



Diet Support App - Project Overview

The **Diet Support App** is designed to help users maintain a healthy lifestyle by providing motivational quotes, inspirational videos, and a calorie calculator. The app offers practical guidance to encourage users to stay committed to their diet plans through inspirational content and personalized calorie recommendations.

Functionalities

1. User Registration & Login:

- **Function:** Allows users to create an account and log in.
- **Input:**
 - Name
 - Email
 - Password
 - Age
 - Gender

- Height
 - Weight
 - **Output:**
 - User is registered and redirected to the dashboard.
 - Success or error message on login (e.g., invalid credentials).
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2. Calorie Calculation:

- **Function:** Calculates the recommended daily calorie intake based on user data.
 - **Input:**
 - Age
 - Gender
 - Height
 - Weight
 - **Output:**
 - Displays the recommended daily calorie intake.
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3. View Motivational Quotes:

- **Function:** Displays a list of motivational quotes to encourage users.
 - **Input:**
 - No input is required from the user (the system fetches quotes automatically).
 - **Output:**
 - A list of motivational quotes, including content, author, and category.
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4. Watch Inspirational Videos:

- **Function:** Provides users with a collection of inspirational videos related to healthy living, fitness, and motivation.
 - **Input:**
 - No input is required from the user (system fetches videos automatically).
 - **Output:**
 - A list of inspirational videos with titles, URLs, and categories.
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5. Admin Management:

- **Function:** Admin manages users, motivational quotes, and inspirational videos.
 - **Input:**
 - Admin ID
 - Name
 - Email
 - Password
 - (Additional management actions like adding, editing, or deleting users, quotes, and videos)
 - **Output:**
 - Admin can successfully manage users and content (quotes and videos), with success or error messages for actions taken.
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User Flow

1. User Registration:

- The user registers by providing personal details (name, email, password, age, gender, height, weight).
 - Upon successful registration, the user logs in and is redirected to the dashboard.
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2. Dashboard:

- After logging in, the user is presented with options to:
 - Calculate daily calorie intake
 - View motivational quotes
 - Watch inspirational videos
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3. Calorie Calculation:

- The user inputs necessary information (age, gender, height, weight), and the system calculates and displays the recommended daily calorie intake.
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4. Motivational Quotes & Inspirational Videos:

- The user can view a list of motivational quotes and videos that inspire them to maintain a healthy lifestyle.
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Inputs & Outputs Overview

Function	Input	Output
User Registration & Login	Name, Email, Password, Age, Gender, Height, Weight	User is registered/logged in, Success/Error messages
Calorie Calculation	Age, Gender, Height, Weight	Recommended daily calorie intake
View Motivational Quotes	No input required	List of motivational quotes (content, author, category)
Watch Inspirational Videos	No input required	List of inspirational videos (title, URL, category)
Admin Management	Admin ID, Name, Email, Password (plus actions)	Admin manages content and users, Success/Error messages

This document provides a structured overview of the **Diet Support App**, outlining its core functionalities, input-output relationships, and user flow. It gives a clear understanding of how the app operates and supports users in maintaining a healthy lifestyle.