# Project Proposal

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## Description

For this project, I would like to create a holistic health application. This application will provide information on healthy eating, and tips for users on natural healthcare.

Page ideas:

—recipes page
—natural haircare and body care tips
—healthy living tips page

Potential Sources:

—https://ahha.org
—http://elitedaily.com/wellness/holistic-lifestyle-healthy-habits/1452137/
— http://www.sheknows.com/living/articles/1013435/holistic-lifestyle-tips

## Visual Design

I plan to use buttons to navigate between pages and android list views.