

Getting the most suitable nutrition and workout plan

مرشد التغذية

(Nutrition Guide)

Project Id: CS-30

توقيع المشرف :

OUTLINE

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What is nutrition, and why does it matter?

Nutrition is the study of how food and drink affect our bodies with special regard to the essential nutrients necessary to support human health. It looks at the physiological and biochemical processes involved in nourishment and how substances in food provide energy or are converted into body tissues. These nutrients, which are the source of energy for our bodies, are classed as: carbohydrates, fats, fiber, minerals, proteins, vitamins and water. Good nutrition means obtaining the right amount of nutrients from healthy foods in the right combinations. Health is also affected by the activities of body so, workout is essential for a healthy and flexible body.

The problem definition.

Getting a suitable diet and workout plan can be quite challenging due to people having different goals and bodies, the project will be a guide to what and when to eat, it will walk with the client through every step of improving his or her health.

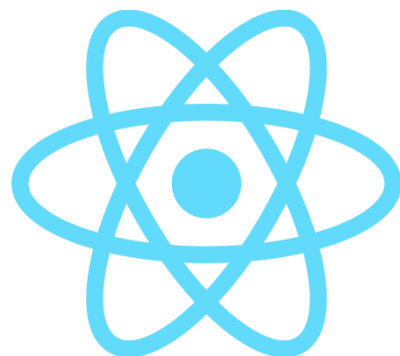
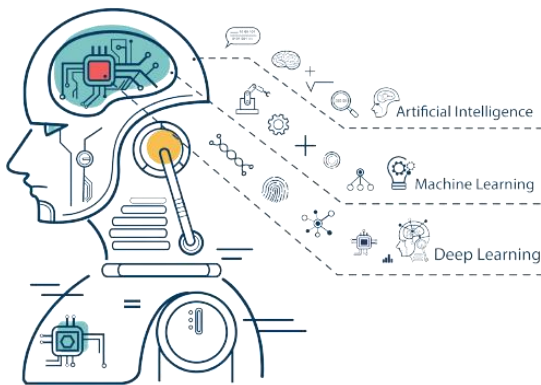
The objectives of the project.

To achieve an effective nutrition and workout plan based on client's goal by calculating calories needed to get him to that goal.

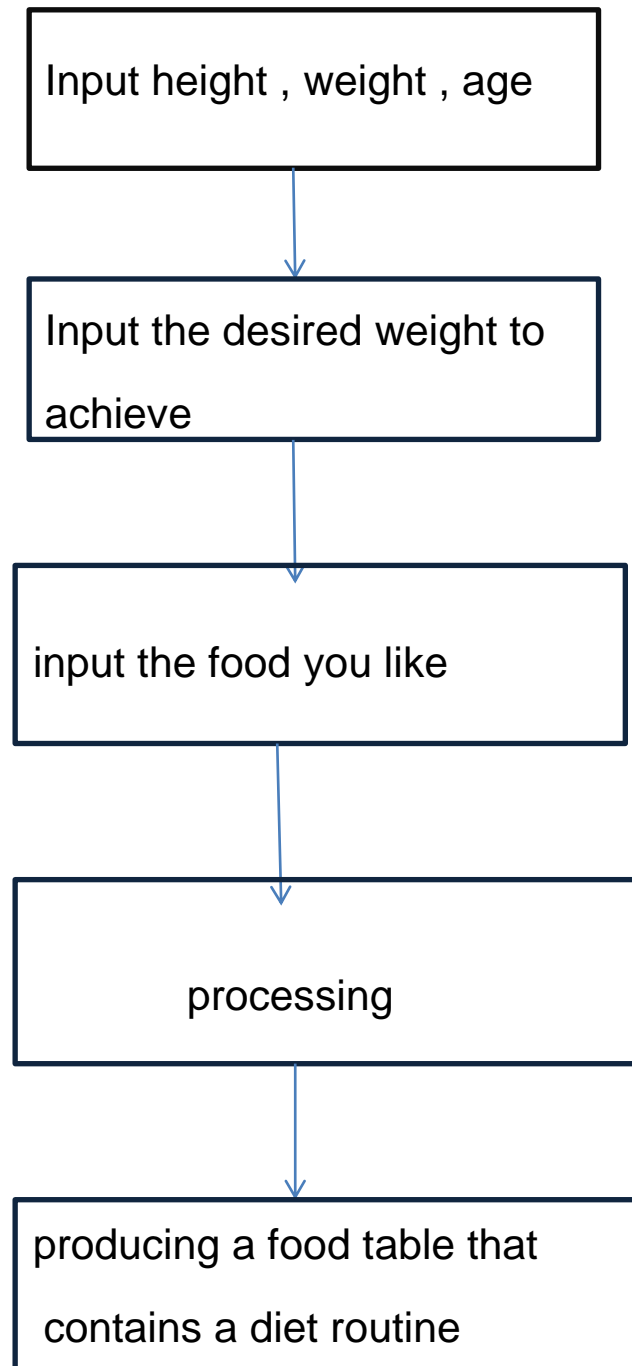
So, the objectives will be:

1. Getting client's weight, height and age.
2. Calculating the best weight according to client's height and age.
3. Comparing it to client's weight and setting a goal whether to lose or gain weight.
4. Producing a nutrition and workout plan to help the client to reach the goal.

The Methodology.



Architecture Diagram



Business model

key partners Gym diet clinics	Key activities producing a diet routine with suitable food	value proposition low monthly subscription producing a suitable diet table easy to use	customer relations via website and mobile app	custom segment people who want to lose weight or have a healthy diet routine any clinical center for diet
	key resource financial resources to develop any update		channels for marketing via social media like facebook and youtube	
Cost structure Salaries			revenue streams Ads on the website or the application	

Time Plan.

stage	Completion date
planning	[Approx. 15th Sep]
Requirement Analysis	[Approx. 1st Dec]
Design and Prototyping	[Approx. 15st Jan]
Software Development	[Approx. 15st Mar]
Software Testing	[Approx. 1st Apr]
Operations and Management	[Approx. 15st Apr]