

SRS Document
on
Mobile Application For Diet Recall

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in
Computer Science



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CHAPTER 1: INTRODUCTION

1.1 Purpose

The purpose of this document is to outline the requirements for the development of a mobile application designed to facilitate diet recall, management and workout planning. The application aims to provide users with features such as diet tracking, nutrient analysis, goal setting, workout planning, reminders, meal recommendations, and user support.

1.2 Scope

This mobile application, titled "Diet Recall Pro," will allow users to monitor their dietary intake, analyze nutrient consumption, set and track goals, plan workouts, receive reminders and notifications, access meal recommendations, and utilize a recipe database. The application will cater to individuals seeking to maintain a healthy lifestyle and manage their dietary habits effectively.

1.3 Development Cost

The development cost is being covered by the team members, and the project is undertaken as part of academic learning with no financial expenditure. Highlighting that the development is done voluntarily by the students for educational purposes will communicate that no external funds are allocated for the project but publishing an app on the Google Play Store typically requires a one-time registration fee of \$25.

CHAPTER 2: OVERALL DESCRIPTION

2.1 Product Perspective

The mobile application will serve as a standalone system accessible on various mobile platforms (iOS and Android). It will interact with users through an intuitive user interface, offering features to track dietary intake, set goals, plan workouts, and receive reminders.

2.2 Product Features

The key features of the application include:

Diet Tracking: Users can log their daily dietary intake, including meals, snacks, and beverages.

Nutrient Analysis: The application will analyze the nutrient content of consumed items and provide insights into users' dietary patterns.

Reminder and Notification System: Users can set reminders for meals, water intake, and workouts, and receive notifications accordingly.

Goal Setting and Tracking: Users can set personalized dietary and fitness goals, track their progress, and receive feedback.

Workout Planning: Users can access workout plans tailored to their fitness goals and preferences.

User Support and Guidance: The application will offer user support through FAQs, tutorials, and personalized assistance.

Meal Recommendations: Based on users' dietary preferences and goals, the application will suggest meal options and recipes.

Recipe Database: Users can explore a database of healthy recipes and save their favorites for future reference.

CHAPTER 3: SPECIFIC REQUIREMENTS

3.1 FUNCTIONAL REQUIREMENTS

3.1.1 Diet Tracking

Users should be able to log their meals, snacks, and beverages consumed throughout the day.

The application should allow users to input details such as meal type, portion size, and nutritional content.

Users should have the option to search for food items from a pre-existing database or manually enter custom food items.

3.1.2 Nutrient Analysis

The application will analyze the nutrient content of logged food items, including macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins, minerals).

Users can view summaries and charts illustrating their nutrient intake over time.

3.1.3 Reminder and Notification System

The application should send reminders and notifications to users at specified times to log their meals, follow their workout plans, and achieve their dietary goals.

Users should have the ability to customize the frequency and timing of reminders according to their preferences.

3.1.4 Goal Setting and Tracking

Users should be able to set personalized dietary goals, including calorie intake, macronutrient distribution, and weight management targets.

The application should provide visual representations of users' progress towards their goals, such as charts and graphs.

3.1.5 Workout Planning

Users should have the ability to plan and schedule workout sessions within the application.

The application should offer a variety of exercise routines and allow users to customize their workout plans based on their fitness level and goals.

3.1.6 User Support and Guidance

The application should provide access to educational resources such as articles, tips, and FAQs related to nutrition and fitness.

Users should be able to contact support staff or access online forums for additional assistance and guidance.

3.1.7 Meal Recommendations

The application should offer personalized meal recommendations based on users' dietary preferences, goals, and nutritional requirements.

Users should have the option to view and select recommended meals for breakfast, lunch, dinner, and snacks.

3.1.8 Recipe Database

The application should contain a database of healthy recipes that users can search, filter, and save for future reference.

Users should be able to view detailed recipe instructions, ingredient lists, and nutritional information for each recipe.

3.2 NON-FUNCTIONAL REQUIREMENTS

3.2.1 Usability

The user interface should be intuitive, visually appealing, and easy to navigate.

Response time for data entry and retrieval should be minimal to enhance user experience.

3.2.2 Performance

The application should be responsive and perform efficiently on both low-end and high-end mobile devices.

The nutrient analysis feature should provide accurate and timely results.

3.2.3 Security

User data, including personal information and dietary logs, should be securely stored and encrypted to protect user privacy.

The application should implement authentication mechanisms to prevent unauthorized access.

CHAPTER 4: CONCLUSION

This Software Requirements Specification document outlines the functional and non-functional requirements for the development of the "Diet Healthmate " mobile application for diet recall and workout planning. By incorporating features such as diet tracking, nutrient analysis, goal setting, workout planning, reminders, meal recommendations, and user support, the application aims to empower users to manage their dietary habits effectively and maintain a healthy lifestyle.