Problem Statement:

I wish there was a free app that tracked diet, as well as exercises for the user, with projected goals and targets to help the user stay at peak performance and health. There are many applications that catch a single or maybe multiple aspects of this idea, however, no free app exists that can track caloric intake, while being a workout journal, while also being able to set targets and goals For example: "If i wanted to gain ½ pounds a week of muscle for the next month, I would have to eat 2,900 calories with 180 grams of protein each day." Or, "If I can do 7 reps of 225 on barbell squat, then I should have the strength to do 285 for 1 rep on barbell squat."