* Home page
  + ~~Add “get started” BUTTON~~
* Calories page
  + ~~Add checks & validation for all fields (age not >100 <18 etc)~~
  + ~~Add comma to calories output display~~
  + ~~Add proceed to step 2 button~~
* Macros page
  + ~~Add pie chart~~
  + ~~Radio button for 3x macro options~~
    - ~~Standard~~
    - ~~High protein~~
    - ~~Low carb~~
  + ~~Add context about each option~~
  + ~~Add output box~~
    - ~~When user selects option 1 -3 they are shown~~
      * ~~Macro calories grams~~
      * ~~Protein xxx xxx~~
      * ~~Carbs ccc ccc~~
      * ~~Fat RRR RRR~~
      * ~~Total ssss ssss~~
  + ~~Add proceed to step 3 box~~
* Meal Generator page
  + ~~Step 1 - Carry forward calories from local storage~~
  + ~~Step 2 - Add split % per meal template~~
  + ~~Step 3 – allocate calories across macros & meals in 3x3 grid/array~~
  + ~~Step 4 – develop index of foods – p/c/f with calories per gram of each~~
  + ~~Step 5 – user ticks boxes for which foods they can eat~~
  + ~~Step 6 – fill calories per macro per meal with random foods from step 5 array (grams & calories)~~

Overall stuff

* ~~Add window/modal pop ups~~
* ~~Add sticky header~~
* ~~Fix footer positioning~~
* ~~Improve formulas~~
  + ~~Functions~~
  + ~~Loops~~
  + ~~Ifs~~
* ~~Understand data structures~~
  + ~~Objects~~
  + ~~Arrays~~
  + ~~Properties~~
  + ~~Keys~~

**To Do List**

* ~~Responsiveness – macros page~~
* ~~Current page highlighter for nav bar~~
* ~~First page – Vertically center content~~
* ~~Footer - shrink~~
* ~~Second page – Vertically center content~~
* ~~Make “PDCT” boxes appear on 2. Calories & 3. Macros pages~~

Checks / Controls

* Home page
  + ~~Clear local storage when visited~~
* Calories page
  + ~~Ensure they can’t click “Calculate” with empty data in fields above~~
  + ~~Upper & lower limits on age~~
  + ~~Upper & lower limits on weight & height~~
* Macros page
  + ~~Warning message if they click “Import” when local storage is empty~~
* Mealplans Page
  + ~~Add a total-total to meal section @ very end of final page~~
  + ~~Don’t allow it calculate meal plans without data being populated on previous page~~

**Readme**

**UX Planes**

* ~~Strategy – Context on product objectives~~
* ~~Scope – Build out completely~~
* ~~Structure – substantially completed~~
* ~~Skeleton – Wireframes are done / refine & publish~~
* ~~Surface – complete color scheme, typography & imagery~~

**Features**

* ~~Header~~
* ~~Footer~~
* ~~Nav Bar~~
* ~~Titles~~
* ~~Buttons~~

**~~Features left to implement~~**

* ~~Lose/Gain/Maintain weight slider for PDCT~~
* ~~Pie Chart to display macros~~
* ~~Download to CSV for meal plans~~

**~~Testing~~**

* ~~Generic Testing~~
* ~~HTML~~ 
  + ~~Home~~
  + ~~Calories~~
  + ~~Macros~~
  + ~~Mealplans~~
* ~~CSS~~
  + ~~Home~~
  + ~~Calories~~
  + ~~Macros~~
  + ~~Mealplans~~
* ~~Javascript~~
  + ~~Home~~
  + ~~Calories~~
  + ~~Macros~~
  + ~~Mealplans~~
* ~~Accessibility / Lighthouse~~
  + ~~Home~~
  + ~~Calories~~
  + ~~Macros~~
  + ~~Mealplans~~

**~~Bugs~~**

* ~~Resolved~~
* ~~Unresolved~~

**~~Deployment~~**

**~~Credits~~**

* ~~Content~~
* ~~Media~~

**Final To-Do’s:**

* ~~Modals instead of alerts~~
  + ~~Update from w3c schools link~~
* ~~Don’t allow proceeding past calories.html until PDCT is calculated~~
  + ~~If localStorage exists then allow proceed~~
* ~~When someone first visits the site – hide the nav links to both macros & meals pages~~
  + ~~When they populate the calories form, then localstorage will contain a PDCT entry~~
  + ~~Check if LS exists -> then show macro mix on nav bar~~
  + ~~Delete pages 3 & 4 when on Home page~~
  + ~~Hide 3 & 4 when on calories page~~ 
    - ~~until local storage is populated, then show the “next” button~~
* ~~Conditional check -> if LS macro exists~~
* Also - Add local storage for [age, weight, height etc] when a “change” event happens on the fields (via event listener)
* ~~On the “calc my PDCT” click event~~
* ~~Possibly use spans instead of modals to displace into alerts~~
* Use padding instead of nbsp’s for title boxes

**Final updates**

* Final scrub of readme
  + ~~Update screenshots of browsers~~
  + ~~Update screenshots of devices~~
  + ~~Add features for modals~~
  + ~~Credits for modals~~
  + Re-validate:
    - HTML
    - CSS
    - JS
  + ~~Attach word doc as example of planner approach – to be KanBan boards in future projects~~
* Coding
  + Add localstorage for age, weight, height, gender, activity-level
  + ~~Add modal/error check to hide “Generate” button unless at least 1 food is selected~~
  + ~~Fix bug in generator where last food in array is never chosen by randomised function~~
* ~~Features left to implement~~
  + ~~Allow user weight their own meal allocations~~
    - ~~Hide button until they have it totalling 100%~~
* Re-comment & re-format:
  + HTML
  + JS
  + CSS
* Post to peer reviews section for EOD Thurs