The intent of this project is to create a tool that users can apply to monitor their caloric intake, and compare actual consumption to that delineated within their personal goal range. This is accomplished through a system in which a goal is set by the user, and foods are paired with their caloric values and added to a database. As his/her personal list becomes more complete, the task of calculating their daily calorie count becomes as easy as selecting each of the foods that comprised the meal from their list, specifying the number of each item (the pairing of the food and the count creates the “FoodEntry” class), and adding that to the dietary regimen for the day. At any point, the user may edit his/her goal (based on their evolving needs), grow their list, or evaluate their compliance with their goals.