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Weight loss/gain Problem Statement

## **Problem Statement:**

People often struggle to consistently monitor their weight trends and determine whether they need to adjust their caloric intake. Depending on personal goals, it can be challenging to track weight changes over time and make informed decisions about whether to pursue a caloric surplus or deficit to achieve or maintain a target weight.

## **Who is experiencing the problem:**

People who struggle with tracking weight gain/loss, specifically college students who are trying to balance a life of studying, working out, and eating a balanced diet.

## **What is the problem?**

Many students (especially freshman) are introduced to a world of unlimited food. Because of that, some gain an exponential amount of weight, while some lose a lot of weight, causing added stress to students. Not many younger students are aware of how they can specifically track healthy habits.

## **Where does the problem present itself?**

The problem is a common occurrence among freshmen in college. For example, the majority of freshmen are living independently for the first time, which causes them to make a lot of decisions for themselves. Many of those decisions they just don't know the answer to.

## **Why does it matter?**

Weight gain and loss is the root of a lot of stress for students, and unfortunately many kids are unaware how to manage their calories that come in and out. Healthy habits will help develop students to reach their full potential, and a tracker that helps keep students in check of their weight gain/loss will help motivate them to succeed.