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CS-360

2-3 Milestone: Goals and Users

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Weight Tracking App for Goal-Based Progress

I’ve chosen to build a mobile application called Weight Tracker Pro. The idea behind this app is simple it gives users a reliable and secure way to track their weight over time, with a clear goal in mind. Unlike most weight tracking apps out there, this one isn’t just for people trying to lose weight. It’s designed for anyone working toward a specific weight target whether that’s dropping pounds, gaining muscle mass, or preparing for something like a boxing match where hitting a certain weight is critical.

The app will greet users with a personalized summary when they log in. That message will include the last time they opened the app, the last weight they recorded, how much time is left in their goal window, and how far they are from reaching their target. Once they dismiss that message, they’ll see a clean table showing all their past weight entries, organized by date. Above that table will be simple buttons to add a new weight or update their goal.

A screenshot of a login screen

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To make this work, I’ll set up a database with three tables: one for daily weight entries, one for user logins and passwords, and one for storing each user’s goal weight. The goal weight will be a one-time entry but keeping it on its own table makes the app easier to manage and scale. Users will log in with a username and password, and the app will support multiple users securely. That’s a major difference from most of the apps I’ve reviewed Simple Weight Tracker and Weight Tracker by DespDev, for example, don’t offer multi-user support or secure login features. They’re also focused almost entirely on weight loss, which limits their usefulness.

A diagram of a weight tracker

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My app is designed for three main types of users. First, athletes who need to hit a specific weight for competition. They’ll use the app daily leading up to an event. Second, people work on personal health goals, whether that’s losing or gaining weight. They’ll use it for weeks or months to stay on track. Third, medical patients who need to monitor their weight for treatment. They’ll rely on the app for long-term tracking and accurate records. What all these users have in common is the need for a simple, secure, and goal-focused tool that fits into their daily routine without being a hassle.

The app is built around the idea that users will spend more time reviewing their progress than entering data. That’s why the interface will be clean, the controls will be minimal, and the notifications will be meaningful. When a user reaches their goal, the app will let them know and give them the option to share that moment with others if they choose.

Weight Tracker Pro is about clarity, control, and motivation. It’s designed to be practical, secure, and inclusive, giving users the tools they need to reach their goals whatever those goals may be.

This training program aims to help a 300-pound individual lose 60 pounds in six months.

A graph showing a weight loss

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