

Calorie Tracker and Weight Predictor

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Description of the Project idea

- For anyone that wants to lose or maintain their weight, our app will help users achieve their goals. It provides calorie tracking and food recommendations based on how much they need to eat. We will be working on the functionality and the ease of use by spending time on the general user experience, as we want the users to focus on their physical goals instead of figuring out how to use our product.
- Check Noom app for reference.
- Go with creating smaller database as a start.

Similar products in the market

- MyFitnessPal: It helps keeping a food diary that helps you to understand your eating habits and improving them. It has a big database for groceries and ingredients that helps to quickly scan barcodes and retrieve information about what you are buying. It also offers advice, tips, and support 24/7.
- Loselt!: It helps setting goals, track food with a barcode scanner, and in losing weight. It works around apps with other fitness products, such as smart scales, blood pressure monitors, tracks, and other health apps.
- Similar Other Apps: MyPlate Calorie Tracker, Water Drink Reminder, Noom Coach, Weight Watchers, iTrackBites.

Novelty of the project

- This application will help users watch their progress and have recommendations on what to eat based on how many calories they need to get in order to achieve their goals. It has different trackers (calories, water intake, and physical activities). It also provides a list of the doctors around the user so it helps them contact a healthcare professional in emergency cases or when they need help in general.
- Find one selling point that makes the app unique. For example diversity, or psychological factors.
- Use any APIs for activity tracking.

Stakeholders

- Seniors
- Adults
- Athletes
- Health Conscious people in general

Technologies

- React
- HTML
- CSS
- JavaScript
- VS Code
- Node
- Database
- Use Bootstraps or AdminLTE as these are simpler than React and could be better for this project from the learning perspective and time needed.

Datasets

- FoodDataCentral: By the U.S. Department of Agriculture, it provides expanded nutrient profile data and links to related agricultural and experimental research.
<https://fdc.nal.usda.gov/>
- The Canadian Nutrient File (CNF): By Health Canada; It is a comprehensive computerized bilingual database that reports up to 152 nutrients in over 5690 foods.
- Add multi-cuisine to database for diverse audience.