



## Project scope

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Community (UN SD goal):	#3: Ensure healthy lives and promote well-being for all at all ages
Date:	10/18/2021

Project Name	HealthHack
Project Deliverables	
BMI Calculator	<p>BMI Calculator</p> <p>Code BMI calculator to input users' weight and height. Calculate BMI. After calculating BMI show that which category the user falls into and determine if they are: under weight, Normal weight, Overweight, or Obese.</p>
Meal Plan options	<p>Link BMI Calculator to Meal options</p> <p>After calculating the BMI of the user, we want to ask the user what they want to do about their current health condition. Upon the selection we can link the meal plan found.</p> <p>Web scrapping meals</p> <p>This part involved making a script which will find meal options for our users from any online source which can be seemed legit. Also plan to involve a nutritionist who can check the application for the meals found and advice.</p> <p>Present user meal options</p> <p>The meals found through web scrapping will be displayed to the user and this would give the user an idea of what can they follow / eat during their day and what food items not to consume.</p>
Tip of the Day	<p>Meal of the day</p> <p>This would involve finding interesting meal / smoothies' ideas which would encourage the users to try new items everyday.</p> <p>Exercise of the day</p>



This would the user a new exercise that they could do everyday to keep their body in good shape.

Fact of the day

An interesting fact which could be related to health.

### Project Exclusions

Meal plan schedule for the week. As this may increase the aspect of the project and make it too wide to cover up. Keeping in mind all the food restrictions that people would have.