

## Scope

For this project we are interested in providing a more intuitive and innovative fitness and health mobile application than is currently available on the market. We plan to develop a simple to use GUI and system that needs minimal user input in order to be functional, allowing the user more flexible and efficient use of time while in the app. The end product will calculate the user's total daily energy expenditure (TDEE) based on information input by the user upon account creation including height, weight, gender, age. This will inform the user what their caloric intake should be to either maintain weight, gain weight, or lose weight, as well as track the user's daily nutrition intake (calories, macro/micro nutrients) based on input from the user. In addition to the application, we will be creating a database that will be linked to the application to house user information, nutrition information, and nutrition facts about commonly ate food to make it easier for the user when inputting what food they have eaten.