

Description: A fitness app which takes inputs of users' nutrition and physical information, tracks users' physical activities, and gives user relevant and useful data

Decision: Fitness App (form)

Categories:

Upon Start:

- Choose between New or Current user, data is stored for current users

Choose category - Daily tracking vs Miscellaneous Calculators

1. Nutrition

Input: Height, Weight, Gender, BF%, activity level, steps, resting bpm

Output: Macronutrient/Cals for maintenance, cutting, bulking + adjustment for macro% (e.g. 15% fat 35% carb 50% protein), Weight gain/loss goals + time to achieve_; BMI; cals burned from steps; VO2 max

2. Lifts

Input: Amount Lifted, Reps performed

Output: Calculate 1-rep max, compare against dataset to determine percentile

3. Tracking/Progress

- Weight
- Lifts
- BF%

4. GUI

- Home screen with proposed login for existing users
- Different screens for user inputs
- Buttons and widgets for the calculations