

Problem Statement:

It is difficult to keep track of calories consumed and used in a day. This is due to having to use many apps to track both.

Who does it affect?

This affects anyone that wants to make the first step to become healthier. The heavy confusion can deter them from improving their health. Also it has just become another excuse for a beginner.

Why is this important?

When the first step of weight loss is hard many people will just quit. Without an easy way to get into a fitness journey people become more and more unhealthy. If it becomes easier to become fit the epidemic of unhealthy people can be reduced.