Package proposal:

Obesity and overweight have become a worldwide problem, it has nearly tripled since 1975. Thus, we decide to develop a package called fitness which could track people’s daily calory consumptions and intakes, also provide an intuitive visualization of the change for weight and calory .it has two sub-packages, calory consumption and calory intake. The consumption package has two modules, info and plots. The info module has two classes, Records and KPI, in which KPI is the sub-class of Records; It has four major functions, display(), BMI().BMR() and totalcal(); plots modules only has one class called change and have different function for visualization