Project Hercules - Fitness App

# Description

An “neutral” (No dopamine mine, where it’s given you happy feedback if you maintain course, or sad feedback if you overshoot or don’t follow the fitness course) app where you can track your progress, at the gym in weights training, cardio, and in the kitchen with calories and nutrients.

# Tracking – Food

Have a database of food components from a reputable source, so you can add that to your meal, so let’s say you have your breakfast, and you add: 1 slice white bread, 5g of butter ,2 slices of cheese, and then a cup of orange-juice, it collects the nutrients of the food components in the meal and adds it to your total intake for the day, with each nutrients type(calories, sugar, fat, carbs, protein, etc.) no feedback invoked on the player. Each day the calories and nutrients intake and the meals will be reset and removed, but there will be a history tab so you can see what you ate in the past.

# Tracking – Gym

Have a database of exercises from a reputable source, or let the player add their own exercise, and then after added, it will follow through in the future, never removed. The user will be able to update the weight or cardio the user is able to take in the gym for future reference, which will allow the user to track the progress he/her is doing in the gym. Showing the progress with a graph from beginning to nowadays.

# Account Info – User Data

The user will be able to login into the app for online tracking, with google login, the app will store the username, and use something like MySQL for database, to store and retrieve the data by sending the username as key.

# Framework – .NET MAUI

.NET MAUI will be used to develop the app so I can have one code-base but have the app cross platform so I can deploy it to Android and iOS.

# Use Case Diagram

