1. As a user, I want to edit my goal information so that I can archive better personal goal.
2. As a user, I want to be notified so that I can keep myself on the track.
3. As an existence user, I want to see my summary of what I’ve achieved so that I know where I am.
4. As a user, I want to know what food I should eat daily so that I can have the right source of nutrition.
5. As a user, I want to know how far and how much body weight do I need to gain/reduce.