The app I have chosen to make is a TDEE calculator. TDEE stands for Total Daily Energy Expenditure. This gives an estimate of how many calories you burn in a day. Knowing your TDEE allows you to maintain, lose, or gain weight. The calculator is takes certain factors to help get an estimated, but somewhat accurate, count of your calories based off certain aspects pertaining to:

* Sex (M or F)
* Weight
* Activity level
* TEF (thermogenic effect of food)
* BMR

Once you have these factors, you plug them into certain formulas, and you can get your TDEE. This app will be able to show this user’s info on their phone. This will make it easier for someone to conveniently have this right in their phone. This app will be able to target many people, but specifically people who are into fitness or just wanting to track their calories/macros. This will allow people to know how much food they are needing to eat daily. Aside from the main audience of targeting for fitness people, this could also be for the public if they want to find out how much they need to eat. Once people know how much they can eat, there will be a page to show examples of what types of food they can eat as well to help them achieve their custom macro nutrient goals. There will also be a map that can show different stores around their current location to see where they can go grocery shopping at. Below this shows the diagram of the general direction of how everything will be placed and the flow of the app.

Diagram

Description automatically generated