***FitLife Requirement Analysis Questions and Answers***

### ***1. System Purpose & Target Audience***

***Q1:*** *What is the primary purpose of the system?****A1:*** *The system aims to help users manage their daily food intake and nutrition in order to reach specific health goals such as weight loss or weight gain.*

***Q2:*** *Who is the target audience for this app?  
A2: Gym members, professional athletes, personal trainers, nutritionists, and sedentary people are the target audience.*

***Q3:*** *What is the system's expected impact on the target audience's health or lifestyle?  
A3: The system is expected to promote healthier eating habits, increase nutritional awareness, and support users in achieving personal health goals such as weight loss, muscle gain, or maintaining a balanced diet. By providing personalized calorie goals and nutritional insights, the app encourages consistency and accountability, leading to improved long-term health outcomes and better lifestyle choices.*

***Q4:*** *Are there any special accessibility needs for the target audience? (e.g., elderly users)****A4:*** *Yes, the system will be designed with accessibility in mind, including high-contrast color schemes and a simple, appealing UI for elderly users or those with limited tech experience.*

***Q5:*** *Will the system support multiple languages or regions? If so, which ones?****A5:*** *Initially, the system will support only English to maintain development simplicity, but regional food items, such as those from Turkish cuisine, will be included in the food database.*

### ***2. Core Features***

***Q1:*** *What are the core features users need?* ***A1:***

* *Daily Calorie Calculator: Calculates recommended intake based on age, weight, height, activity level, and personal goals.*
* *Food Database: Allows searching for foods and viewing nutritional information (calories, protein, carbs, fats).*
* *Progress Tracking: Logs weight changes and compares calorie intake against basal metabolic rate.*
* *Goal Customization: Users can define their desired weight change speed (e.g., aggressive or gradual weight loss/gain, maintenance).*
* *Meal Recommendations: Offers personalized meal suggestions based on current goals and calorie targets.*

***Q2:*** *What are the core features dieticians need?* ***A2:***

* *Set or adjust predefined dietary goals: Recommend calorie targets, weight goals, and meal plans based on BMI and user preferences.*
* *Create personalized meal programs: Design or modify daily meal suggestions tailored to users’ health objectives.*
* *Access food database: Search and select foods and incorporate them into meal plans with accurate nutritional values.*

***Q3:*** *How will the user search for foods?* ***A3:*** *Users will search for foods by name, with the system filtering results based on the keyword entered.*

***Q4:*** *What will be the portion sizes a user can enter to specify the amount of their food intake?* ***A4:***

* *Grams (g): Primary unit for most foods.*
* *Milliliters (ml): Used for liquids.*
* *Standard servings: Default serving sizes (e.g., 1 slice of bread = 30g).*
* *Common household measures: Such as cups, tablespoons, teaspoons, or pieces. The system converts these into grams/ml for calculation.*

***Q5:*** *How will the app calculate daily calorie needs?* ***A5:*** *The app will use Mifflin-St Jeor formulas for BMR, plus activity multipliers.*

***Q6:*** *Can users set multiple goals (e.g., short-term fat loss + long-term muscle gain)?* ***A6:*** *Yes, users can set multiple goals at a time. However, conflicting goals (e.g., lose 2kg/week + gain 5kg/week) will be detected and prevented.*

***Q7:*** *How will the system deal with possible errors when setting multiple goals?* ***A7:*** *The system will detect impossible combinations and prevent conflicting goal settings.*

***Q8:*** *Will users be able to track not only food intake but also water and sleep?* ***A8:*** *No, the system will focus only on food and nutrient tracking.*

***Q9:*** *Will the system provide reminders or nudges for users to meet their daily goals?* ***A9:*** *Yes, the system will provide gentle reminders and progress updates to help users stay on track.*

***Q10:*** *Will there be a community aspect, such as a forum or support groups for users to interact?* ***A10:*** *No, the system will not have built-in forums but users can interact through external social media platforms like Instagram.*

### ***3. Data & Technical Infrastructure***

***Q1:*** *Where does the data of the food come from?* ***A1:*** *The system will retrieve nutritional values from a predefined database or API (e.g., USDA FoodData Central, Nutritionix).*

***Q2:*** *Will the system require authentication?* ***A2:*** *Yes, users will need to register and log in.*

***Q3:*** *Does the system store user information, progress, or history?* ***A3:*** *Yes, the system will keep a history of weight entries and meals consumed.*

***Q4:*** *How will the system store user information, progress, or history?* ***A4:***

* *Local storage for basic tracking.*
* *Cloud sync for backup and multi-device access.*

***Q5:*** *Will the system support offline access?* ***A5:*** *Yes, the core functionality will work offline, but the food database will sync daily when connected to the internet.*

***Q6:*** *What if a user’s calculated calorie allowance is too low/high to be safe?* ***A6:*** *The system will include a validation layer to ensure calorie recommendations stay within medically accepted safe limits.*

***Q7:*** *How will the system accommodate future expansion, such as mobile apps or API integrations with fitness trackers?* ***A7:*** *The system will follow a modular architecture to support future integrations.*

***Q8:*** *Are there any platform or design limitations?* ***A8:*** *The system will be designed as a mobile app, with a focus on accessibility and simplicity.*

***Q9:*** *How will the system handle large-scale data (e.g., thousands of food items or user progress logs)?* ***A9:*** *The system will use efficient data structures, indexing, and caching to manage large-scale data efficiently.*

***Q10:*** *Will the system support backup and restore functionality?* ***A10:*** *Yes, users can back up data manually or automatically to the cloud.*

***Q11:*** *Will the system allow users to export or download their data?* ***A11:*** *No, data export or downloads will not be supported, but progress will be visible through graphs.*

***Q12:*** *Are there any hardware limitations the system must work within?* ***A12:*** *The system will be designed for standard devices, with minimal storage requirements for local data.*

### ***4. Business Model***

***Q1:*** *Will the app be free or paid?* ***A1:*** *The app will be paid with a low cost for an ad-free experience.*

***Q2:*** *Will there be a free version supported by ads?* ***A2:*** *No, there will be no free version with ads.*

***Q3:*** *How does the system respond when a user does not meet their daily goals?* ***A3:*** *The system will not provide additional feedback but will show progress based on inputs.*

***Q4:*** *What similar apps (competitors) exist?* ***A4:*** *The significant competitors are: MyFitnessPal, Lose It!, Cronometer.*

***Q5:*** *How will our app stand out?* ***A5:*** *A simpler, more user-friendly UI, an extensive local food database, and no ads. The app will include unique foods from Turkish cuisine.*

***Q6:*** *Will the app offer in-app purchases or premium features?* ***A6:*** *No, all features will be accessible after the initial purchase.*

### ***5. Privacy & Security***

***Q1:*** *Are there privacy or security requirements for storing user data?* ***A1:*** *Yes, user data will be encrypted, and access will be secured by password authentication.*

***Q2:*** *Can users reset their progress or delete their account/data?* ***A2:*** *Yes, users can reset progress and delete accounts, with a confirmation prompt.*

***Q3:*** *How will the system comply with data protection laws (e.g., GDPR)?* ***A3:*** *The system will comply with basic GDPR principles, including clear consent, data minimization, and encryption.*

***Q4:*** *Will users be notified of changes to privacy policies or terms of service?* ***A4:*** *Yes, users will be notified through in-app notifications.*

***Q5:*** *Will the system support two-factor authentication for enhanced security?* ***A5:*** *No, but strong password policies and encryption will be implemented.*