Countermeasures

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| Cause | Countermeasures |
| Trouble keeping track of what they eat and forgetting to eat. | Make a test to see how much calories should the person take a day. |
|  | Set a reminder for the person to eat according to their schedule. |
|  | Put suggestions on what plates are good for the person according to the number of calories they take a day. |

Causes

Most likely people tend to have a hard time keeping track of what they are eating, either because they are so busy with other work and/or studies or they don't, it gets too complicated to understand or keep track on how many calories and water should they consume. This is also bad when it comes to exercise because by not having a good eating plan, they will not get the results they expected to get due to the lack of nutrition and thus lose the motivation to exercise.

Problem Background

It is not uncommon that the nutrition of many people nowadays is not as good as it should be.

The cases of obesity still rise, and more cases of eating disorders keep appearing to this day.

Target

Help people keep track of what they eat and to to provide them an easier and better lifestyle.

Check/Evaluate

It should help the people have a better food schedule and healthy meals.

Act/Standardize

* Besides being a web app, it can be an app you download to your phone.
* On the phone app, add a step tracker.
* Notifications to phones as well.
* Collaborate with gyms to see if they could record exercise videos and add them to the app.

Health and Nutrition Web App

Topic

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