Glossary

**Health Tracker** - An application that monitors and stores user inputted health related data. It presents analysed data and monitors changes and trends from historic information.

**Diet** - The foods eaten by an individual as well as the times of eating and quantities that are consumed.

**Fitness Regime** - The exercise activities carried out by an individual; tracked with times, duration and recorded in regard to a set period of time (e.g. each day over the course of a week).

**Goals/Targets** - A measurable value for a health parameter that is set by the user, with the intention to reached this value within a set period of time (e.g. the goal of weight x kilograms within x months).

**Exercise** - A physical activity that a user can partake in (i.e. running or swimming).

**Activity** - An instance of a form of exercise, with a date and duration.

**Meal** - A group of foods consumed together e.g. breakfast, lunch or dinner.

**User** - An individual who accesses the health tracking system, with a registered user account.

**User Profile** - The data held for each individual user outlining their personal information and health data.

**User Registration** - The process of capturing the required information to build up the base user profile.

**User Group** - A collection of individual users connected together, with the ability to communicate and share information.

**Macronutrient** - The individual groups that break down a diet into the requirements for a human to intake (e.g. Carbohydrate, Fat, Protein)

**Calorie** - A measurement with the unit kcal (or kilocalorie) to determine the energy value of food items. There are recommended daily calorie intakes to support a healthy lifestyle.

**BMI** - Body Mass Index; a value derived from a person’s mass and height. The numeric BMI value can be compared with a graph to determine corresponding category (underweight, normal weight, overweight or obese).

**Analytics** - Information sourced from the analysis of data or statistics.