

# Nutrition Tracker

Since 2023

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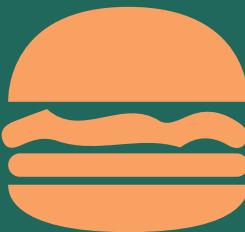
# *Tracking Calories?*

## Why?

- Maintain Weight
- How much you Consume
- Make Better Choices

# How?

INPUT:



DATA:

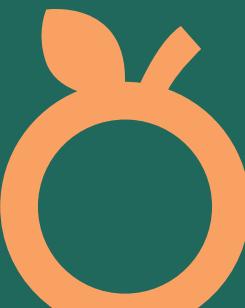


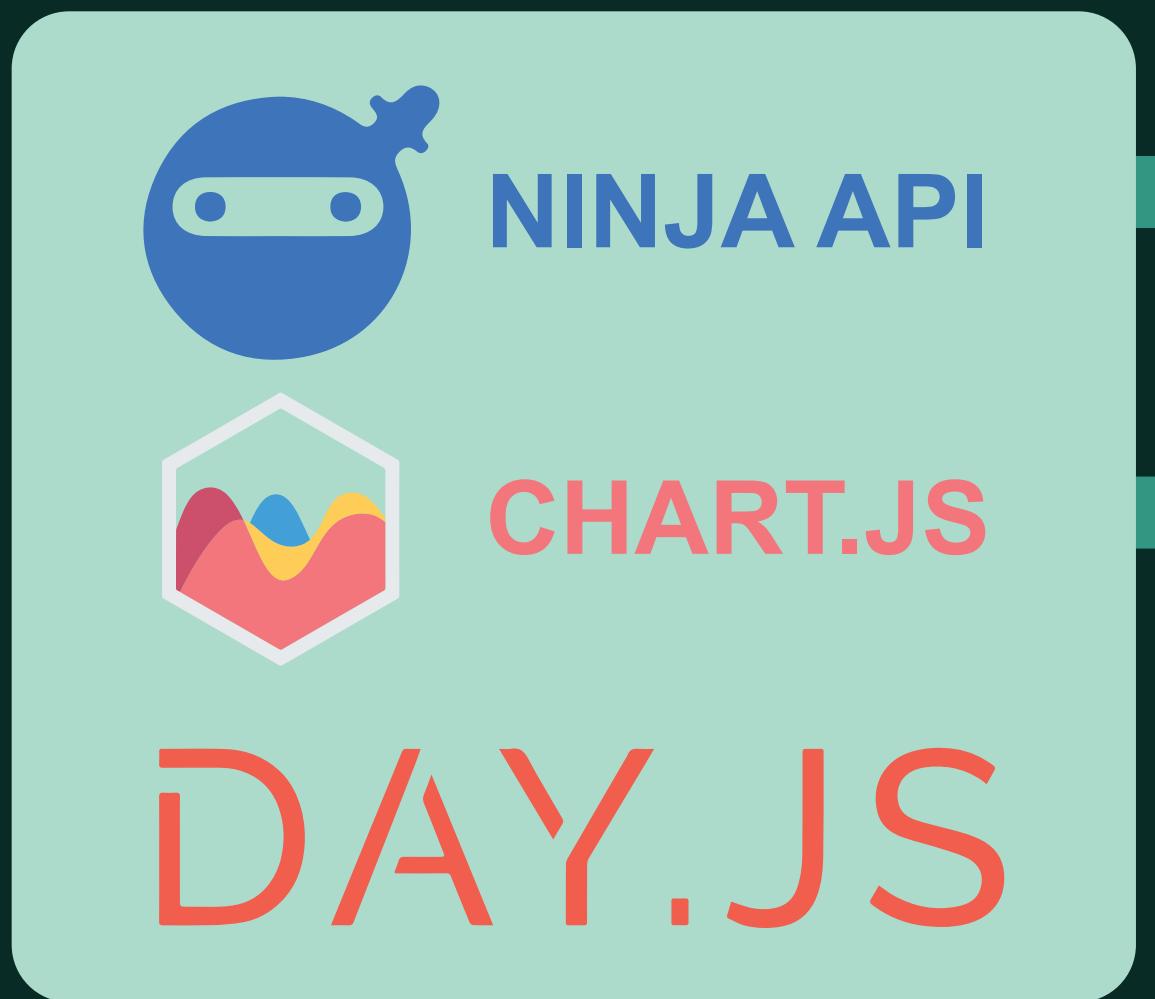
EXHIBIT:



# Work Flow



# Solution



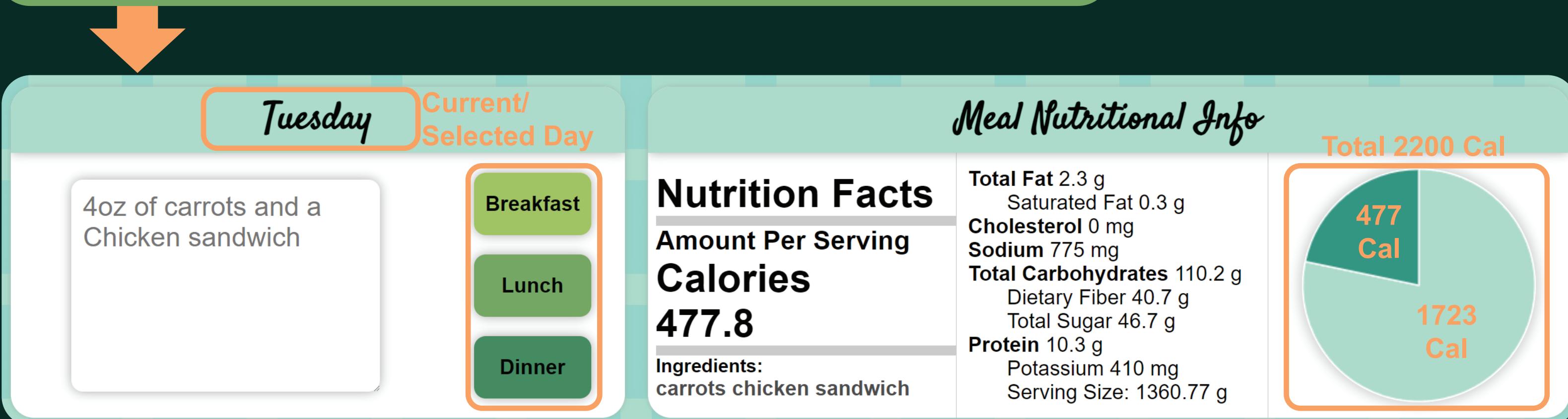
# Demo

GO TO SITE

# Input Meal Information:

Best to exact measurements for best results

ie. 16oz steak with 60g of potatoes,  
2 eggs with 3 bacon



## Return Nutrition Information:

Nutrition will update based on your input

Show the Calories and Nutritional Info

Display a Pie Chart of Meal Calories / Total Calories For the day

# Weekly Tracking Information:

Saves data to local Device & displays it for the week

Individual tracks the meal total for the day and the overall

Along with visual alert if you are taking in too many calories



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
B	L	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D
890	800	965	560	450	1256	550	350	850	360	150	1630	430	630	930	360	250	980	190	60	1530
Cal	Cal	Cal	Cal	Cal	Cal	Cal	Cal	Cal	Cal	Cal	Cal	Cal	Cal	Cal	Cal	Cal	Cal	Cal	Cal	Cal
Total			Total			Total			Total			Total			Total			Total		
2655 Cal			2266 Cal			1750 Cal			2140 Cal			1990 Cal			1590 Cal			1780 Cal		

## Visual Alert:

Under 2000 Calories:

Over 2000 Under 2400 Calories:

Over 2400 Calories:



## Chart Tracking Total Daily Calories:

Allows you to view your week visually  
Hovering will give you total for that day



## Extra Tools:

Select a day  
Clear Weeks Data





Select Day

Tuesday

4oz of carrots and a  
Chicken sandwich

Breakfast

Lunch

Dinner

## Nutrition Facts

Amount Per Serving

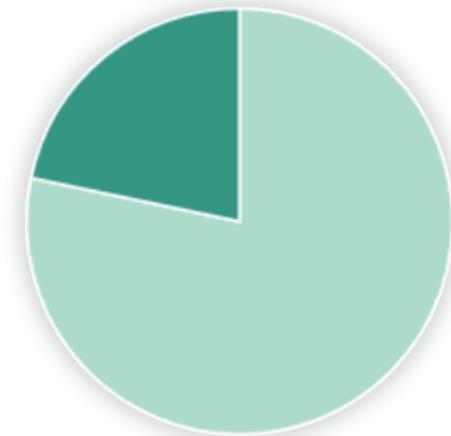
**Calories**

**477.8**

Ingredients:  
carrots chicken sandwich

## Meal Nutritional Info

Total Fat 2.3 g  
Saturated Fat 0.3 g  
**Cholesterol** 0 mg  
Sodium 775 mg  
**Total Carbohydrates** 110.2 g  
Dietary Fiber 40.7 g  
Total Sugar 46.7 g  
**Protein** 10.3 g  
Potassium 410 mg  
Serving Size: 1360.77 g



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