# Initial Proposal

## Draft Title

FFT- Food & Fitness Tracker

## Project Background

Over the last 6 months I have gained an increased interest in my personal health and wellbeing. To help me keep a record of what I am eating and what exercises I am doing on daily basis, I employ the use of several mobile applications, as I have not been able to find an app which will do the same job as all three apps. These applications are “Apple Health”, “MyFitnessPal” and “Nike Run Club”. The main issue that I have with using these three applications is that whilst each app does record different information, and each have their own advantages such exercise route tracking, calories eaten in day and projected weight loss. They are also inefficient due the amount of crossover information that is stored on each of the application such as the total number of steps taken in a day and calories burned. The second issue I have with these apps is the number of adverts that appear (i.e. MyFitnessPal and Nike Run Club) when they are used. The third and final problem with them is that the information breakdowns tend to be quite complex and therefore not very helpful to a normal user. This app would initially be used by myself and a few of my friends who have encountered similar issues.

Due to the above reasons, I desire to create an application that will keep track of my daily eating and fitness habits. The initial features for the proposed solution are:

* Login/Logout
* Exercise route tracking
* Daily Diet Entry
* Daily exercise entry (i.e. squats, free weight exercises, running)
* Step counter
* Nutritional breakdown of diet
* Exercise breakdown
* Weight entry

## Project Aim

My project aim is to create a cross-platform application that will allow the user to track their daily diet and exercise activities and provide a breakdown of the information in an easily interpreted graphical representation.

## Copyright, Intellectual Property Rights or Commercial Sensitivity

The only area of concern that I will need to ensure that I comply with, when creating the application would be data protection as set by the General Data Protection Regulation (GDPR) by the EU. This law requires me to ensure that all personal data and the privacy of EU citizens is protected.

## Hardware and Software

The only hardware necessary for me to create the app would be my own personal pc. As well as this at this stage of my initial project planning I am intending to create the application using C# programming language and the Xamarin software development tool. Also required will be the Xamarin.Essentials APIs which are download via NuGet. Xamarin.Essentials APIs is what will allow me to access native features (i.e. accelerometer, geocoding and geolocation) on both IOS and Android devices without having to write my own abstractions or finding an open source plugin that could be used. Therefore, a NuGet account will also be required to retrieve the appropriate API libraries. (Montemagno, 2018)

# References

Montemagno, J., 2018. *Xamarin.Essentials: Cross-Platform APIs for Mobile Apps.* [Online]   
Available at: https://blog.xamarin.com/xamarin-essentials-cross-platform-apis-mobile-apps/  
[Accessed 03 October 2018].