# **Calorie Tracker**

The Calorie Tracker consists of four main features: the **Homescreen**, the **Food Input** page, the **Exercise Tracker** page, and the **Goals** page. The **Homescreen** contains buttons that redirect the user to the other pages while also displaying graphs that reflect the activity of the user and a user net calorie total. The **Food Input** page is where the user can input what they have eaten which will then be converted into calories consumed and displayed as part of the net calories on the Homescreen. The **Exercise Tracker** page is where the user can input the type and duration of an exercise which will then be converted into calories burned and displayed as part of the net calories on the Homescreen. The **Goals** page is where the user can update their information and fitness goals, displaying a message when the user has reached their current goal. All of these features work to create an app that uses small goals and reminders to motivate users to live a healthier life.

## **Getting Started**

These instructions will get you a copy of the project up and running on your local machine for development and testing purposes. See deployment for notes on how to deploy the project on a live system.

### **Prerequisites**

What things you need to install the software and how to install them

### **How To Use**

A step by step series of examples that tell you how to get a development env running

Say what the step will be

And repeat

End with an example of getting some data out of the system or using it for a little demo

Once a user is logged in, the user clicks on the Calorie Tracker option. This leads them to our Homescreen.

The Homescreen displays the user’s calorie intake for the day at the top of the screen and displays graphs as the bottom of the screen to show the user’s activity. In the middle of the screen, there is an Input Food button, an Input Exercise button, and an Input Goals button.

If the user presses the Input Food option, the user will be directed to a page that contains two search bars. The user can search for the food they consumed by using the food name or the UPC Barcode Number. Once they have found the correct food item, the user can specify the quantity consumed. The calories are then calculated and added to the Calorie Tracker.

If the user presses the Input Exercise button, the user will be directed to a menu-style page with exercise options. Once the user selects the exercise type, they will be prompted to enter the duration of the exercise and the date the exercise was completed. The information will be used to calculate the number of calories burned during the workout, and this information along with the date completed will be submitted to the database.

If the user presses the Input Goals button, the user will be directed to a similar page as the Exercise page, but with prompts about the user’s goals. They will be allowed to input their gender, weight, goal--either gaining or losing weight, and their desired amount of pounds to gain or lose. Once the user submits this information, it will be sent to the database. When the user updates this information, if the user meets their goal, they will be prompted with an alert that they met their goal.

\*Note: When inputting data, the user will have to press the button twice for the information to send to the database. This is due to the setState not changing on time.

## **Running the tests**

Unit tests and Integration tests can be found in the Tests folder.

## **Deployment**

Add additional notes about how to deploy this on a live system

## **Built With**

* [Snack Expo](https://snack.expo.io/) - React Native online editor
* JavaScript
* Edamam API
* Google Firebase Database

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