System Vision Document

Problem Description

Many people are in need of a more efficient way of managing their health and nutrition. As health is an important to people, so is keeping track of their health and nutrition important to people. With having to memorize and/or write down on a paper will be more complicated for them. The people are in need of a system to address all these issues: staying organized, keeping track, and managing their health.

System Capabilities

**Measurement**

* The system will be able to calculate the persons BMR and BMI.
* The system will be able to show the result of BMR and BMI.

**Planning**

* The system will feature plan suggestions that customer can choose from.
* System will allow input and creation of custom plan.
* Plan will be saved in their history.
* System will allow the customer to change or remove plan.

**Report**

* System will display monthly and yearly track of health and Log.
* System will provide chart to display customer’s progress.

**Daily Log**

* Help keep track of daily plan.
* Ability to make comment.
* Option to check work completed.

**Calorie Calculator**

* Help customer calculate food calorie
* System will provide food calories from database.

Business Benefits

An automated management and tracking system will make tacking and management easier for customer’s. Customers can choose a suggested plan or create a custom plan and use daily log to follow the plan. Customers can use the measurable calculator to get both the BMI and BMR result which will help them to choose the plan. Customers can keep track of their progress monthly and yearly using the report.