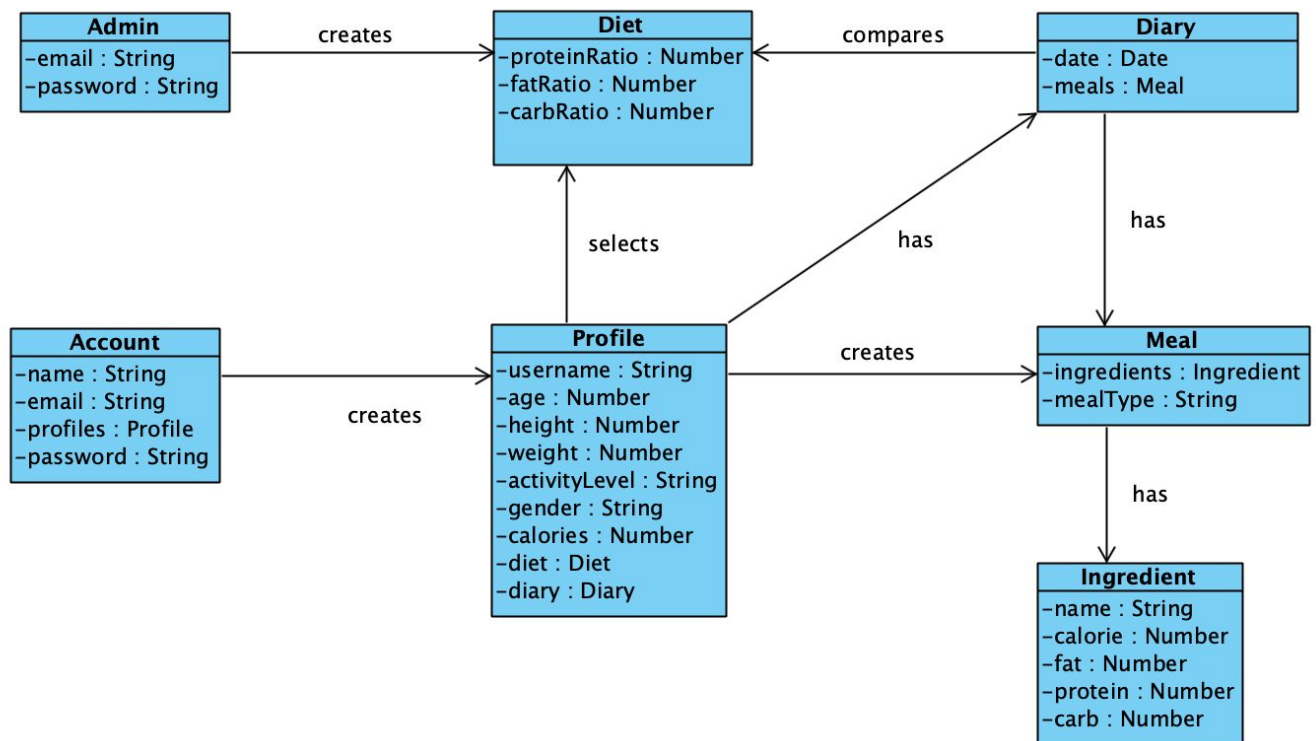


Macros Tracking App



The app is targeted to those who would not only like to track their calories but also focus on macronutrients. These may include body builders, athletes, families who want to focus on a balanced diet, etc.

The user will need to create an account and then a profile/s*. The user will need to fill out the necessary information (username, height, weight, activity level, age and gender) in their profile. The app will then show the maintenance calories (calories to consume to stay the same weight) calculated from the information entered in their profile and the user will then be prompted to enter in their desired calories to consume per day. Options of several preset macronutrient ratios will be offered to the user such as high protein, low carb high fat, recommended basic, etc, if it fits their needs or they may choose to customise the ratios themselves. Once the settings are completed, the user can then use the diary to start logging their meals categorised by meal times (breakfast, lunch, dinner, snack). If the user has leftover calories at the end of the day, the app can give the user suggestions on how to fill the rest of it while still fitting their macronutrients.

*Each account may create several profiles. There may be cases where a parent may want to ensure that their family is eating a balanced diet and wants to track their child's meals if they are too young to do so themselves. Or in another case, a caretaker, for instance, a person with a sibling of adult age who has a learning disability (e.g., ADHD or dyslexia where they may not be able to read or write well), may need to provide help on using the app by vocally relaying information between each other as the disabled person is unable to do that themselves. The caretaker could, out of convenience, also have a profile of their own under the same account without having to log on and off repeatedly throughout the day.