

Calorie Counting and Nutrition Tracking Web Application – Conceptual Phase

Purpose: developing a user-friendly, web-based application that assists users in managing their diet by tracking calorie intake and nutritional information. Additionally, the platform allows nutritionists to monitor clients’ dietary habits and offer personalized advice.

Key Features:

- **User Registration and Authentication:** Secure registration and login system for users and nutritionists.
- **Food Logging:** Users can log food items along with their calorie and nutritional content.
- **Progress Tracking:** Users can track their daily calorie and nutrient intake.
- **Nutritionist Dashboard:** Nutritionists can monitor clients’ food logs, provide feedback, and offer personalized dietary advice according to their needs.

Front-End Technologies:	Back-End Technologies:
HTML: Structure of web pages.	PHP: Handles server-side logic and routing.
CSS: Styling and layout.	SQLite: Simple, lightweight database for storing user data, food logs, and nutritionist feedback.
Bootstrap: Framework for responsive design on all devices.	
JavaScript: Interactivity and client-side logic.	

Benefits:

- **Ease of Use:** Intuitive interface for logging and tracking food intake.
- **Personalized Advice:** Nutritionists can provide tailored recommendations based on user data.
- **Visualization:** Clear visual representation of nutritional intake helps users understand their dietary habits better.

Architecture Diagram: Below is the high-level architecture diagram for the application.

