NUTRITION ASSISSTANT APPLICATION

PROBLEM STATEMENT

People pay attention to fitness more now-a-days, so proper diet become more important as well. Although people have many ways of logging their food and calories, it can still be difficult for people to keep a consistent log without reduction. Thus, this project aims to develop a better application for users. That has a capability to record the information related to the duration and quality of sleeping, calorie tracking, food preference and the amount of nutrition consumed.

Who does the problem affect?	People who doesn't follow regular diet.
What is the issue?	In short term, poor nutrition can contribute to stress, tiredness, capacity to work and over time, it can contribute to the risk of developing some illnesses.
When does the issue occurs?	This issue occurs when the person does not contain the right amount of nourishment.
Where is the issue occurring?	The issue occurs in person's health due to lack of nutrition.
Why is it important that we fix the problem?	By solving this issue, people can track their health.