Project Title: *Bite Bright*

Team : yassmin Raafat   202201706
Pakinam Khaled   202202233
Sandy mohamed   202202034
Sama Reda   202202246

App Idea Description

Bite Bright *is a modern diet management mobile application designed to help users build* *healthy and sustainable eating habits* *through the* *80/20 principle* *— where* *80%* *of meals focus on nutritious, balanced foods, and* *20%* *allow for flexibility and enjoyment.*

Unlike traditional diet apps that emphasize calorie counting or strict restrictions, Bite Bright focuses on *mindful eating* *and* *emotional well-being**, helping users form a* *positive relationship with food**.*

The app combines *meal tracking**,* *emotional reflection**, and* *motivational feedback* *to guide users toward long-term health improvements while maintaining a balanced lifestyle.*

- *Target Users: Health-conscious individuals, students, fitness enthusiasts, and anyone seeking a sustainable, non-intrusive approach to improving their diet and emotional well-being.*
- *Key Use Cases (for the final app):*
  - *Log a Meal: A user quickly logs their lunch and tags it as "Nourishing" (80%) or "Flexible" (20%).*
  - *View Progress: A user checks their weekly dashboard to see if they are adhering to the 80/20 balance.*
  - *Get Insights: The app provides a gentle notification if the user's "Flexible" meals are consistently exceeding 20%, offering encouragement rather than criticism.*
  - *Reflect Emotionally: A user journals how a particular meal made them feel, building mindfulness.*

Phase	Focus	Key Features & Milestones
Phase 1 (Week 7)	*App Concept & Basic UI*	*- Set up Flutter project with a structured codebase.* *- Implement a bottom navigation bar.* *- Create 3 core screens: Home, Log Meal, and Profile.* *- Establish a consistent theme*
Phase 2	*Data Handling & Interactive UI*	*- Implement a simple database* *- Make the Log Meal screen functional: save meals with type (Nourishing/Flexible), date, and description.* *- Build a functional Progress Dashboard screen (replacing a placeholder).* *- Create charts to visualize the 80/20 weekly progress.* *- Add basic emotional reflection input (a text field or emoji selector).*

| Phase 3 | Advanced Features & Polish | - Implement Push Notifications (e.g., daily reminders to log meals).
- Add Social Engagement features (a simple community feed for sharing tips).
- Integrate with a Backend-as-a-Service (e.g., Firebase, Supabase) for user authentication and cloud sync.
- Finalize all UI/UX animations and transitions.
- Conduct testing and prepare for final submission. |