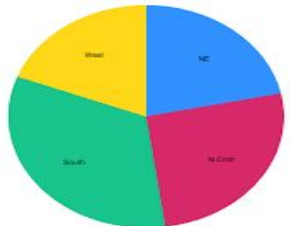
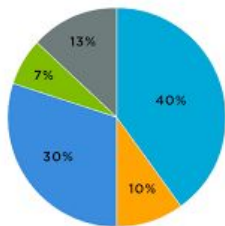
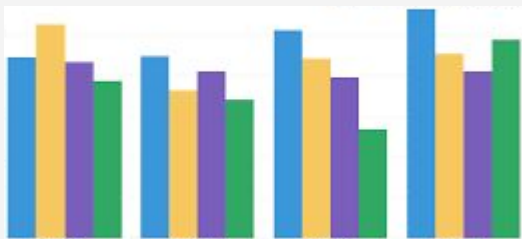


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Track Your Vitamins



Displays overall vitamin levels predicted by what you've entered into the original questionnaire



Displays suggested foods to eat to help supplement the vitamins you are deficient on

Displays a list of recipes through an API call from the suggested meals for your vitamin needs

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Learn More About Vitamins

[Supplement Research](#)[Find the brands you need](#)[Find Vitamins that might benefit you](#)[Symptoms of Vitamin Deficiencies](#)



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Vitamins

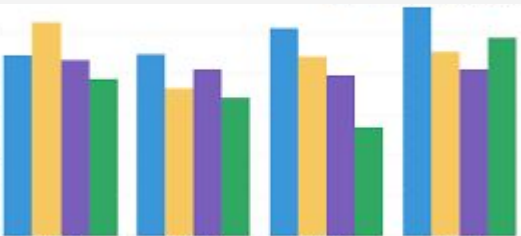
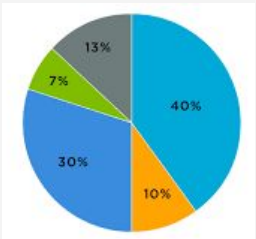
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Recipe list
will be
contained
in a scroll
window

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Monitor Your Sleep

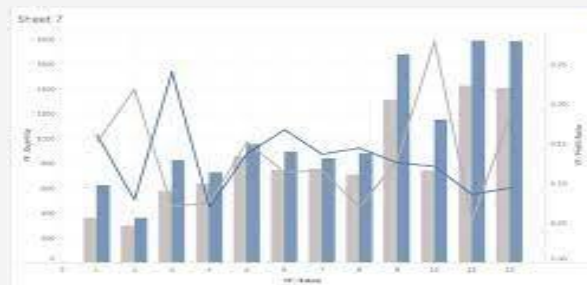
Show you hours of sleep throughout the days tracking your average

Show you hours of sleep compared to what they should be based off levels of exercise



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Monitor Your Sleep



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Sleep

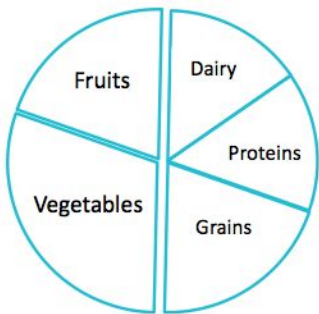
Nutrition

Energy Prediction

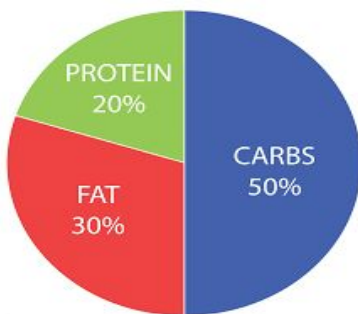
Project Report

Displays
distribution
of food
based on
category

Diet and Calorie Tracking

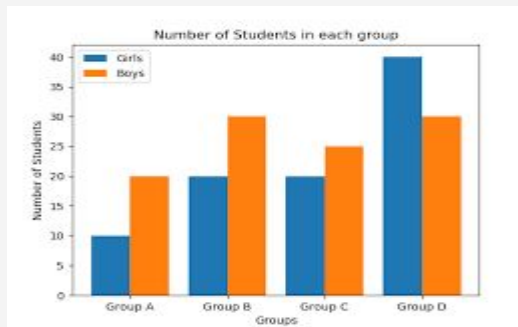


Displays
distribution
of food
based on
macros



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Give updated food options to replace the poor meals entered into the form and show their differences



Shows calories
eaten vs
expended per day
and shows how
much weight
you've
theoretically
gained

Learn More About Nutrition

[MyPlate](#)

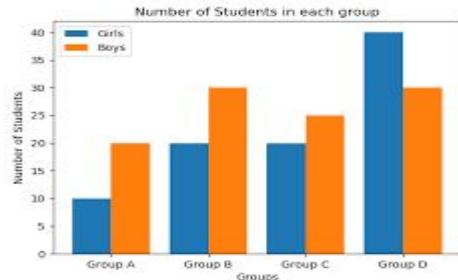
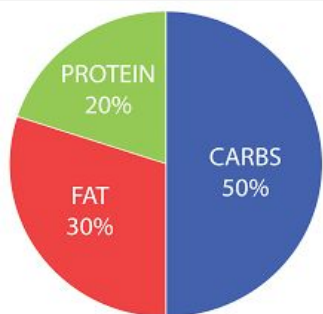
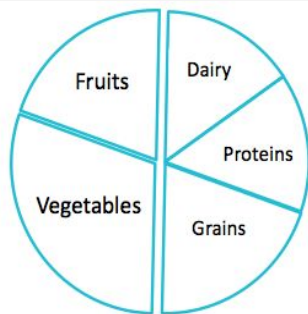
[Harvard research on nutrition](#)

[How to start eating better](#)

[WHO tips and tricks](#)

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Diet and Calorie Tracking



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