Project Proposal

DND Enterprise

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Dietar

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1. **Short description of the project answering the following:**
   a. **What is the project about (target problem to solve and target audience)?**

   - A journaling app called Dietar has diet and exercise plans. It seeks to assist users in creating diet and exercise routines based on their BMI.
   - The app's objective is to encourage a healthy diet and way of life. This software seeks to address all of these issues by allowing users to modify their diet and exercise plans in accordance with their BMI. The user of this app will receive instructions and suggestions on what to consume in order to maintain their weight, reduce weight, or become more active.
   - This app's target market includes both adults and teenagers. Because teens are more prone to eating problems, this app is ideal for assisting them in making meal choices. Also, eating issues in adults might cause them to become obese or underweight. As a result, this software will assist adults in developing a healthier eating pattern. Although this app isn't just for eating disorders, it does enable users to document their thoughts or emotions after each meal or workout.

   b. **How will the audience use it?**
   - The application will prompt users to log in, register, or just bypass the procedure, and after they have, they can access the app's main menu. Users can access their user account along with multiple button options from the main menu.
   - BMI will be the first button. The user's height and weight will be requested by the app, which will then calculate their BMI. Once their BMI is determined, they will know if they are underweight, normal weight, overweight, or obese.
   - The diet plan that is in line with the user's BMI will then be accessible via a button that says "Diet-Plan." This offers recommendations for what to eat and what foods to avoid.
   - A workout plan will also appear beneath. The app will also recommend different workout techniques based on their BMI.
   - Also, a journal button will show up under the suggestions to link users to their personal journals, where they may record the meals they eat each day and the exercises they perform. Reactions are another aspect of this software. Users can select from a variety of reactions after posting something on the app, depending on how they are feeling that particular day.

c. **How will the audience benefit from it?**

- The audience will benefit from the app by knowing their overall health status. Through knowing their BMI, the users will know if they are obese, overweight, underweight, or normal which can be used to assess their physical fitness. Additionally, through the diet plan, the users will be suggested meals that will be perfectly suited based on their preferences and health status. In the workout plan, the users will be recommended workout plans for them to be physically fit. And lastly, the journal part of the app will be the users' guide about their eating and exercise habits. They can also add their reactions to that day on their posts on the app. That reaction will act as proof of the effects of diet and exercise. This will allow users to determine whether or not they enjoy what they do on a daily basis. The users will then decide whether or not to cancel the plan. The developers wanted to ensure that users are happy whenever they complete a task.

d. **How will the community benefit from it?**

- The community will benefit from the app by knowing the importance of eating a healthy diet. The BMI calculator would greatly influence the user's decision on their eating habits and would tell them the foods that they should take and the foods that they should not take. The diet plan part of the app will help users' to be guided as to what to eat for them to be in track of their health. They can also benefit from the workout part of the app by knowing what workouts work well according to their diet. And lastly, they can keep track of their progress by the journal part of the app to know if they are doing good on staying fit and healthy.
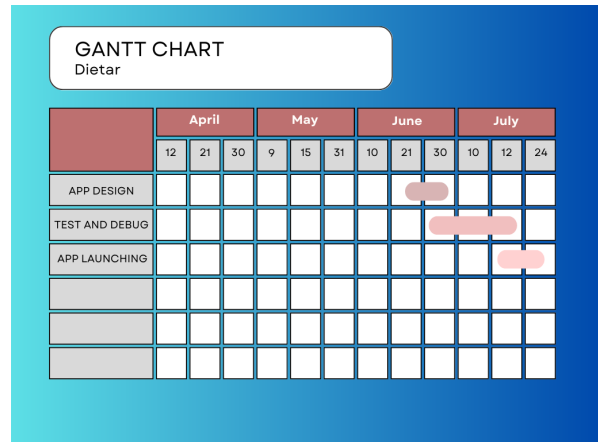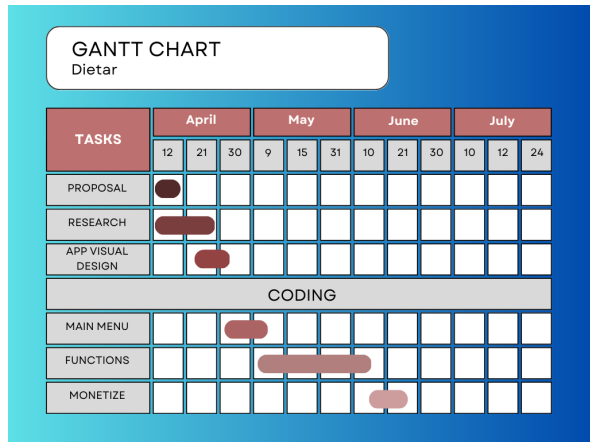
e. **How will other applications benefit from it?**

- Other applications will benefit from this app by learning how to handle the health and physical fitness of the users. Along with this app, apps like MyFitnessPal, Daily Workouts Fitness Trainer, and Sworkit can use this app to help the users to stay fit and healthy. The developers hope that through this app the users' health would improve one at a time. In line with this, the app also hopes to promote sustainable and healthy eating diets that can make a great impact on everyone's current health status, maybe if it is about children, teens, or adults.

2. Target UN SDG Principle (select appropriately)

- Good Health and Well-Being

3. Proposed Timeline of Development (Gantt Chart and calendar)

GANTT CHART
Dietar

TASKS	April			May			June			July		
	12	21	30	9	15	31	10	21	30	10	12	24
PROPOSAL	●											
RESEARCH	▬											
APP VISUAL DESIGN		▬										
CODING												
MAIN MENU			▬									
FUNCTIONS				▬▬								
MONETIZE						▬						

GANTT CHART
Dietar

	April			May			June			July		
	12	21	30	9	15	31	10	21	30	10	12	24
APP DESIGN								▬				
TEST AND DEBUG									▬▬			
APP LAUNCHING										▬		

4. Budget (source of budget)

- The software's creators opted to make it free because it doesn't need any funding except the in-app advertisements.

5. Basic program flow chart (user side)
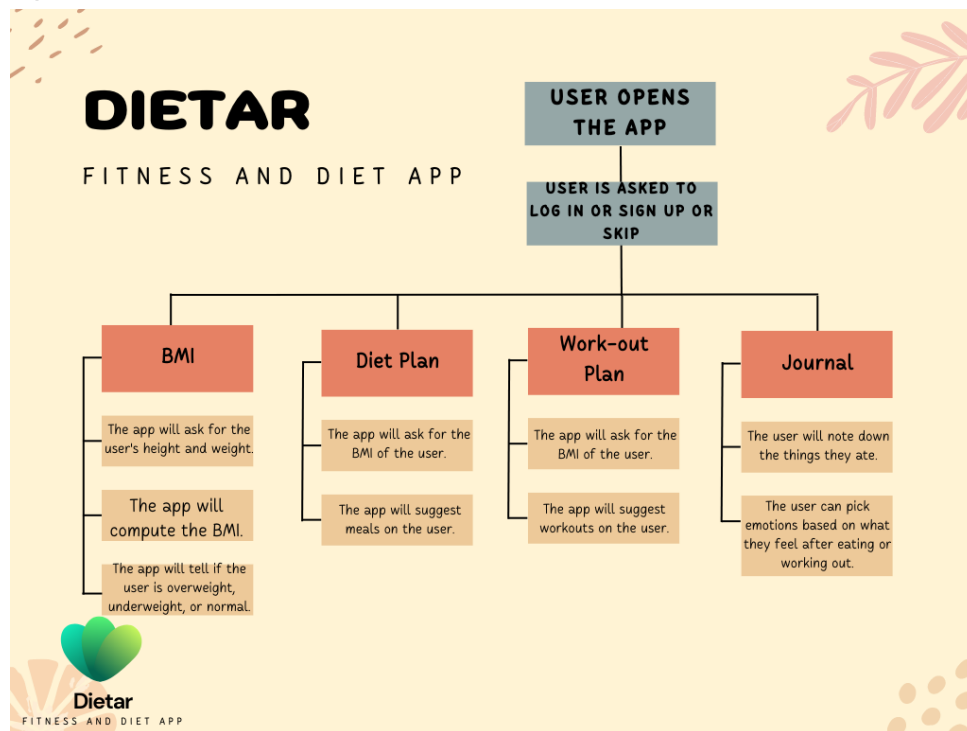
6. Plan for monetization (search how apps are monetized)

- We intend to monetize our app through in-app advertising. To accomplish this, we will use Google AdMob and pick ad networks that are associated with the app.

7. References and other important information

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