Jordan Mitchell

1/17/2025

Professor Chan

Project One Milestone

For Project One, I've chosen to work on option 3, the weight tracking app. The aim of the weight tracking app is to help users monitor their daily weight, set personalized weight goals, and track progress visually. By incorporating user friendly features and clear visual representation of data, the app keeps weight management simple and motivates users to stay consistent. Key features include a login screen that also serves as a registration page, a dashboard displaying daily weight entries and goal progress, and notifications for reminders or to alert users when they reach milestones/goals. A database will store daily weight logs, user credentials, and the goal weight, ensuring data is organized and accessible. Visual tools like charts and graphs will allow users to track and review trends over time, making the app effective and engaging.

Compared to similar apps like MyFitnessPal and Happy Scale, this app focuses on simplicity and accessibility while maintaining the motivational aspects. MyFitnessPal, while robust with its food tracking and fitness integration, can feel bloated and overwhelming due to its extensive features and can have a learning curve for maximizing its potential. In contrast, this app will streamline the experience by focusing exclusively on weight management, similar to Happy Scale. However, it improves upon this by incorporating milestone notifications and goal setting abilities, providing both simplicity and motivation. Through combining the minimal approach of Happy Scale with the detailed motivational aspects of MyFitnessPal, the app can meet a variety of users' needs.

The app is primarily targeted at four user types. Health-conscious individuals who use the app to monitor their weight regularly and maintain a healthy lifestyle. Individuals on weight-loss journeys can rely on features like goals, notifications, and progress charts to stay motivated. Health/diet-restricted individuals need accurate tracking tools to meet medical or dietary requirements, such as managing conditions like diabetes or high cholesterol. Finally, fitness enthusiasts utilize the app to track weight trends for performance goals like bodybuilding, weightlifting, or athletic competitions. By addressing these needs, the app integrates easily into users' routines with the capacity to support both short and long term goals.