**Sprint 1 Review**

**Objective:**

The goal of our calorie tracker software is to help users make educated and better food decisions by offering a simple platform for monitoring and managing the amount of calories they consume every day. The app intends to provide users with a smooth and simple experience for tracking the nutritional composition of their meals, setting personal health goals, and receiving real-time feedback and insights.

Complete the execution of required user stories for basic functionality. Set up the database architecture for storing user data. Begin implementing fundamental design components into the programme to create a unified and visually pleasing user experience. Set up and familiarize the team with collaboration technologies, project management (Trello, Jira), and communication platforms (Discord, Microsoft Teams). Conduct a sprint review to assess finished work, get comments, and prepare for the next sprint.

**Achievements:**

* **Programming Tools**
  + Discussed the programming tools needed for the development of different components.
    - NodeJS with Python for the website
    - Inrupt for the server or database
* **Customer base research**
  + Researched the customer base for calorie trackers, why people use them, what they use calories for, and what features they use or like in a calorie tracker
* **Research on previous calorie trackers:**
  + Users of past calorie tracker applications, such as Cronometer, Lose It!, MyFitnessPal, and Yazio, have access to features for managing their nutrition, counting calories, and creating customized meal plans.
  + To meet the varied demands of their users and help them reach their fitness and health objectives, these apps provided comprehensive food databases, barcode scanning, exercise monitoring, and community assistance.
* **Interview question prep**
  + Discussed and drafted a preliminary list of questions for the interview and used some of those questions to create a survey
  + Created a survey to collect information and decide on the features that we want to incorporate into the calorie tracker

**UI - Design:**

After the discussion last week and review here is a breakdown of the features that are planned to be involved in the module.

| **Home:**  - Personal Information:  >Name: [User's Name]  >Age: [User's Age]  >Gender: [User's Gender]  >Height: [User's Height]  >Weight: [User's Current Weight]  >Medical History  - Health Condition: [Good/Moderate/Bad]  - Calorie Goal: [Calculated Calorie Goal] | **Daily Food Log:**  Total Calories Consumed  ~[Total Calories Consumed Today]  Current Weight  ~[User's Current Weight]  Calories Remaining to Stay within Goal  ~[Remaining Calories to Meet Goal] | **Exercise Log:**  Total Calories Burnt Today  ~[Total Calories Burnt through Exercise]  Additional Calories Burnt  ~[Additional Calories Burnt from Extra Activities] |
| --- | --- | --- |

**1.Home:**

* This feature is the landing of the application where a user inputs his regular data like weight, height, medical History (By getting access to Medical Records Module Data if possible) and etc.
* With this data, the app will calculate and provide to the user a Calorie Goal that is personal to them. This goal is the number of calories that the user should attempt to eat in a day to maintain, gain, or lose weight in alignment with what their health goal is.
* Furthermore, a color-coded Health condition of the body is indicated. (Example: Good condition is in green, Moderate in yellow, and the Bad in red.) This indication gives the user a summary of his or her health generally.

**2.Daily Food Log**

* This feature allows users to log their daily food intake, including meals like breakfast, lunch, dinner, and snacks.
* The users can fill in the respect of each added food item, the name of the food (with the possibility to add via a QR code in future if available), number of calories, fat content, content of protein, and content of carbohydrates.
* The application maintains the sum of calories consumed by the user for each day entered and summed for the day from all entered food.
* The application can further help by providing personal insights to the users on the calorie intake keeping in view their current weight and to the goal of reaching the management of their weight. It will calculate how many calories the user can eat to stay within the Calorie Goal range.

**3.Exercise Log:**

* This feature allows users to record their physical activities and exercises, allowing them to monitor the number of calories burnt through these exercises.
* The users can add details of the session, specifying what type of exercise it was, how long it lasted, and its intensity.
* This module calculates the calories burnt by the user input data. Moreover, any more activities or factors that can result in calorie burn can be added by the user, such as steps taken, distance covered, or any other related metric. (with the possibility to add via connected devices like watch, phone etc in future if available)

**Sprint Retrospective**

https://easyretro.io/publicboard/2GSgzvMiPfV2UyX2z7NA2VVKBQ03/a38f8754-57cc-4704-bab6-fcf9059a564c