Application Requirements Specification

For

Personal Health and Diet Tracking App

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Purpose and Scope Statement

The purpose of this project is to create an application for the Personal Health and Diet Tracking Service based on Flutter. This application will include a login page and modules for personal health profile, dietary tracking, goal setting and progress tracking. The data will first be stored locally, Firebase will then be used in this project once its related design is configured and tested. Besides, the professional nutrition analysis, the integration with wearable devices, the physical activities monitoring, the social interaction services, and all payment related services are beyond the scope of this project.

Require Narrative

In this project, a Personal Health and Diet Tracking System will be developed to enable users to record their health information and track their daily diet.

Users can perform the following functions:

1. User login.
2. View personal health profile.
3. Calculate Body Mass Index (BMI)
4. Set up goal on weight control.
5. Calculate daily demand of calories and macronutrients.
6. Record daily food intake, including meals, snakes, and beverages.
7. Count daily calories and macronutrients gained for food.

Objectives

- Login Page

Health
Tracker

Hi !
Welcome

Username, Email or Phone Number

Password 👁

Log In

Don't have an account ? **Sign Up**

- Forgot Password

Health
Tracker

Oh, no !
I forgot

Enter your email, phone, or username and we'll send
you a link to change a new password

Username, Email or Phone Number

Forgot Password

Don't have an account ?   **Sign Up**

- Sign Up

Health Tracker

Hi !
Welcome

Let's create an account

Full Name

Username

Password   👁

Must contain a number and least of 6 characters

Confirm Password   👁

Must contain a number and least of 6 characters

Sign Up

Have an account ?   **Log In**

- Profile Page

Username

Account Seeting   **Profile**

Diet Record   ...

Remain (kcal)		Budget		Comsumed
1000	=	1600	−	600

Weight Record   ...

165 lbs

- Weight Tracking Page

My Weight Records

Expected to loss 1 lbs per week

Already Lost 5 lbs

Start	5 Days Achieved	Goal
180	·················	165

Weight Track Plot
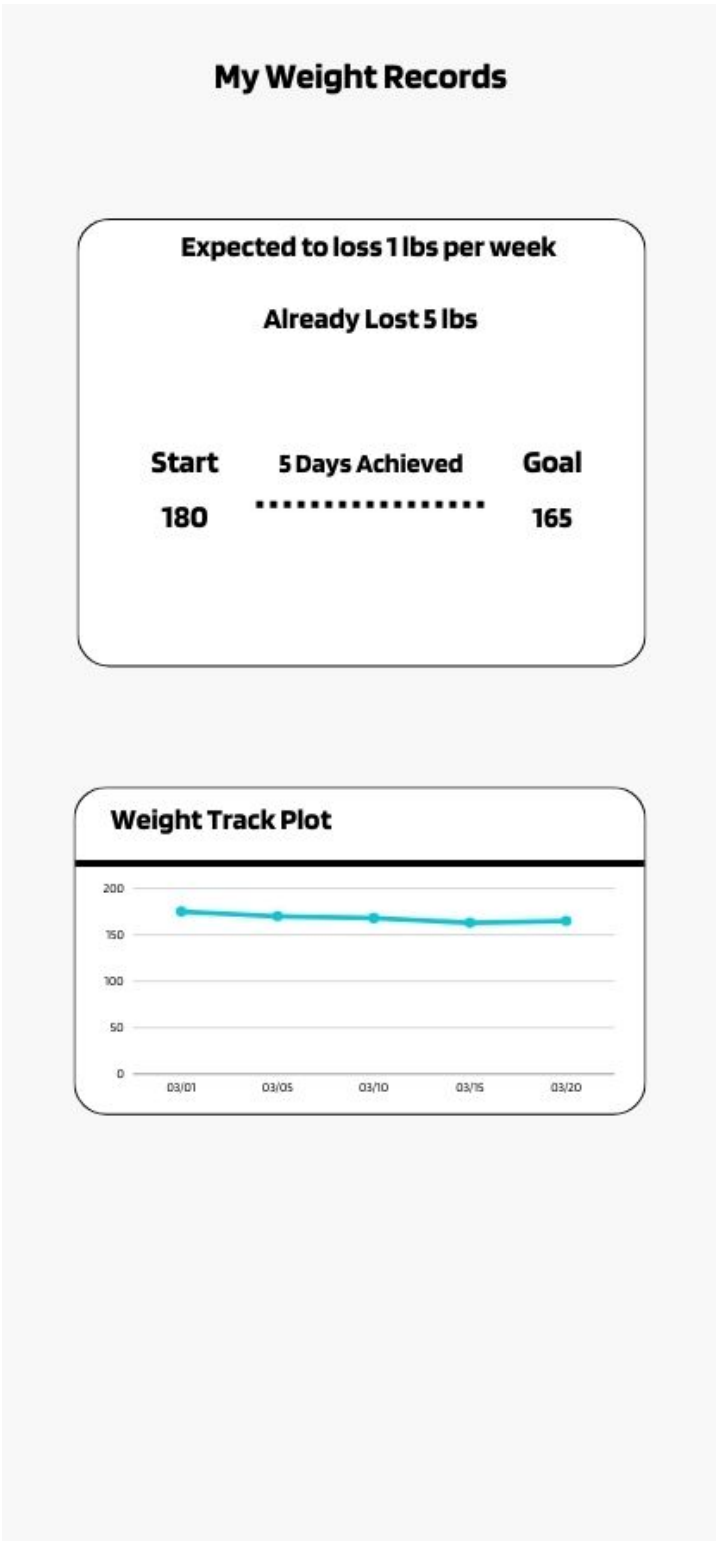
- Diet Tracking Page

Mon **Tue** **Wed** **Thu** **Fri** **Sat** **Sun**

Today

Comsumed	**Remain**	**Budget**
600	1000	1600

carbohydrate
0/200 g

protein
0/66 g

Fat
0/50 g

Breakfast ...

Lunch ...

Dinner ...