Sprint 2

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Crack Those Macros

What you planned to do

- Create a view to standardize nutrition facts by container or meal size, ensuring each row represents one container or meal.
- Develop separate database views for breakfast, lunch, and dinner.
- Establish database views to monitor nutrition goals by user.
- Design database tables and views to log the meals selected by each user.
- Implement a database view to track daily nutrition totals for each user.

What you did not do

- Failed to refactor algorithms to connect to the database using environment variables; credentials were hardcoded instead.
- Did not create a Python method to insert user goals into the database, relied on a hardcoded table.

What problems you encountered

- Faced challenges in understanding the application logic behind determining caloric and protein goals, which were developed by other team members.
- Encountered repetitive and duplicative efforts while integrating the weight loss/gain algorithms into the database due to multiple iterations of modifications.

Issues you worked on

- None

Files you worked on

- \backend\database\DB_INSERT_20240716.py

- \backend\database\Meal Views
- \backend\database\UserLog.txt
- \backend\database\v_All_Food_Standardized
- \backend\database\v_DailyNutritionSummary
- \backend\database\v_UserGoals.txt
- \backend\database\v_UserLogFoodDetails.txt
- \backend\meal reccomendation\mealsuggestionalgo2-dynamic.py
- \backend\addMeal.py
- \backend\proteinIntakeAlgorithm.py

What you accomplished

During this sprint, I implemented several key enhancements. I created a database view to standardize nutrition facts by meal size, ensuring each row represents a container or meal for consistency across the app. Additionally, I developed and integrated separate database views for breakfast, lunch, and dinner into the meal recommendation algorithms for muscle gain and weight management, a task that was not planned for this sprint. This integration facilitates meal-specific recommendations that are tailored to the user's fitness goals. I also set up a new view to track users' nutrition goals dynamically, enhancing goal management, and designed tables and views to log user-selected meals, enhancing personalization and engagement. Lastly, I introduced a daily nutrition summary view that aggregates nutritional intake, offering users a comprehensive overview against their dietary goals.