**App Dev Final Project Proposal**

I would like to use what I have learned in this course to merge two of my favorite passions: software and fitness. I have learned this semester that Python can be used as a great data analytic tool. Why not use that to help optimize your health goals? Using Python, I would like to create an interface that allows me to monitor my nutrition by tracking and logging the nutrients of the food that I eat. The program will then take the macro nutrients, add them up, and compare them against my daily intake goals. Based on the results the program will tell me how many more calories I need to reach my goal, or how many calories I am passed my goal. It will tell me which specific nutrients I need more of and which ones I’ve have eaten more than I am supposed to. Finally, the program will tell me, based on caloric intake and caloric deficit goals, how many calories I need to go burn in order to maintain, lose, or gain weight.