# logo

# **SOFTWARE ENGINEERING**

# **Project Proposal**

# **DIET PLANNER**

**MEMBERS :**

# **ABDUL RAHIM – 210201097**

**INSTRUCTOR :**

# **MAM BENISH**

Contents

[ 1](#_Toc149620756)

[**Project Proposal: Diet Planner** 3](#_Toc149620764)

[**Introduction** 3](#_Toc149620765)

[**Scope** 3](#_Toc149620766)

[**Objectives** 3](#_Toc149620767)

[**Problems** 4](#_Toc149620768)

[**Uses** 4](#_Toc149620769)

[**Stakeholders** 4](#_Toc149620770)

[**Tasks** 4](#_Toc149620771)

[**Roles** 5](#_Toc149620772)

[**Cost Estimate** 5](#_Toc149620773)

[**Time Estimate** 6](#_Toc149620774)

# **Project Proposal: Diet Planner**

# **Introduction**

The Diet Planner project is aimed at developing a comprehensive software solution that helps individuals plan, monitor, and maintain a healthy diet. With rising health consciousness and lifestyle-related diseases, there is a growing demand for personalized diet plans and tools that can assist users in making informed dietary choices. This software application will be designed to cater to the needs of a diverse user base, providing them with the tools and resources they need to achieve their health and fitness goals.

# **Scope**

The Diet Planner project will encompass the development of a user-friendly web and mobile application, accessible across various platforms (iOS, Android). The application will include features such as meal planning, nutrition tracking, recipe suggestions, and user progress monitoring. It will also integrate databases of food items, recipes, and dietary guidelines to offer personalized recommendations.

# **Objective (Goal)**

The primary goal of the Diet Planner project is to provide users with a convenient and effective tool for managing their dietary choices and improving their overall health. The application will aim to:

* Help users set and achieve their dietary goals, such as weight loss, muscle gain, or improved overall health.
* Provide personalized meal plans and recipes based on users' preferences, dietary restrictions, and nutritional requirements.
* Track users' progress and offer insights into their dietary habits.
* Educate users about nutrition, portion control, and healthy eating practices.

# **Problem**

The modern lifestyle often leads to poor dietary choices, resulting in various health issues. The Diet Planner project addresses this problem by offering a solution that empowers individuals to make better food choices. It also tackles the challenge of limited access to personalized dietary guidance, which is often expensive or not readily available to everyone.

# **Use**

The Diet Planner software will be used by a wide range of individuals, including those looking to manage their weight, athletes, people with specific dietary needs (e.g., allergies or medical conditions), and anyone interested in improving their overall health through better nutrition. It can be used on a daily basis to plan and track meals, monitor nutritional intake, and achieve long-term dietary goals.

# **Stakeholders**

**Rahim (Developer):** The software developer responsible for designing, building, and maintaining the Diet Planner application.

**Mujeeb (Nutritionist):** A nutritionist or dietitian who will use the application to create personalized diet plans for clients and monitor their progress.

**Baryal (End User):** The primary end user of the Diet Planner application, looking to manage his weight and improve overall health through a healthier diet.

# **Tasks**

The project tasks include:

1. Requirements gathering and analysis.
2. System design
3. Database design and integration of food databases and nutritional information.
4. Development of web and mobile interfaces.
5. Implementing user account management and authentication.
6. Developing meal planning and recipe recommendation algorithms.
7. Implementing user progress tracking and reporting features.
8. Testing, bug fixing, and quality assurance.
9. Deployment to web and mobile platforms.
10. Documentation and user training.

# **Roles**

* **Project Manager:** Oversees the project, ensures tasks are on schedule, and manages the project budget.
* **Software Developer:** Leads the software development process, from design to implementation.
* **Designer:** Creates intuitive and user-friendly interfaces for the web and mobile applications.
* **Nutritionist Consultant:** Collaborates with the development team to ensure the accuracy of nutritional data and the effectiveness of the dietary recommendations.
* **Testing Team:** Conducts thorough testing and quality assurance to ensure the application's reliability and accuracy.

# **Cost Estimate**

The cost estimate for the Diet Planner project includes expenses for:

* Personnel (salaries and fees).
* Software development tools and licenses.
* Hardware and server infrastructure.
* Database maintenance and data acquisition.
* UI/UX design and graphic assets.
* Testing and quality assurance.

# **Time Estimate**

The project is estimated to take approximately 3 to 4 months to complete, with the following timeline:

Requirements and design phase: 1 months

Development and testing phase: 1-2 months

Deployment and user training: 1 month

The project will be divided into sprints, with regular progress updates and adjustments to the timeline as needed.

This Diet Planner project aims to provide a valuable and sustainable solution to the growing problem of unhealthy dietary habits, benefiting a wide range of users and stakeholders.

# **THANK YOU!!**