

## The Calorie Calculator App

### Purpose of the Calorie Calculator App:

- The purpose of this app is to display to the user the average number of calories that are burned by your body daily. This number, often referred to as your TDEE (Total Daily Energy Expenditure) is calculated through different factors including: height, weight, age, and activity level. The reason it's important to know this information is because you need it to account for your diet. If your goal is not to change your body at all (i.e. maintaining your weight), then the initial display will be of most value to you. The "Calories burned daily" Label will show you exactly how many calories you need to eat in one day to maintain your weight, as that is how many calories a day your body is consuming regardless of how much you eat. If your goal is to lose weight, then you should direct your attention to the "Calories needed to lose weight" tab. The calculation is straight-forward, it's simply your maintenance calories - 500, if you eat that many calories in a day, you'll put yourself in a calorie deficit, and thus you will gradually start losing weight. If your goal is to gain weight, then you should focus on the "Calories needed to gain weight" tab. The calculation is simply your maintenance calories + 500, the inverse of the deficit calories.

### Usage of the Calorie Calculator App

- To use the app you must supply 5 different personal inputs, your gender, activity level, height (in inches), weight (in pounds), and age (in years). After you've supplied the app with those 5 unique inputs, you will be given a specific number that reflects how many calories your body consumes on a daily basis. Gender and Activity Level are selected from checkboxes. Depending on which checkbox you chose for each respective category your result will differ.

### Fundamentals and functionality of the Calorie Calculator App

- There are two functionality features about the app that I think are special enough to cover. The first being the checkbox feature. The checkboxes that I added to the app use a boolean to determine the final value, and I've made it so you can't select multiple at once. This feature allows the user to only select the presented selections for certain categories such as "Gender" and "Activity Level", as to reduce confusion for the user when compared to having them type it in a text box. The other key fundamental of the Calorie Calculator App is the calculation that it uses. The calculation differs for the first two selections presented, first it checks the gender, then it checks the activity level, and it makes the calculations based off of those responses.