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**Summary**

For my project I want to try and create a Macronutrient and Calorie tracking application. Many different types of users who want to get in shape but do not know where to start, this application will provide a foundation of accountability for starting to make their lifestyle change. I want to include abilities that other fitness applications have not provided before.

**Purpose**

The purpose of this application is to provide an easy to navigate tracking system of the user’s total daily food, and vitamin intake that is tailored to the individual’s goals. Many different types of users will benefit from this application, from fitness enthusiasts to the average person that wants to make a lifestyle change. This application will provide users with an appealing GUI that is easy to navigate through. The application will have access to a variety of different foods and users will be able to monitor their calorie , macronutrient, and micronutrient totals throughout the day.

**Technical Overview**

The application will be programmed in C# using Visual Studio and will use SQL for the database management through Microsoft SQL Server Management Studio. This application will be desktop compatible and will be connected through the internet to access database servers. Eventually, the application will have mobile device compatibility.

**Input/Output**

The user will input personal data from name, gender, age activity level, weight , and height. The application will calculate their BMR and output it to the users account on the home screen. The user will be able to manually input data for foods or use pre-loaded food choices from databases connected to the application.

**Similar Software**

Similar applications would include MyFitnessPal , Life Sum, Macros, My Macros + and many more, all ranging with different features for the user. All these applications are also desktop compatible with mobile device compatibility as well.