

## Product idea

**getting  
average  
metabolic  
data**

**Getting  
nutrition  
values**

Include warnings  
about certain  
allergen, dietary  
restrictions,  
supplements, etc.

**Supplement  
data for help  
with working  
out**

research data for  
people to create  
their own informed  
decisions about  
working out and the  
supplements that  
you should take

**getting ave  
calorie burns  
per workout**

## hurdles

**Credibility**

differentiability/  
getting people to  
use the app

**user  
engagement**

## Structures

**HTML, CSS,  
JavaScript for  
languages**

Server based coding  
model to keep track  
of meal timing and  
nutrition even when  
the app is closed

**Figure out  
who's doing  
what and  
spreading  
work evenly**

**Design the  
app to be  
more  
simplistic but  
still stylish  
and unique**

## features

Counts how many  
meals the user  
needs to eat over  
the day and plans  
their meals

**Calculate the  
needed  
calorie  
amount based  
on weight and  
activity**

Gives multiple  
options for a meal  
plan. As in the  
amount of times  
needed to eat and  
the caloric value  
varies between  
options.

## Social media

**partnering  
with  
companys to  
offer rewards  
to consumers**

**rewards  
page for  
using the  
app**

getting  
engagement  
through smaller  
influencers and  
normal people over  
athletes

**Subscription  
for certain  
features**