

Team 3- Team FAN

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Application Name (TBD): Fitness and Nutrition page

Application Description: A webpage that allows users to track workouts and nutrition. Dashboard has information on calories consumed, calories burned, and progress. The fitness tracker page would allow you to track workouts with name, sets, reps, weight. All of this information would be stored in a database so users could track their progress. Nutrition page would use api calls to pull data of meal macronutrients such as calories, protein, fat, etc. There will be sections for breakfast, lunch, dinner, snacks, and water. The bottom of the page will show Macro goals compared to calories consumed. We will also implement an explore page for recipes. The initial registration process will include username/password, as well as a form that asks for food restrictions/preferences. This form would use SQL to sort through recipes and give recommendations on the explore page.

Vision Statement: Empowering people to live healthier.

Communication Plan:

- The team will use a text group chat and phone calls/facetime to coordinate meetings and communicate. GitHub will be used to align work and make sure work is coordinated.

Meeting Plan:

- Weekly meeting every Tuesday 2:00 - 4:00 PM (In Person ECES 201)
- Weekly meeting with Corey every Monday 4:55 - 5:10 PM (Zoom)