**- Functional requirement -**

The application authenticates it’s users who already have accounts or want to sign up.

It provides systems to follow to the user to enjoy healthy life.

It gives the user tips based on medical researches and also based on the user condition.

**- Non Functional requirement -**

The application is easy to use and has a friendly user interface.

It’s easy to navigate and can be remembered easily.

Any user can easily learn and understand how to use it.

It sends notification to the user to eat in the time of meals or drink.

It’s available on the app store and free to download.

Easy to be maintained or any task can be changed as we follow agile technique.