

# HealthTrack

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## Iteration 1 for Team 1

Software Engineering 3350

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## **HealthTrack: The Applet for your Diet**

Summary: HealthTrack will be a diet health-tracking system that emphasizes meeting nutrition-related goals and getting enough essential nutrients in one's diet.

The HealthTrack system will be used to track and analyze the ongoing diet and health conditions of its users. Users will input goals and/or targets for various health related metrics, which can be used against real values from tracked diet to analyse and display results. The system will include the ability to track diet entries for each day, by searching for a food from a public database of foods, or adding foods to a custom list by entering details about the food item. The user will enter the number of servings consumed, and add the entry to a list of foods consumed for that day. The system will calculate and tabulate total nutrient intake for that day, and additionally create graphical representations of the intake statistics over the current week, month and year. Based on intake statistics, the system will have the ability to recommend foods to eat based on the remaining allowances for certain nutrient or diet composition limitations for the day. The system will also have the capability to alert users when their dietary restrictions have been exceeded.

The customer wishes to be able to track their "goal" nutritional values and if they have been meeting them on a weekly basis. The customer wants an interface that will bring them back to using the application and wants easy to understand, beautifully displayed statistical information that is not overwhelming to look at. In particular, the health values that the customer wishes to track are Calorie, protein, carbohydrate and fat intake. Any additional nutritional values to track (iron, sodium, etc.) will be a bonus. Thus, this application will be useful to those choosing to live a healthier lifestyle, those wishing to lose weight, and those that need to watch their specific nutrient intake for health reasons (eg. sodium, cholesterol).

The system is not a fitness tracking app, and therefore does not include workout entries or reminders of any kind. Instead a user will be able to input their age, height and weight, and the system will approximate the normal amount of calories required in a day. The user can also manually input this, if desired. HealthTrack does not need to be invasive on the user's android use-habits. In essence, the user does not want this application to "force" them to live this life style – it should be completely opt-in. That means no overriding the functions of the phone that could interfere with other applications. HealthTrack will rely on the user's input to track their diet. HealthTrack will also not perform any network activities – it will be completely usable without an internet connection.

While many competing products focus on calories consumed, and, ultimately, weight loss, this app has a greater emphasis on the medical recommendations and limitations for dietary intake. The customer requires a system that she can recommend to patients to get a better grasp of their dietary composition for diagnostic use, as well as a system easy enough for a patient to use to understand the limits of their diet. The app will help avoid over- or under-consumption for more sensitive patients.

Success will be evaluated in the form of surveys. The idea will be described to people walking through university and they will be asked if this application would help them in their lifestyle. We can send an email survey that will ask them to rate the system, so we can determine satisfaction of the app.

## Add Flexible Goals

As a user, I want to be able to set flexible goals, for example over one week, biweekly, monthly

Priority: medium

Cost: 7 days

## Goal Setting

As a user, I want to be able to set health-related goals.

Priority: high

Cost: 2-3 days

## Custom Food

As a user, I want to be able to enter custom foods and their nutritional composition for use in diet tracking

Priority: high

Cost: 8 days

## Pre-Loaded Foods

As a user, I want to use foods that are already in the application for dietary tracking.

Priority: high

Cost: 3-4 days

## Push Notifications

As a user I want push notifications to remind when I've made a goal, or when I've forgotten to enter data

Priority: low

Cost: 3-4 days

## Statistical Information

As a user I want to be able to see a breakdown of the foods I have eaten and recorded based on qualifications I desire to see like carbs, protein etc.

Priority: high

Cost: 3 days

## Detailed User Stories

### Determining Diet Statistics

Calculate the nutritional statistics for the diet, based on diet entries (by evaluating the daily/weekly nutritional amounts for Calories, proteins, carbohydrates, and fats).

Priority: high

Cost: 6 days

### Display Eaten Meals

Display the records of all previously entered meals, separated temporally.

Priority: high

Cost: 8 days

## Display Notifications

The application will notify the user (through the action bar) when a user has met or exceeded their daily/weekly goals.

Priority: high

Cost: 4 days

## Display Nutritional Information Graphically

Display the user's statistics in graphical format (pie charts and bar graph).

Priority: high

Cost: 3 days

## Enter Custom Foods

Allow the user to record information about foods/meals, including Calories, grams of proteins/carbohydrates/fats.

Priority: high

Cost: 4 days

## Enter Meals

Allow the user to enter details of a meal eaten using foods from an pre-existing list, and entering serving size.

Priority: high

Cost: 4 days



## Setting Goals

Allow the user to input goals that they want to track and be notified on.

Priority: high

Cost: 3 days

## User Information Submission Form

Allow the user to submit information about their weight, age, and height in a form.

Priority: medium

Cost: 3 days