### Description of the project

The system we’re implementing will calculate one’s BMI (body mass index) and the calorie’s one should be consuming daily based on their health condition, daily activity, age, gender and height. Once that has been calculated the user will see the results and know if they are underweight, normal, overweight or obese. Displaying results will also include how many calories one should be consuming based on their daily activity (sedentary, lightly active, active, very active), gender, height and age. Now the user will be aware of where their health lies in the scale of BMI. Our system will offer the customer plans based on their BMI calculation, daily calories consumption and what the users goals are. They can either pick and follow our given plan to lose, gain or maintain their health or customise/modify our plan. User will have access to daily log where they keep track of everything and see if they are following up with the diet plan. In the daily log if they followed their diet plan they can just check in all the boxes and if they didn’t follow the diet they can simply add whatever they ate into the comment box and write an estimation of the calories of the food they ate. The customer will be able to view weekly/monthly reports of their progress. Our system will have 100 food nutrients stored in our database and will be updated every now and then.

The problem our system will solve

According to the surveys and research one quarter of the population is obese and unhealthy. Unhealthy diet and physical inactivity are the leading causes of health diseases in today’s world such as cardiovascular, diabetes, certain cancers and many more. About 2.6 billion people die every year because of being overweight and obese. Studies done in 2005 showed approximately 1.6 billion adults are overweight and 400 million adults are obese. The number will double by 2015 if people keep making bad food choices with little or no physical activity. Being unhealthy is a big social and economic problem. Being unhealthy impose high costs in health expenditure. Some people will eat about anything and everything without knowing the nutrient facts and what will it do to their health. Some people over eat while others under eat. Keeping calories in check with the right amount of physical activity will lead one to a healthy and a long life. If ones diet is healthy and is consuming all the important nutrients, it will help him/her to physically perform better, maintain wellness and fight diseases. People end up spending thousands and thousands of dollars trying to get in shape by either buying protein shakes or other formulas to either loose or gain weight. People need to start making healthy food choices by eating the right food and the right amount of food and being physically active. Our system will help people who care about their health and want to achieve their health goals.

Our goal

Lot of people are in need of motivation and healthy diet apps/websites. Our system will help the individuals achieve their goal and keep them motivated with the reminder of how important it is to stay healthy and physically fit. Our system will provide an excellent diet plan for the users to make sure their body is getting all the important nutrients it needs. Our diet plan will be following Canada’s Food guide to ensure one eats all daily nutrients. Our target audience is everyone who wants to make a change in their life for good except children under 12. Some people are just not aware of how many calories they should be consuming, once they get their calories calculation done, they can select our diet plan with all the right nutrients one’s body need to function properly.

My diet diary

My diet dairy is an app for smartphones. My diet diary helps users track down their food, exercise, weight, cholesterol, and nutrition intake to see whether one is on track to either gain, lose or maintain their weight. The strength of the app is that its user friendly, food nutrients can either be added from the data or customized. User will also be able to view their daily progress report. It gives you the option where you can ask questions from MedHelp regarding diet or anything related to health. Another strength will be tracking down all sorts of exercise. It has a huge nutrient database with 150000 food and recipes. Weaknesses are that it doesn’t have enough features or produces weekly reports. You can view your daily progress report but not weekly. There is no section for recommendations from the system or extra tips to keep one motivated. Our system will have a lot more features compare to My diet dairy. It will provide the customer with the detail on where they stand on a health scale before they get started and provide them with an estimate how many calories one should be eating based on the information they will be providing. Our system besides just tracking down everything one is eating, it gives one the option to take our recommended diet plan that will make sure one is reaching their target in a healthy way and their body is getting all the important nutrients it needs. In my diet dairy you chose your goal and record everything you been eating and all other activities but in our system the diet plan will be made ahead of time based on one’s desirable goal and they can keep track of if they been following It daily or not. Our system offers way more features and is complete package for healthy living while for my diet diary one has to download 2-3 apps to get everything they will need to get in shape.