**Problem statement**

What, why, when, who, where

Recently, it has been proven that health is very important for a human being and diet plays a vital role in one’s health. It is advised by numerous health organisations that everyone should to keep a track of their calorie intake to improve their diet and avoid junk.

We will use our application to help families improve their diet by inputting their meals every day.

**Problem setting**

We want every member of the family to stay aware of their diet, so they can stay fit and healthy in the long term. Every member will have their own username and password so only they have the access to their intake.

Water is also an important source of a healthy diet so we would remind the members to drink at least 8 glasses of water.

The program will be connected to a database that contains food items and the approximation of calories of the meal.

Every member will be saved using a Struc person containing the variables – age, height, weight and gender so the program can suggest the amount of calories required every day for each member.