

Front-end

Main Dashboard:

- Will show each of the categories (Exercise, Diet, Sleep) and a general overview of how you're doing in each category: **Score out of 100 (w/ color indicate for excellent, good, fair, bad)**
- Can click on each category for a new dashboard just on that category
- Should be a place where you can enter new data

Inputting Data:

Exercise

- Should input the exercise (from a drop down list of predefined exercises that we have muscle group categories for) and the time preformed

Diet

- Enter food (from a drop down list of predefined values we have data on)
- Enter amount (user should get a prompt to make sure that the nutritional facts lines up with what they actually ate since serving sizes may not reflect what they ate)
- User enters their height, weight and gender

Sleep

- User inputs their nightly amount of sleep

Category Dashboards

- See specific stats for each category
- There should be a back button or way to navigate to the main dashboard or other categories

Exercise

- Will show minutes by muscle groups: **Bar Chart**
- Exercise over the week: **Bar Chart**
- Average Exercise for the week: **Radial Progress Bar**

Diet

- Calories over the week: **Bar Chart**

- Average Calorie intake relative to goal: **Radial Progress Bar**
- Will show the distribution of those calories (carbs, protein, fat) : **Pie Chart**
- Will show your weight over time : **Line Graph**

Sleep

- Sleep hours over the week: **Bar Chart**
- Average sleep hours for the week compared to goal : **Radial Progress Bar**
- Will show some calculation as to how much sleep schedule deviated (how consistent it is): **Score out of 100 (w/ color indicate for excellent, good, fair, bad)**

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Models

- Should be a model for a user that stores all the necessary data in each category
- probably will need be a list for each category so they can have multiple entries, and each should have a timestamp associated with it for tracking purposes

Calculations

- Should be able to come up with compare the user's inputted data relative to their inputted goals or to general health recommendations (need this data for the dashboard)

Login/Storage

- Should be a way for users to login in and load up their previously inputted data
 - Ideally the site should work where the first thing you do is login, since its primary function is to display your inputted data

Deployment

- Ideally we should be able to deploy our app to a website people can visit as a proof of concept (maybe use something like Heroku)