

1. System Description

A common problem that many college students have had in the past and will have for the foreseeable future is the issue of juggling personal nutrition, budgeting, and a stressful academic life. Living a life that is full of these stresses can impact the mental and physical health of students in our modern age. With 'CalPal', we want these stressors to get thrown out, alongside the many empty containers of cup noodles. As such, our website will offer the ability for health-conscious college students to improve their overall wellbeing by both managing their time and their health, whether financial or physical. Our website will also provide the ability for those looking to maintain or even improve their physical health to set user-specific goals that cater to whatever they desire.

The system will work as such: A **User chooses** a **Budget** which includes *daily expenditures*, a *total budget* and *remaining budget*. Each **user** will be able to **change** their budgets as they see fit.

A **User toggles** a **Goal** which includes a *name*, *description*, *current progress*, and *target progress*. Each **User** will be able to **toggle** their **goals** as they see fit.

A **User adds** a **food** to their **diary** which **includes** the *name*, *price*, *calories*, *protein*, *carbs*, *fiber*, *fat*, and *weight/amount*.

A **User tracks** their **Nutrients** which includes *total calories*, *total protein*, *total carbs*, *total fiber* and *total fats*. **Nutrients** are **tracked** by **using** data from the **User's diary**.

A **User includes** any specific **Allergens** that they would like to **exclude from** the *foods* in the app.

A **User creates** a **Meal** that **combines Ingredients** together for future use.

2. Conceptual Model

