Calorie Tracker and Weight Predictor

Anukaran Kathuria
ID : 1158323
Lakehead University
Dept of Computer Sci.

Mehdi Lamouchi
ID : 0651354
Lakehead University
Dept of Computer Sci.

Tek Subedi
ID: 0869016
Lakehead University
Dept of Computer Sci.

INTRODUCTION

Our app aims to help users to maintain or lose their body weight and stay healthy. It provides calorie tracking and food recommendations based on how much they need to eat. In addition, it will make use of a database to keep records of different information such as personal information, calories intake, goals achieved, information about the foods with their calories details that helps users to make informed decisions. This app will also have information about doctors available locally. Users can track their history and are able to make changes in their plan to achieve their goals and stay healthy. It will have different scenes such as signup, login, a summary page, a list of doctors around, and many more related to food tracking and workout logs. We will be working on the functionality and the ease of use by spending more time on the general user experience and interface,as we want the users to focus on their physical goals instead of figuring out how to use our product.

Research

We had some brainstorming sessions and came up with the idea of creating this application. While discussing the project with the professor and teaching assistants, we got some feedback and suggestions and we added some to the project.

Novelty

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. The application will adjust the daily calorie intake based on the amount of calories burnt. In addition to all of the above, this app will target a larger audience by adding multicultural cuisine in the recommendations and additional features to add or remove extra food items not in the list.

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.

LoseIt!: 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.

Stakeholders

Seniors are one of the target users of this application. It is expected that the athletes will benefit the most using this app as maintaining their weight plays a vital role in their success. This app is equally beneficial for any other group of people who are health conscious and want to have tracking systems, recommendations, food options with calorie information and locally available doctors information so that they will have handy information if they need to contact doctors in need. Above mentioned groups are the main stakeholders of this app even if there are plenty of other possibilities as it is publicly available.

Tools/Technologies

We are going to use Bootstrap; a front end framework, HTML, CSS and JavaScripts. We plan

to use databases like SQL, MySql,.... for storing the necessary data such as sign up information, weight loss tracking information, foods information, ... etc. Addition to tools/Technologies might take place as we move forward based on the need to make our application more user friendly and to cover a wider user base.

Datasets

We are going to use FoodDataCentral by U.S. Department of Agriculture and The Canadian Nutrient File (CNF) by Health Canada and may use others as we move forward with real implementation.

Wireframe

Initially, the application will have the following and it might change to address the feedback to make it better.

Link to the complete prototype: https://xd.adobe.com/view/7a4c7620-e5b9-4b85-99b2-f92add8de86a-2f1f/

Github:https://github.com/TekSubedi/Advanced_Project

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