Basic Functionality

1. Provide messaging between user and dietitian/trainer to have a conversation about problem and provide feedback.

2. Ability to choose dietitian/trainer based on their profile, rating.

3. Ability to choose predefined plans based on survey input (health condition) or create custom plan.

4. Ability for User to update action of plan when completed.

5. Track progress of plan for self assessment. visualize progress. dietitian can also provide feedback based on progress.

6. Ability to get reminders about plan actions.

7. Ability to share plan.

8. Ability to rate a plan, dietitian/trainer.

Some more details

1. The user who is struggling to lose weight or any other symptom, and the experts (dieticians) should be user of the proposed system
2. User to create profile

First Name:

Last Name:

Email:

Username:

Password:

Birth Date:

Height: ft/in/cm

Weight: lbs or kg

Postal Code: US & Canada Only

Gender: Male/Female

The same user can be both expert and normal user, but still we need a field or category for the user so that he/she can be part of expert list.

1. Habit List
   1. Running
   2. Eating Fast Food
   3. Smoking
   4. Eating Vegetable
   5. Eating Fruit
   6. Drinking Plenty of Water
   7. Drinking Milk
   8. Drinking Soda
   9. Taking Vitamins
   10. Cardio Workout
   11. Weight Lifting
   12. Cycling
   13. Power Walking
   14. Meditation
   15. Yoga
   16. Flossing
   17. Playing with Kids
   18. Spending Time with Family
   19. Late night Snacking
   20. Too much video/monitor watching
2. Symptom
   1. Head and Neck
      1. Memory Loss
      2. Hair Loss
      3. Headache
   2. Arm and Hand
      1. Nail Problem
      2. Wrist Pain

And so on…..

1. User can have symptom and general habit list
   1. Can also have habit part of the plan specific for the symptom
2. User email to the expert about the symptom and the expert can see what he/she is doing as general habit or symptom specific action (habit). The expert can then recommend.
3. User can rank his daily update as done, partially done, incomplete for each habit.
   1. This will help to generate trend and visualization chart for the user
   2. Bad habit trend for users in the system