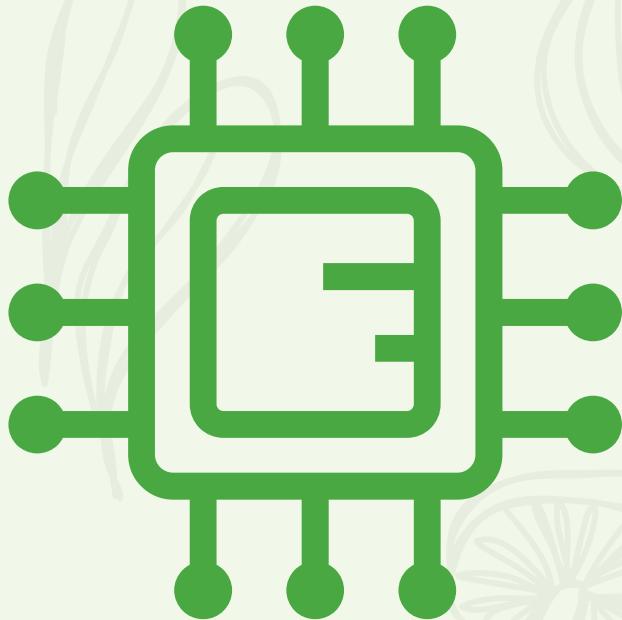


SPRINT 0

NutriAI

Presented By:
TechDocs

CS691 Capstone Project
Professor Henry Wong



Team Members & Roles

Alan Tsui - Team Lead/Full Stack Developer

Angel Flores - AI/Backend Developer

Erin Sorbella - ML/Front End Developer

James Ambenge - Backend Developer

Qui Neubauer - Full Stack Developer

Saba Alam - Project Manager/Tester

AGENDA

Problem Statement

Project Description

MVP & Core Features

Personas

Technologies

Project Schedule

Retrospective

Working Agreement

Wiki Link Page



Problem Statement

Many people struggle with poor diets and nutrition control. Weight loss medications such as Ozempic have become more popular than ever to help manage hunger and reduce cravings.

Popular weight loss apps such as MyFitnessPal and Lose It! provide useful calorie and macronutrient trackers, but not personalized advice and behavioral coaching to build sustainable habits.

Project Description

NutriAI

This behavior-based app creates a nutrition plan based on your diet, energy, habits, and overall lifestyle. The main focus of this app is to make you healthier, feel more energetic, and reach or maintain a target weight. You can login daily and track your food, energy, and cravings.

The plan will adjust to **your** daily needs.



MVP/Core Features

- **User Login & Profile Setup:** Basic account creation with weight, height, goal weight, and lifestyle inputs.
- **Smart Plan Generator:** Generates a personalized daily calorie and macro target.
- **“I’m Hungry” Button:** Provides recommendations based on time since last meal and calorie intake.
- **“I’m Craving” Button:** Allows users to select craving type and receive a simple intervention.
- **Daily Appetite Risk Score:** Displays a basic prediction of hunger risk for the day.
- **Basic Metrics Dashboard:** Shows weight trend, calorie progress, and appetite score.



THE HEALTH OPTIMIZER PERSONA

- **Age:** 26
- **Occupation:** Young Professional
- **Fitness Level:** Moderate
- **Technology Comfort:** High
- **Goal:** Improve nutrition, build better habits, and feel more energized
- **Challenge:** Struggles with sugar cravings and inconsistent eating habits

THE BUSY PROFESSIONAL PERSONA

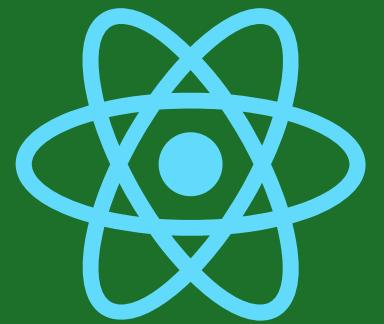
- **Age:** 42
- **Occupation:** Manager
- **Fitness Level:** Beginner
- **Technology Comfort:** Moderate
- **Goal:** Stay healthy and keep steady energy during busy work weeks
- **Challenge:** Has little time to plan meals and often eats whatever is quick and easy

THE OZEMPIC ALTERNATIVE PERSONA

- **Age:** 34
- **Occupation:** Office Professional
- **Fitness Level:** Moderate
- **Technology Comfort:** High
- **Goal:** Lose weight and control hunger without using medication
- **Challenge:** Often feels hungry and eats more than planned, especially at night

Tech Stack

Frontend:



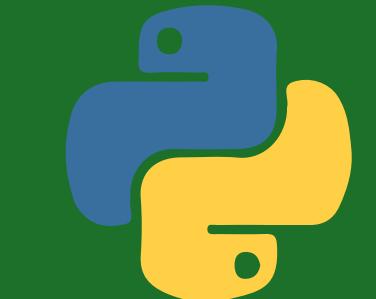
React

NEXT.js

Backend:



python



Hosting:



Firebase

Project Schedule

Sprint 0

Jan 26 - Feb 15

- Finalize app features
- Confirm tech stack
- Assign roles
- Set up GitHub, Wiki, and task tracker

Sprint 1

Feb 15 - Mar 15

- Design system architecture
- Build core feature structure
- Create basic UI
- Update documentation

Sprint 2

Mar 15 - Apr 12

- Develop and integrate features
- Implement ML components
- Deploy basic working version
- Conduct retrospective

Sprint 3

Apr 12 - May 10

- Final integration and testing
- Optimize and refine features
- Complete technical paper
- Final review and retrospective

Sprint Retrospective

What went well?

- Everyone shared ideas and participated
- We agreed on our project idea
- We chose a tech stack

What can we improve?

- We can define features earlier
- We can assign roles sooner
- We can schedule meetings earlier

Our commitments

- Lock in features before building
- Meet weekly and give updates
- Finish tasks on time

Team Working Agreement

Communication

- Weekly video meeting Saturday @ 4PM on Discord for updates and planning.
- Weekly WhatsApp check-in on Wednesdays **for status updates.**
- Members must give advance notice if missing meetings or becoming inactive.

Workflow

- Each member works on their assigned feature branch.
- A Task Tracker will manage assignments and deadlines.
- Code merges require coordination and pull request approval.

Team Values

- Treat all team members with respect.
- Disagree professionally without personal attacks.
- Raise concerns with the team before escalating.
- Share work fairly.

Marking Tasks Complete

- Features must meet agreed requirements.
- Open a pull request and receive at least two approvals.
- Update documentation and disclose any AI tool usage.

Project Wiki Link

<https://github.com/htmw/2026SA-TechDocs/wiki>



THANK YOU!