

Macro Calculator



Personal project

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Reasons

I am currently working on a small project to create an application that will help me track my daily calorie intake based on my nutritional values. I came up with this idea because I have been dealing with a torn meniscus for over six months, which has left me practically immobile. As a result, my health and diet have suffered.

To get back in shape and improve my nutrition, I wanted to develop a simple "Macro Calculator" that would allow me to specify exactly what I need. Although there are options available on the market, I find them too complex or expensive. Thus, I decided to put my newly acquired skills to use and create my own application.

What does it do?

(do take in mind that these are very early stages)
The current flow is as follows.



The screenshot shows a mobile application interface for a 'Macro Calculator'. At the top, the title 'Macro Calculator' is displayed. Below it, the text 'Let's Get started' is shown. There are four input fields: 'Age' with the value '21', 'Length' with '173cm', 'Weight' with '70kg', and 'Gender' with 'Man'. At the bottom, there is a blue button labeled 'Next'.

Opening the application for the first time, you are greeted with this page.

Enter your age, length, weight and gender.

Klick next.

Macro Calculator

Let's Get started

What is your goal?

Gain weight
(0.5kg/week)

Lose weight
(0.5kg/week)

Maintain weight
(0.5kg/week)

Next

Next you specify what your goal is and click Next.

After being in the lifestyle for over 3 years I found that weight change is easiest to maintain when opting for 0.5kg/week.

These are my personal preferences of course, but if I were to ever expand I would create more options to make it more customizable for other users.

Macro Calculator

2000 Calories/day

Carbs 266 grams/day

Protein 121 grams/day

Fat 57 grams/day

Progress

This is your overview page where you will find how many calories you are aiming for per day. Specified in the three categories and their number.

1340/2000 Calories

Carbs 143/266 grams

ADD

Protein 90/121 grams

ADD

Fat 42/57 grams

ADD

When clicking on progress on the previous page you are redirected to this page.

This is the page where you enter the nutritional values of whatever you are eating.

In other applications you can select the food on the app itself. However, these values are so different for each brand and type and I am a big fan of weighing and reading the labels to enter the most accurate values.

Add Fats

8 grams

1

2

3

4

5

6

7

8

9

×

0

→

This is a representation of what it would be like when entering the values.

Underneath lies a calculating piece of code that knows how many calories are in a gram of fats, carbs and proteins and adds it to your total amount of calories you had that day.

Conclusion

My application is currently still in prototyping stage, and it is an application that is not a big priority of mine at the moment. I am very used to writing everything down and calculating it myself.

However, this would speed up the process of keeping track of all my nutrients.

This is a small project of mine that I am working on on the side, but I do think if I were to expand it enough, that it is a product that would be wanted as I know from other people in my circles that there is a need for a simple and straight forward Macro Calculator.

