

Brainchild Software Launches NuTrak, a Revolutionary Life Tracking System

PHOENIX, AZ – June 21 (SEND2PRESS NEWSWIRE) – Brainchild Software, Inc. (www.NuTrak.com), a computer consulting firm based in Phoenix, Arizona, today announced the launch of NuTrak 1.0, a unique lifestyle tracking and nutritional analysis program designed to help users keep track of nutrients, supplements, medications, and activities in order to achieve their health and fitness goals.



Photo Caption: NuTrack nutritional tracking and analysis, example application screen.

"What makes NuTrak's life tracking system so unique is its ability to track an unlimited number of nutrients contained in supplements," said David Mesich, Founder and President of Brainchild Software, Inc, and the designer of the NuTrak system. "Most currently available systems are limited to 13 to 64 basic nutrients in their database. NuTrak provides a database of over 10,000 foods and dietary supplements, and is constantly updated to include new product lines, restaurants, and supplements."

Another important feature of the NuTrak system is its ability to allow the user to set and achieve a variety of health and fitness goals. Whether a user is trying to lower blood pressure, reduce sodium intake, lose weight, stay youthful or increase endurance, NuTrak can help everyone achieve those goals by tracking the user's progress every step of the way. NuTrak's online journal allows users to track the nutrients they've consumed, and the activities they've performed, and analyze the progress they are making toward their goal.

"There are so many different nutrients, each touted as the fountain of youth or cure-all for disease," said Mesich. "So in the early nineties, I wrote a program to help me keep track of all the supplements I was taking which included a monitor system for tracking my results and reactions. This was the embryo for NuTrak. Today, NuTrak has evolved into a full service lifestyle tracking system that can help anyone achieve their desired results. Whatever your goals are: weight loss, weight gain, weight lifting, better health, rejuvenation or just keeping track of your day to day well being, NuTrak can help you accomplish your fitness challenges and live a happier and a

healthier life.”

For more information or to download the NuTrak Life Tracking System please visit www.NuTrak.com.

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