**Lopes Eat Questions:**

* **Since the student will sign in with their university email, their gender will be pulled from the university database**
* **If men: ASK THE FOLLOWING**

**How would you describe your physical build?:**

**-** Slender

- Medium Build

- Stocky

- Obese

**What is your targeted physical build?:**

**-** A few sizes smaller

- Athletic

- Shredded

- Swole

* **If Women, ask the same question: but answers to this are different:**

**How would you describe your physical build?:**

* Slim
* Mid-sized
* On a heavier side
* Overweight
* **What is your targeted physical build?:** 
  + Thin
  + Toned
  + Curvy
  + Just a few sizes smaller

**After this section, ask the user if they want to**

* + **Gain Muscle**
  + **Lose Weight**
  + **Maintain their weight and eat healthy**

**MUSCLE GAIN**

* What are your specific muscle gain goals?
  + Improve my overall strength and endurance."
  + Increase my muscle mass.
  + Reducing my body fat percentage.
  + (THESE OPTIONS SHOULD BE ADDED TO THE DATABASE SO THAT WE CAN PULL FROM THERE).
* Do you have any medical conditions or dietary restrictions?
  + Inquire about any allergies, intolerances, or medical conditions that may affect their diet.
  + This will be divided into three sections.

1. Allergies: pull from the allergens table.
2. Intolerances pull from the intolerances table.
3. Medical Conditions: pull from the medical\_conditions table.

* Are you currently following any dietary restrictions or preferences?
  + Pull options from the dietary\_restrictions table in the database.
* What is your daily caloric intake goal?
  + User will fill in their calorie intake goal in a box.
* How many meals per day do you prefer to eat?
  + Determine whether they prefer three main meals, multiple smaller meals, or intermittent fasting, as it can affect meal timing and distribution.
* What is your preferred macronutrient ratio?
* Discuss their preferred ratio of carbohydrates, proteins, and fats. Protein is particularly important for muscle growth.
* They can also not know what they want
* Are there any specific foods you'd like to include or exclude?
  + App will display multiple food options, and user will select as many as possible.  
    There will be a section for “foods I want to include”  
    and another for “foods I want to exclude”  
    Under each section will be different options, and an “other” section.
* What is your typical daily schedule?
  + Active: I have a busy schedule with classes, study sessions, and extracurricular activities. I'm often on the move throughout the day.
  + Moderately Active: I attend classes regularly but also have some free time between classes or after school. I may have part-time work or engage in social activities.
  + Not Active: While I have classes, my schedule is relatively flexible, and I often have extended periods of free time during the day
  + (THESE OPTIONS SHOULD BE ADDED TO THE DATABASE SO THAT WE CAN PULL FROM THERE).
* Are there any supplements or protein powders you're currently using or considering?
* User will select yes or no
* How hydrated do you stay throughout the day?
* Proper hydration is important for muscle growth, so inquire about their water intake habits.
* There will be a box where the user types in the number of oz they take per day. We can change the unit from liters to gallons etc.

After gathering this data, it will bbe saved to the user\_dietary\_restrictions, user\_meal\_preferences,and user\_health\_profile table. We may need to create other tables.

**WEIGHT LOSS**

1. What are your specific weight loss goals?

* Improve overall health and wellness.
* Reduce body fat percentage.
* Enhance physical appearance.

1. Do you have any medical conditions or dietary restrictions?

* Inquire about allergies, intolerances, or medical conditions affecting diet.
* Divide into three sections: Allergies, Intolerances, Medical Conditions (pull from respective tables).

1. Are you currently following any dietary restrictions or preferences?

* Pull options from the dietary\_restrictions table.

1. What is your daily caloric intake goal?

User inputs their calorie intake goal.

1. How many meals per day do you prefer to eat?

* Two (breakfast and dinner)
* Three times (breakfast, lunch, and dinner)
* Four times (breakfast, snack, lunch, and dinner)
* Five times (breakfast, lunch, dinner, and 2 snacks)

1. What is your preferred macronutrient ratio?

Discuss the ratio of carbohydrates, proteins, and fats.

Option for users unsure of their preferred ratio.

1. Are there any specific foods you'd like to exclude?

[food A] [food B] [Food C]

These will be random suggestions, and an “Other” box

1. Display multiple food options for selection.

Sections for “foods I want to include” and “foods I want to exclude”, with various options and an "other" section.

1. What is your typical daily schedule?

* Active: Busy with movement throughout the day.
* Moderately Active: Regular classes with some free time.
* Not Active: Flexible schedule, extended free time.

(Add these options to the database for retrieval).

1. Are there any supplements or products you're currently using or considering for weight loss?

User selects yes or no.

1. How hydrated do you stay throughout the day?

(Put some oprions)

1. How would you describe your body build

* Slender
* Medium Build
* Stocky
* Obese

1. What are your target zones?

* Arms
* Pecs
* Belly
* Legs
* Back

1. What best describes your experience with fitness?

* I have trouble gaining muscle or body fat
* I gain and lose weight without effort
* I gain weight easily but find it hard to lose

1. How long has it been since you were at your ideal weight?

* Less than 1 year
* 1-2 years
* More than 3 years
* Never

1. How often do you exercise?

* Almost every day.
* Several times per week
* Several times per month
* Never

1. Are you out of breath after walking up a flight of stairs?

* I'm so out of breath I can't talk.
* I'm somewhat out of breath but can talk
* I'm OK after one flight of stairs.
* I can easily walk up a few flights of stairs.

1. How often do you go for walks?

* Almost every day
* 3-4 times per week
* 1-2 times per week
* More like once a month

1. Do you struggle with any of the following

* Sensitive Back
* Sensitive Knees
* Neither

1. Which statement best describes your nutrition habits?

* My diet needs improvement.
* I have some healthy habits.
* I eat mostly healthy

1. Are you able to maintain your energy during the day?

* My energy levels do not fluctuate
* I drag before meals
* I feel sleepy after lunch

1. How much do you sleep per night on average?

* Less than 5 hours
* 5-6 hours
* 7-8 hours
* More than 8 hours

1. How tall are you?

\_\_\_ft \_\_inch

1. How heavy are you

\_\_\_\_ lbs

(Use these to calculate BMI)

1. Goal Weight?

\_\_\_\_ lbs

* Age will be calculated from the student’s details, since we will access their date of birth.

Inquire about water intake habits.

User inputs the amount of water consumed per day, with unit options (liters, gallons, etc.)

**Maintain a healthy Body**

(almost the same qurstionms)

The app will then generate a semester long meal plan while putting the dining dollars into consideration. Everyday, the user will have aspecific number of meals. So in the user\_meal\_plans table, these meals for the whole sem will be stored for that specific user.

I AS THE ADMIN WILL SEE ALL MEAL PLANS. BUT EACH USER WILL ONLY SEE THEIR MEALS.

Something to consider when doing or dieting algorithm

<https://www.nike.com/au/a/what-to-eat-for-peak-performance>