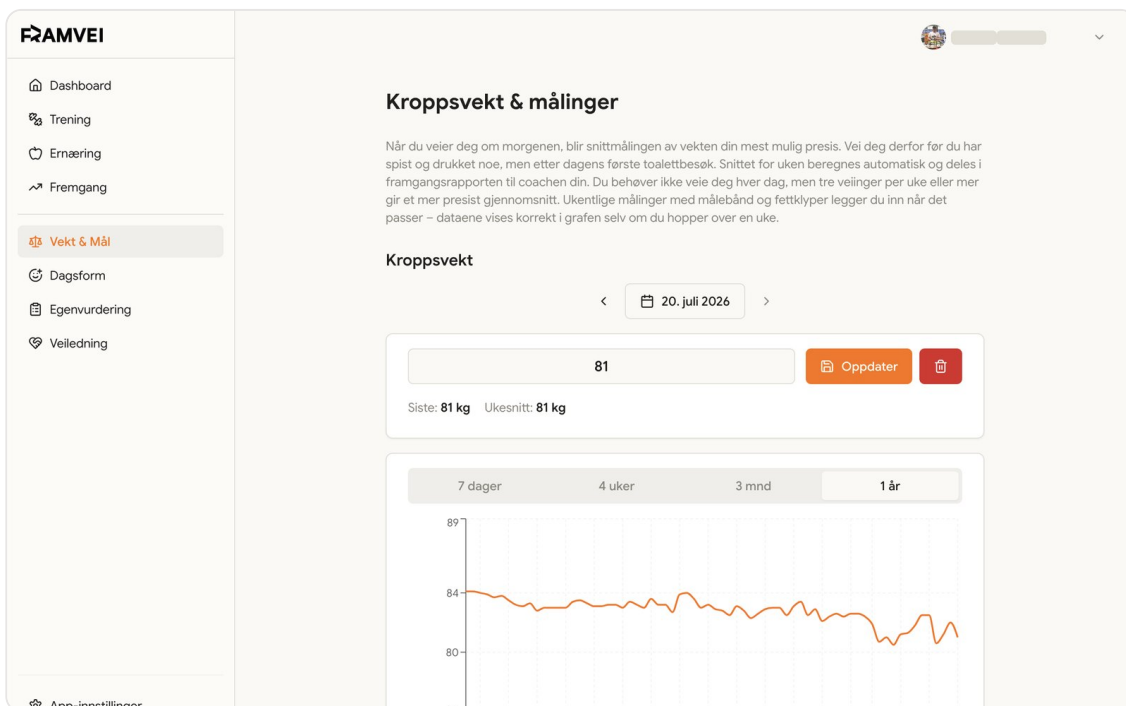
- **From Matvaretabellen** – search the Norwegian food database
- **Add manually** – enter the nutrition data yourself
- **Scan item** – barcode, using the camera
- **FramFood** – snap a photo of your meal and the AI reads the ingredients (uses credits, requires AI consent)
- **My meals** – saved meals you use often



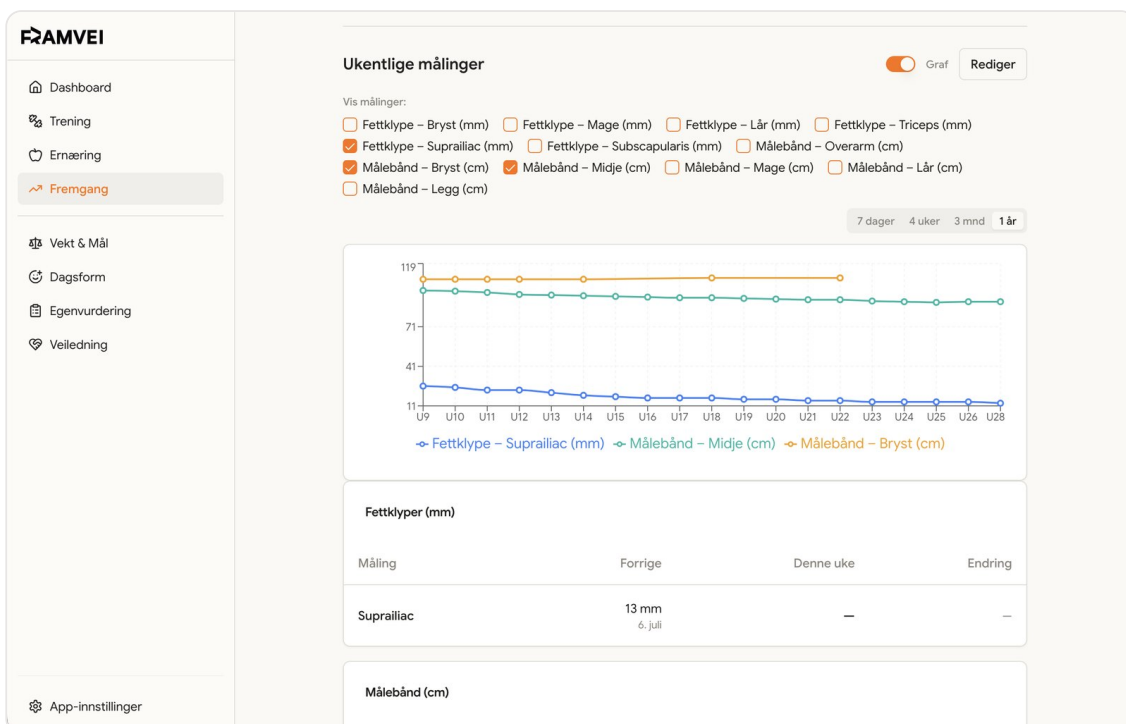
The "Add" menu gathers all five.

Weight and measurements

Weigh yourself in the morning – after the day's first trip to the bathroom, before food and drink. Three weigh-ins a week or more give a precise weekly average, and the average is shared automatically in your progress report.



Body weight: today's weigh-in, the latest one and the weekly average – with history below.



Weekly measurements: you choose which caliper and tape measurements to follow in the chart.

Wellbeing – completely private

Wellbeing is your own log: energy, satiety, mood, sleep, stress and soreness on simple sliders, plus a notes field. **Nothing here is visible to your coach – ever.**

Dagsform

Det du skriver inn her er kun synlig for deg – aldri for en coach. Bruk det til å bli mer bevisst på egen form og fremgang. Over tid kan KI-analysen – om du velger å bruke den – se på data fra sliderne (ikke tekst) for å finne sammenhenger mellom ernæring, trening og dagsform. Analysen kjøres kun når du selv ber om det, og dine data brukes aldri til å trene KI-modeller.

Tirsdag 21. Juli 2026

⚡ Energivivå

5/10

🍽 Metthet

5/10

😊 Humør

5/10

😴 Søvnkvalitet

5/10

😬 Stress

5/10

👉 Støi

5/10

Six sliders and a notes field. Visible only to you.

Why log Wellbeing?

Over time, the AI analysis – if you choose to use it – can look at the numbers from the sliders (never the text) and find connections between food, training and how you feel. The analysis only runs when you ask for it.

Air quality where you are

If you choose a location under Preferences in your profile settings, the Wellbeing page shows today's air quality (data from IQAir). Readings are most precise in urban areas – rural coverage is sparser, so treat the number as a pointer.

Notater

Hvordan føler du deg i dag?

Lagre

Dagsform over tid

Dagsform

7 dager 4 uker 3 mnd 1 år

Ingen dagsform-data ennå.

Energi
Humør
Søvn
Metthet
Stress
Støi

Dagens luftkvalitet

Luftkvalitet (GSI): God (43 AQI)
 Luftkvaliteten i GSI er god i dag – perfekt for en tur utendørs!
 Data: 2026-07-21 12:00
 Velg sted under [Preferanser og profilinnstillinger](#).

Today's air quality for your chosen location, at the bottom of the Wellbeing page.

Check-in

Once a week you fill in the check-in: energy and sleep on sliders, plus the questions your coach has set up. Submit it when the week is over – submitted weeks can't be changed.

FRAMVEI

Dashboard
Trening
Ernæring
Fremgang
Vekt & Mål
Dagsform
Egenvurdering
Veiledning
App-innstillinger

Egenvurdering Vis dagsformnotater

Fyll ut energi og søvn, svar på det coachen har spurt om, og send inn når uken er over. Du finner rapporten under [Fremgang](#). Du kan bla tilbake og se tidligere egenvurderinger, men innsendte uker kan ikke endres.

< Uke 30 (20. juli - 26. juli) >

☐ Vis graf over tid

Energi: 5/10
Lav Høy

Søvn: 5/10
Dårlig Utmerket

Spørsmål fra coach

Trening: Hva ble gjennomført? Noe som føltes tungt/lett?

Ditt svar...

Mat: Traff du protein de fleste dager? Hva var vanskelig?

Ditt svar...

Vekt: Ukesgjennomsnitt (eller enkeltveier)

Ditt svar...

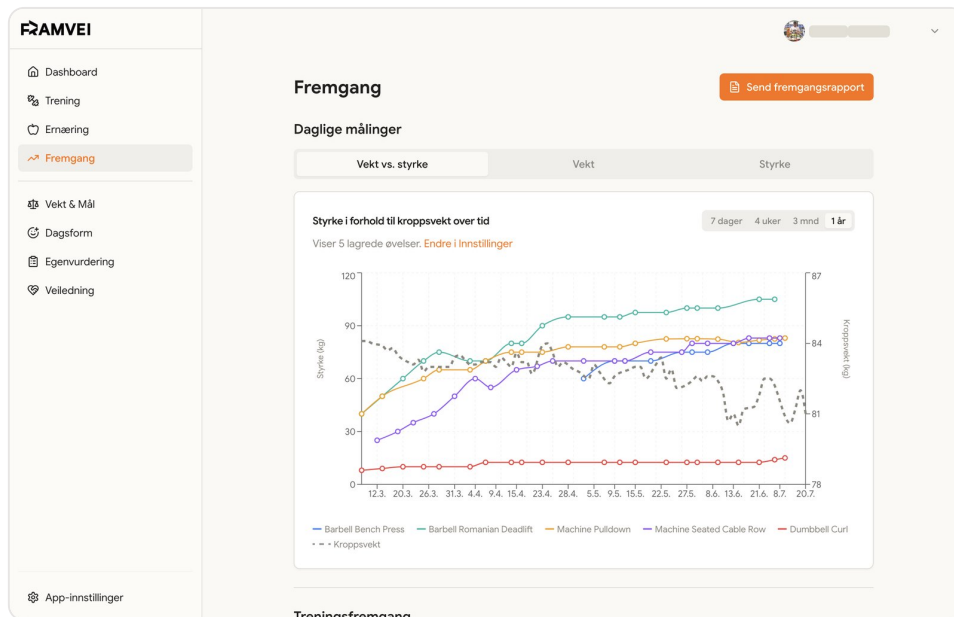
The week's check-in: sliders on top, your coach's questions below.

This is gold for your coach

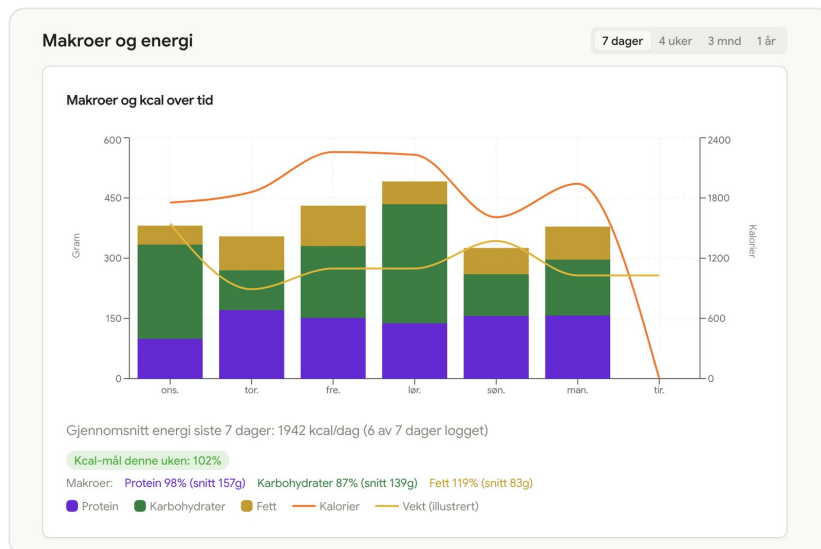
The numbers tell what happened – the check-in tells why. Keep it short and honest: what felt heavy, what felt easy, and what you're wondering about. Your answers travel with the progress report.

Progress

The Progress page gathers everything: strength against body weight, weight trend, training progress, macros and energy, measurements and progress photos.



Strength relative to body weight over time – you choose which exercises are shown.



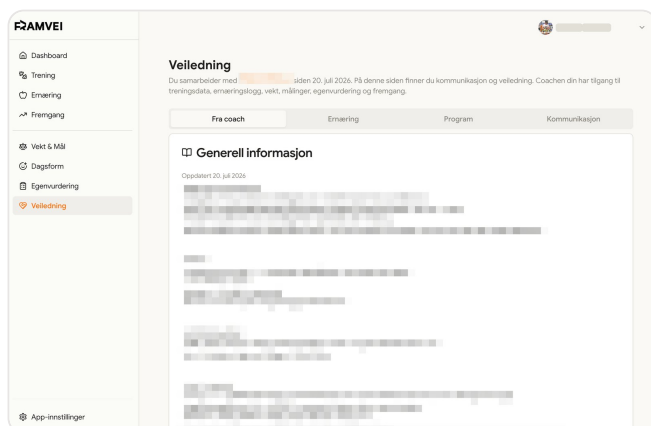
Macros and kcal over time, with the weight trend laid on top.

Progress photos and the report

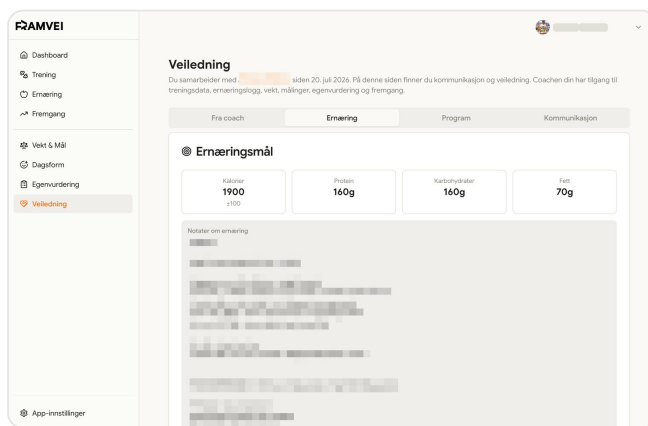
Upload progress photos whenever it suits you, and choose yourself whether they go in the report. **Send progress report** at the top of the page sends the week's report to your coach – or downloads it as a PDF.

Coaching – everything from your coach

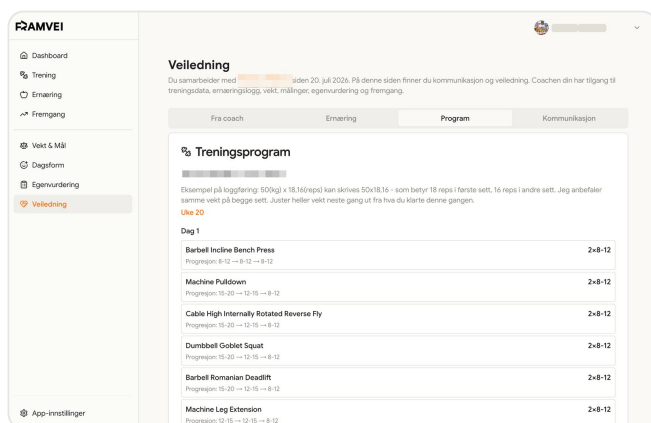
The Coaching page is your coach's surface toward you, in four tabs. Your coach has access to training data, nutrition log, weight, measurements, check-in and progress – but never your Wellbeing log.



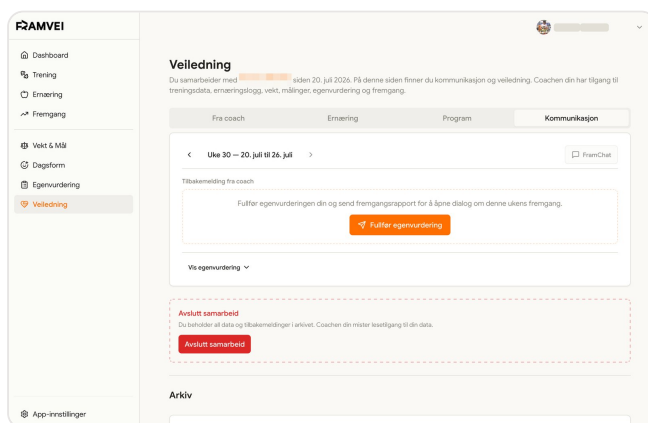
From coach: routines and recommendations.



Nutrition: your coach's targets and meal plan.



Program: progression per exercise.



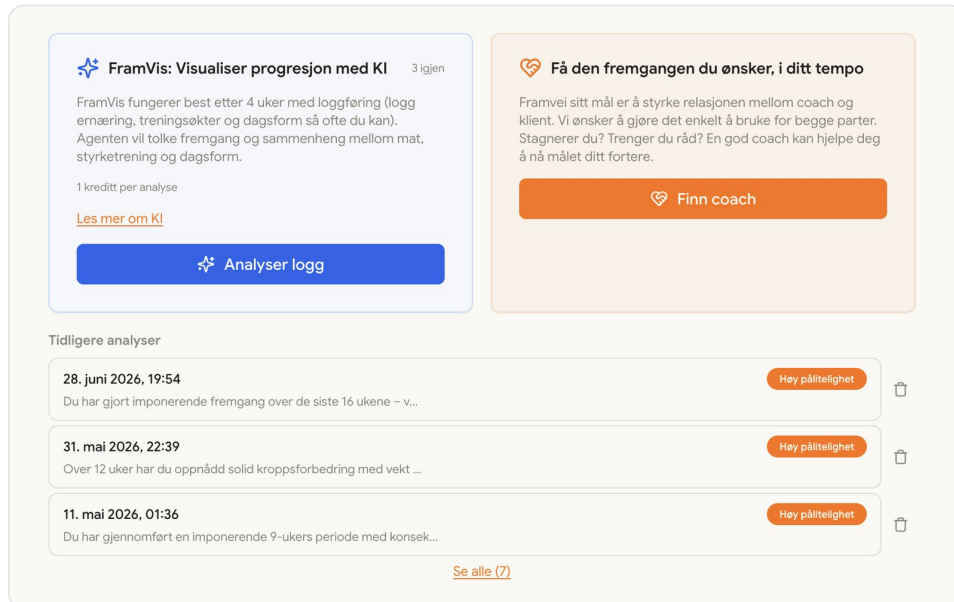
Communication, FramChat and the archive.

- **FramChat** – direct messages with your coach when something can't wait for the weekly report.
- **Goal from coach** – your coach sets your nutrition targets. They're shown as "Goal from coach" in the app and on the dashboard.
- **End the collaboration** – you can end it at any time. You keep everything from the collaboration in your archive; your coach loses read access to your data.

FramVis, notifications and the road ahead

FramVis – AI analysis of your progress

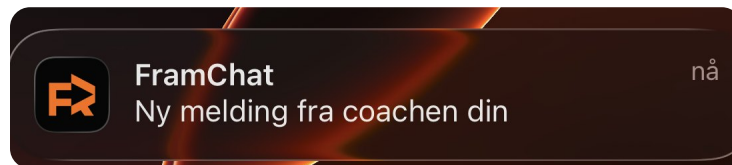
After a few weeks of logging, FramVis can interpret how food, strength training and wellbeing connect, and sum up your progress. Requires AI consent and uses credits – the analysis only runs when you ask for it.



FramVis works best after four weeks of steady logging.

Notifications

You get a notification when your coach sends a message or feedback – turn notifications on, and nothing slips past you.



Push notification from FramChat.

Your weekly rhythm

- ☐ Log training after every session – straight from the bench
- ☐ Log food through the day, weigh in 3+ mornings a week
- ☐ Fill in the check-in and send the progress report when the week is over
- ☐ Read your coach's feedback – and ask questions in FramChat

Don't have a coach yet? Every coach at framvei.fitness/coaches is a verified Norwegian business. FRAMVEI · framvei.fitness