

Problem

Diet

Tracking Progress

Setup/Development

Target Market

Network

College students want to avoid the Freshman 15

Healthy recipes for students with access to kitchen

App provides different nutrition plans for users based on their goals

Give out new workout routines weekly

App is free of charge, or relatively cheap

Connect CarolinaCard to your account

Designed for freshmen on meal plans

Ability to schedule time at the gym through the app

Have an option for a live chat

How to keep students motivated?

Healthy snack ideas

Calendar for tracking and logging gym sessions?

Have a log for tracking what you have ate in a day

How are we going to make this app, through whom, how are apps made?

Desktop version?

Options for upperclassmen not on meal plans

App uses current location to identify which dining hall options are closest

App takes into account how many meal swipes you have left

Students may want to gain weight/muscle, maintain their current weight, or lose weight

Information about different diets

Students can input their personal info like height, weight, gender

Section for goal setting

University of South Carolina, Columbia campus - expand to other schools as well?

Compatible w/ iOS, Google, etc

Release an interest survey to see how many students would actually use the app

Have videos teaching workouts using equipment at the gym

Provides general healthy living information

What defines a "healthy" food?

Gives nutritional information about restaurants surrounding campus

Student goals can include gaining weight, losing weight, or just eating healthily

Push notifications to remind users to stay on track

Pair with the Health app on iPhones?

App is easy to understand

Nutritional information can be vague and inaccurate

Allergies, dietary restrictions, food preferences

App provides a daily log of macronutrients/calories

App can link with gyms on campus to help track your training and weight loss

Not too many features, keep it simple

Dining halls across campus have varied hours

Partner w/ student health center?

