Application Description

* Name: FIT
* Description: a web application for tracking the amount of calories that users are consuming, and provide with recommendations, tutorials and guidance for keeping a healthy life
* Features:
  + Set a goal for either amount of body weight need to lose or desired amount of kcal to consume
  + Generate an eating schedule base on the goal
  + Generate recommendations on food to eat and exercises, workout to take base on the goal
  + Eating tracking: for every meal, user use the app to log food that they ate
  + Community (may not be possible)