The Java Counters

User and Implementation Manual

The Java Counter app is designed to better the fitness of the people. As nowadays people don't keep track of what they eat and how much they eat, it is necessary to have something telling you how much calories you should intake. The app tells you how much calorie intake you should have per day.

- It gives personalized Calories intake for every individual.
- The app provides all the data based on the individuals need.
- It takes in your: 1. Age

                      2. Gender

                      3. Height

                      4. Weight

                      5. Amount of intake you want like low, medium, high

And it returns the personalized Calories intake you should have per day based on the individual's attributes.