**Calories Calculator**

**Project Brief**

Calories Calculator is a console application, developed with C# .Net Framework, that allows the users to calculate their daily calories intake.

This practice will help them build healthy habits and lose weight.

**Objectif of the Project:**

The objective of the Calories Calculator is to design a workable console App that asks the users to enter the daily food consumption (food log) and the daily different activities (activity log). It will use SQLite to store and calculate the daily total calories.