Cole Dombrowski

M7.11 - Team Deliverable

Sprint 2 Reflection

Cole Dombrowski, GitHub: CDUTK, Crack Those Macros

What you planned to do:

- Meal Suggestion Algorithm
    - As a user, I would like to input a fitness goal, so that I can receive a daily meal suggestion for weightloss
- Protein Research
    - As a developer, I need to know about healthy protein counts for gaining muscle
- Protein Algorithm Pre-Planning
    - As a developer, I need to create a skeleton of the algorithm in order to get into more detail
- Protein Algorithm
    - As a user, I would like to set muscle gain goals which correlate with protein intake.
- Team Logo
    - As a user, I would like to see a logo, so that I can identify with the application I am using

What you did not do:

- I completed all tasks assigned in this sprint and the tasks that carried over from the first sprint.

What problems you encountered:

- Overall, I didn't encounter any major issues. Small issues include:
    - Fixing the protein intake algorithm to be dynamic

    - Had to create another algorithm for the meal suggestions for it to be more dynamic

Issues completed:

- Protein Research
- Protein Algorithm Pre-Planning
- Protein Algorithm
- Team Logo

Files you worked on:

- backend/gain muscle
- backend/gain muscle/Layout.pdf
- backend/gain muscle/protein-intake-algorithm.py
- backend/meal reccomendation
- backend/meal reccomendation/Layout
- backend/meal reccomendation/meal-suggestion.py
- backend/meal reccomendation/mealsuggestionalgo2-dynamic.py
- Frontend/public
- Frontend/public/Logo
- frontend/public/Logo 2

What you accomplished:

1. Protein Algorithm Development:

    To determine healthy protein intake for muscle gain, I researched reliable sources, focusing on reputable health recommendation sites. This research considered factors such as desired muscle gain and current body weight, aligning with the project's scope. Following a consistent methodology, I developed a protein intake algorithm that dynamically populates based on user input via questionnaires.

2. Team Logos:

    In line with the University of Tennessee theme, I created two team logos: one featuring an orange and another depicting a fork and spoon. Both logos utilize

Tennessee Orange and are available in various sizes within the project repository for web integration.

3. Meal Suggestion Algorithm Improvement:

I further developed the meal suggestion algorithm to dynamically populate recommendations based on user-provided parameters and future database integration. Previously, the program relied on hardcoded suggestions. This new algorithm allows for tailored recommendations specific to the user's needs.