# Group 2
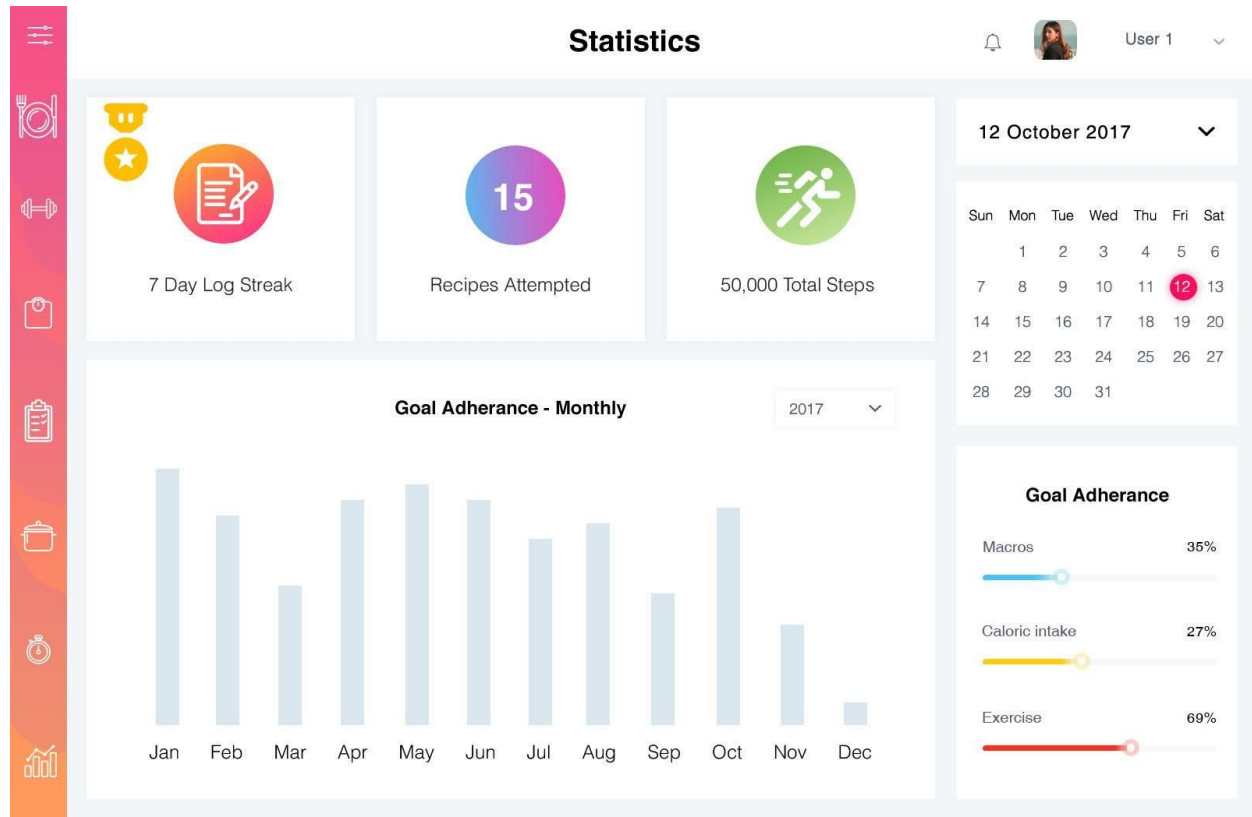## Gym and Nutrition Application

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- **Data Input Screen:**
    - On initial startup of application (I.E. when the user has never opened the app before and there is no data) , the user will be prompted to enter in basic information about themselves. After this is done for the first time, the user will not be prompted to input this information again and will be brought straight to the startup page
        - Basic information includes:
            - Weight
            - Height
            - Goals (Muscle gain, weight lose, or maintaining current weight)
            - Time span wished to achieve that goal
- There will be an option for multiple users to be added that can be switched to and check on the progress there.
- Data will be stored in an SQL table in order to save information for the user so when the app is reopened, everything is saved.

**Statistics**

User 1

| | 7 Day Log Streak | 15 Recipes Attempted | 50,000 Total Steps |

**12 October 2017**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| --- | --- | --- | --- | --- | --- | --- |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

**Goal Adherance - Monthly**          2017

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

**Goal Adherance**

| Macros | 35% |
| Caloric intake | 27% |
| Exercise | 69% |

- **Main Screen:**
    - Shows achievements made by the user
    - Calendar / Day which gives the user a easy way to log exercise / calories
    - Will be a projected graph of their current trajectory and the goal trajectory which will show the user if they are on track or not
    - In the main screen users are given an option to click any of the next features which will lead them to another screen:
        - 1st icon screen leads users to a calorie tracking feature
            - Running count of number of calories the user has logged and if they are under or over their goal for the day.
            - View will also break down into looking at their average calorie intake in a given time period (I.E. Week, Month, and Year)
            - Net calories (logging exercises increases this, logging food decreases)
        - 2nd icon screen leads users to a exercise tracking feature
            - Exercise section where user enters in exercises for the day and information on what type of exercise and the reps.

- App will use this information to estimate the number of calories burned
- 3rd Icon screen leads users to a feature tracks weight by measuring BMR/BMI
    - User logs weight over time and keeps the users progress.
    - BMR (basal metabolic rate) calculator to suggest daily net calories according to height, weight, & activity level

- 4th Icon screen leads users to a tracking micronutrients feature
    - Macronutrient tracker according to g or % (carbs, protein, fat)
    - View will also break down into looking at their average calorie intake in a given time period (I.E. Week, Month, and Year)
- 5th Icon screen leads users to a planning meals feature
    - Health section that will recommend healthy foods to eat to reach their goal
- 6th Icon leads the user to a stopwatch used for tracking exercises
- 7th Icon leads the user to a page where they can set their long / short term goals
- Data will be stored in an SQL table in order to save information for the user so when the app is reopened, everything is saved.
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