**Statement of Scope**

**Problem Definition**

For this capstone, I am planning to design a system for myself. Recently I realized that keep a healthy schedule is hard. So, I am planning to design a system to help me control my weight, track sleeping time and daily diet. The system should be able to tract my weight changes and sleeping time. It also should be able to calculate the food calories. I haven’t worked on this project before, but I am always trying to visualize my schedule to keep a healthy lifestyle. I am going to visualize my weight changes and sleeping cycle and calculate calories with automation. Furthermore, I am planning to make a summary table to show the maximum weight changes, average sleeping hours, and other useful information. Since I do not have the calories data for food, I would collect data from website, restaurant menu, and some other calorie calculators. I think the biggest issue is database for food calories. But if I can continuously add new data, the system will have enough data to use. This system is successful if the dashboard can show me the change of weight and sleeping hours, and even daily nutritional intake.

**Scope**

There should be a dashboard that I am able to record the sleeping time, today’s weight, and today’s food. And then on the weight sheet, I should be able to enter my target weight, and the graph of weight changes. On the calorie sheet, I should be able to see what I ate today and the nutrition facts. it also shows me the total calories and calories intake advice. On the sleeping sheet, it should visualize my sleeping hours and analyze sleep status based on heart rate. On the sport sheet, I should be able to record my calorie consumption and heart rate during exercise. Also, it should be able to export a text file as printable report.

**System Requirement**

The Access database is used to record food calories and all results and inputs of this project. It should be able to edit the data recorded previously. It is mainly used to store, sort, and filter data. Excel is used as the dashboard in this project. It should be able to record the input and visualize the data. Word can be used to exporting report and print report. Outlook can be used to send report to other people.

**Addition Information**

Currently I am able to record food calories into calories database as many as possible. I can use my Apple Watch to record my sleeping data and heart rate. I should collect as much as information I need currently. I should start to learn how to make a useful health report and know what else information do I need or calculate.