# Product Requirements Document

## App Description

The application is a fitness tracking app designed to empower users in managing their nutrition, exercise, and sleep data. The primary features include the ability to log meals, track calories consumed, record calories burned through workouts, and potentially monitor sleep patterns.

## Minimum Viable Product (MVP)

### User Accounts

- Users can create accounts on the application, ensuring privacy and data security.
- Implement JWT authentication for enhanced security protocols.
- Users can only access and view their own fitness history; other users' data remains private.

### Meal Logging

- Users can log the foods they consume, allowing the app to track and calculate the total calories consumed.
- Meals can be broken down into individual food items for detailed tracking.

### Workout Tracking

- Users can log calories burned during workouts and specify the type of exercise performed, creating a history of their physical activities.

### Sleep Logging (Optional)

- The app may include a sleep tracker/logger to provide insight into users' sleep patterns.

## Database Schema

### Tables

Users: Store user profiles and account information.
Meals: Record meal data, including food items and calorie counts.
Food: Store information about individual food items.
Workout: Record workout data, including calories burned and exercise type.
Sleep: Optionally, log data related to sleep patterns.

# Potential Expansions

## Macronutrient Tracking

- Add the ability to track macronutrient intake, providing a detailed breakdown of a user's nutritional habits.

## Trend Tracking

- Offer trend tracking to give users insights into their long-term nutrition, exercise, and sleep history. This can help users identify patterns and make informed decisions.

# Typical User Experience

## Account Creation and Dashboard

User creates an account and is directed to a personalized dashboard.
On the dashboard, the user logs a meal, such as a cheeseburger and fries, and immediately sees the total calorie count for the food items.

## Returning User

Returning users log into their accounts.
They can access their previous entries, seeing the total calories and the food they've logged.
Users can log calories burned during exercise, and the dashboard displays the net calorie difference.
Reviewing the entry also shows the calories burned and the reported activity associated with the food consumption.

This reformatting provides a clearer structure to the Product Requirements Document, making it easier to understand and follow.