**Task 4**

My name is Mark, and I am a sophomore at university of Toronto studying computer science. Due to my heavy workload, I felt tired, so I want to exercise and record my diet to maintain a healthy lifestyle. Based on my friends’ recommendation, I downloaded the fitness app to track my life.

Once I turn on the app, I need to sign up my own account by creating the username, password, sex, and birthday.

[The users can create an account by using the functions in the Use Case Class ManageAccount]

[For the system, the username and password will be maintained on the Entity Class Account as the data.]

Then, the app directly jumps into the new page, where the screen shows the three choices for me, Food, Exercise and Account.

[The system jumped into the Controller Class Menu]

I click the food button. It shows a food list which contains many different types of foods.

[The system store and update the food data in ManageFood class]

Since I ate the fries today, I pick fries from the list. Then enter the date 2021.10.14 and weigh 200 grams.

[All food data that users entered will be recorded in the Entity Class Account.]

Directly, 624 Calories shows on the screen which represent the calories that I took in from 200-gram fries.

[The calculation process is finished in the ManageFood Class.]

After I finish recording fries. The page jumps to the original menu page. Then, I turn off the app.

For the following two days, 2021.10.15 and 2021.10.16, I ate 100-gram and 50-gram fries. And get the calories feedback which are 312 and 156 Calories.

[All the food data that users recorded are in the Entity Class Account].

After these three days recording, I want to check the average calories that I take in. Then, I enter my account. Then I click the analysis portion. Then I enter the number “3” to check the recent three days average calories intake. I can see the average calories which is 364 Calories on my screen.

[The calculation process is finished in the Analysis Class.]

Then I turn off the app.