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**Project Summary:**

Our group would like to develop a calorie tracker application that helps users monitor and manage their daily caloric intake. This application will be focused on promoting healthy eating habits and helping users in achieving their fitness and dietary goals. The primary goal is to provide a user-friendly platform that allows individuals to track their daily calorie consumption easily. This calorie tracker application aims to be a valuable tool for individuals striving to maintain a healthy lifestyle by providing them with the necessary information and means to track their calorie intake, plan balanced meals, and reach their goals. There are other applications that are like our calorie tracker such as, MyFitnessPal, Weight Watchers, and Lifesum that have educational features, support from coaches, and community forums.

**Usefulness:**

The usefulness and convenience of this calorie tracker application lies in its ability to assist users make informed dietary choices and maintain a balanced caloric intake.

* User-Friendly Interface: The application will prioritize simplicity, straightforwardness, and ease of use. This will make it accessible to a wider audience, including people with little to no prior experience with calorie tracking.
* Meal Suggestions: The application will offer meal suggestions based on the user’s dietary preferences, helping them plan balanced meals and reach their nutritional goals.
* Caloric Intake: The application can measure caloric recommendation intake based on the user’s age, gender, weight, height, and activity level.

**Data Source:**

The data for this calorie tracker application will primarily come from publicly available nutrition datasets and databases such as Kaggle. There are nutrition datasets that include the number of calories of a variety of food, as well as its macronutrients (i.e., protein, carbohydrate, fat).

**Description of Functionality:**

Basic Functions:

* Calorie Tracking: Users input their daily food intake and receive a real-time calculation of their calorie consumption.
* Personalized Goals: Users can set personalized calorie intake goals based on their age, gender, weight, height, and activity level.
* Progress Tracking: Users can view historical data to track their progress over time (daily, weekly) and make necessary adjustments to their diet and activity levels.
* Activity Tracking: Users can log their physical activities (walking steps) and estimate the number of calories burned.

Advanced Functions:

* Meal suggestions: The application will provide meal suggestions tailored to the user’s dietary preferences and calorie goals.
* Meal planning: The user can create meal plans for the day, week, or month.
* Nutritional analysis: Meal suggestions and meal plans will help users ensure they meet their dietary requirements.

