# **Task 2**

Once the individual downloads the app, he/she can open the app and see the main **menu** on the screen which includes the **food**, **exercise** and **account**. If the user is interested in this app, he/she can sign up his/her individual account with username and password.

For the Exercise section, it lists out all the workout types for the user to choose from. Based on the workout type, the users can choose to start an exercise or record the exercise that user has already done.

**Manage Exercise**:

* If the user chooses to start an exercise, then the user needs to press the start button and press the end button when he/she finishes. This helps our application to record the user’s exercise time. Afterwards, the user can also enter the amount of workout they have done due to different work types.
* If the user chooses to record the exercise he/she has already done, then the user has to type in the exercise time directly and the amount of workload they have done due to different work types.

**Manage Food**:

* The users can check the food’s calories. Once they choose the foods’ name, they will get the food’s calories. For example, a 100 grams bagel contains 310 cals. Therefore, users can calculate meal calories based on this information.
* If the user chooses to record food he/she has already eaten or expected to eat, then the user has to type in the approximate mass of the food that they have taken.

The users can be guided according to their needs, not only the sport but also the food. Once they make their request, the app will offer several workout plan recommendations and meal plan recommendations for users to choose.

* For food, if the user enters the amount of calories that they want to intake, they will get several balanced meal plans.
* For exercise, if the user enters the calories that they want to burn or type of workout, they will get a few recommended workout plans.

Once the user starts recording for one week, the app will make the analysis.

After finishing the daily exercise part, the user can go into her account to check in and receive her personal **analysis** which includes a table for each exercise time length, weight changes, and calories burnt and calories intake from his/her diet. They can choose to view this analysis in the desired time unit, such as weekly and monthly. Moreover, users can also manage accounts information, like password in this section.