

STACKFORGE STUDIOS

Focus Your Stack - Choose What Matters

PlateStack

ENERGY BALANCE

Food, training, habits, and progress in one place.



FITNESS & WELLNESS | APP STORE ID 6766692469

Home



Exercise



Cardio



Habit



League



Progress

THE CORE ACTION

Log food, train, track habits, and understand the day from one practical health dashboard.

Why people return

Meals, workouts, recovery, habits, friends, and progress all update the same daily picture.

Product promise

Premium coaching and connected planning replace the friction of juggling separate nutrition, workout, and habit apps.

Best-fit audience

People who want one approachable dashboard instead of separate nutrition, training, and habit apps.

stackfor gestudios.com/products/platestack/

<https://apps.apple.com/us/app/platestack/id6766692469>

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