Cole Dombrowski

M5.12 - Team Deliverable

Sprint 1 Reflection

Cole Dombrowski, GitHub: CDUTK, Crack Those Macros

What you planned to do:

- Link User object to DB
    - As a user, I would like a profile, so that all my information is stored
- Calorie Research
    - As a developer, I need to know about healthy calorie counts for losing or gaining weight
- Calorie Algorithm
    - As a user, I would like to input a fitness goal, so that I can receive a daily meal suggestion for weightloss
- Dashboard Creation 1
    - As a user, I would like a page where I can view all of my health statistics at once as an overview

What you did not do:

- Did not fully complete the algorithm
- Link User object to database
- Dashboard creation

What problems you encountered:

- Didn't anticipate how much work would come from making the algorithm
- Choice handling in the algorithm
- Errors that would come from user inputs being "out of range"
- Defining scope
    - Later to be figured out

Issues completed:

- Completed research on calories/healthy amounts for weight loss/gain for the input to the algorithm
- Completed the framework for the algorithm

Files you worked on:

- backend/mealalgorithm/coledombrowski-p1.pdf
- backend/mealalgorithm/mealsuggalgo.py

What you accomplished:

- *"Completed research on calories/healthy amounts for weight loss/gain for the input to the algorithm"*

  To develop the algorithm for recommending calorie counts for weight loss or gain, I need to understand the healthy calorie ranges. I have researched and compiled a document with this information. The calculations are based on a 2000-calorie diet for individuals weighing up to 300 pounds, excluding snacks. The algorithm allows for an average of 300 extra calories daily for snacks, which can be integrated later if needed.

- *"Completed the framework for the algorithm"*

  I have designed the core of the algorithm to utilize calorie research and provide recommendations based on factors such as weight, health goals, and meals. This algorithm serves as a robust framework for decision-making when the program needs to offer recommendations based on user input. Currently, the factors are hardcoded but will become more dynamic once the food database is operational

and connected. I have included placeholders for 123 meals, which are suggested based on the user's provided information.