

# NON-FUNCTIONAL REQUIRMENT



## SCALABLITY

Module of system are scalable.  
If swipe events are increased, we can scale out event-app feature.



## SECURITY

All traffic to system will come through a single point i.e. api gateway. We can secure exposed endpoint and monitor incoming and outgoing request.



## TESTABLE

All modules are testable.



## RELIABLE

Using Kubernetes for deployment.  
If services, go down. It will bring up another pod.



## REUASABLE

Create a menu of healthy foods for the week. Take it with you when you shop, and only purchase items on the list so you stick to it.



## DATA ISOLATION

Each sub domain data is isolated from other subdomain.



## INDEPENDENT DEPLOYABLE

New features and bug fixes can be deployed independently. As system is divided in subsystem.

## DON'TS

- ☐ **STARVE YOURSELF**  
You need to eat to lose weight. When you don't, your metabolism slows down and your body starts to preserve energy in the form of sugars, fats, and glucose—the very things you're trying to burn.
- ☐ **DEPRIVE YOURSELF**  
Deprivation leads to craving-induced binge eating, which can damage your metabolism. Remember the rule of moderation.
- ☐ **EXPECT A QUICK FIX**  
Losing weight and keeping it off requires a lifestyle change. That takes time and commitment. Ease into a plan and allow yourself some “free” meals or snacks of your choice to keep you motivated.
- ☐ **DRINK TOO MUCH ALCOHOL**  
Alcoholic drinks are high in calories, reduce nutrient absorption, and can slow down metabolism. Limit your daily and weekly intake.
- ☐ **EAT SUGAR, REFINED CARBOHYDRATES, AND PROCESSED FOOD**  
These calorie-dense foods have little nutritional value and may end up making you feel hungrier. Choose fruits, veggies, and whole grains instead.
- ☐ **EAT WHEN YOU'RE NOT HUNGRY**  
Check in with yourself before you reach for a snack. Are you really hungry, or are you just bored, tired, frustrated, or anxious? Start to understand emotional eating.
- ☐ **SKIP BREAKFAST**  
Eating breakfast fills you up and gets your metabolism going, so you won't be hungry later in the day. It is the most important meal of the day.
- ☐ **FOCUS ONLY ON CALORIES**  
Cutting calories is important to weight loss, but so is eating healthy. Make sure you eat enough complex carbohydrates and protein to generate energy and build muscle.
- ☐ **GIVE IN TO TEMPTATION**  
Get rid of sweets, chips, ice cream, and anything else in your fridge and cupboard so you don't eat it just because it's there.
- ☐ **COMPARE YOURSELF WITH OTHERS**  
Losing weight with a friend or group can be hugely supportive, as long as you don't make it a competition. Judge your progress over time, not compared to another.