

## Project Initial Design - Jackson Stephens

### AI Nutrition Tracker Chatbot

What I want this project to be: I want to create a simple and user-friendly chatbot that will allow users to chat with an AI that helps to calculate calories based on factors such as activity levels, sex, goals, height, weight, and age. Additionally, users will be able to log data and progress day by day, and will be able to bring back those previous logs. The app will also safely store users data and sign in information.

This app will be built using the following:

- Streamlit - chatbot UI
- SQLite - local database
- Bcrypt - password hashing/protection
- Python - core programming language for logic, calculations, and database interactions

Initial ERD design:

- **Users**
  - user\_id (PK)
  - email (Unique, Not Null)
  - password (Hashed)
  - age
  - height
  - weight
  - sex
  - activity\_level

- goal
- **Daily Logs**
  - log\_id (PK)
  - user\_id (FK -> Users.user\_id)
  - date
  - weight
  - calories
  - protein
  - carbs
  - fat

System Design Sketch:

