**Write Up**

1. **What was the hardest part about this project? Which part of building your app gave you the most difficultly?**

The single most difficult part about this project was the actual logic of this program as well trying to implement the MVC layout.

My goal was to allow anyone to add themselves as a user, create this as a hardcopy on their system and then proceed to add their proteins. The hardest part was after this, where I had to come up with an idea as to how, when a returning user logged on, was able to skip all the information the program will ask them input as a new user (first name, last name, age, weight, height, etc.). Then, have a continuous loop that once they’ve added one food item, the program shows them the categories again and this keeps on going until they choose to quit after which the program should write all those information to the text file in terms of “updating” the user’s record. Another difficulty was that if the user exited the protein adding sub menu/food categories, but did not quit the program, how could I make it such that, if they wish to go back and add re-add the proteins, the program should skip all the formalities of asking a new and a returning user and jump straight to allowing them to add their proteins from the food stuff.

(Continuous loop for the user to keep adding the food stuff)

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continued

Along with those difficulties, implementing the MVC layout was a nightmare as well. I have tried my best to make it work. I tried to get the “Views” package to only contain the I/O actions and prompts, the main method “Controlling” the whole program and the other methods to be under “Models”.

1. **Where did your inspiration for the app come from?**

I try to lift weights to, (1) stay fit and healthy and (2) decrease memory fog. It is essential to keep a track of the protein intake as a protein deficiency not only can delay muscle re-generation, but also, break down the other muscles of the body to repair the muscles that had been just worked out. I have used many apps on the market which allows one to keep a track of what they ate. However, these apps lacked any form of food database so, the users had to look up the protein content of the food they were entering. This not only was troublesome but also made me not use the app because if I had to look up the food item’s protein quantity, then I could just track it on a simple piece of paper. Hence, my “Simple Protein Requirement Calculator” was born. This has been the only CISP class where our professor gave us the opportunity to turn our ideas into an app. I am extremely pleased with the results that I have attained with just a semester of java knowledge.

**Text

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(a glimpse of this program)

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(The hard copy of the user’s records which this app makes after exit)

1. **Go back and look at your project proposal. (For those that gave me several, I'm talking about the proposal for the app you eventually built.) How close to this proposal do you feel you ended up getting? For those parts that you didn't do, why? (Remember that I never intended for you be able to complete the whole thing.)**

I am extremely pleased to say that I have attained everything which I wished to in my final project from the day of my initial project proposal. I needed my app to; create a new user, store that information as a hard copy upon program exit, if the user already existed when the app was run again, then the app could just load the user’s information back into the program, modify it (weight, exercise intensity level) and add proteins, upon exit, the program will be able to tell the user if they over/underate and offer some generic tips. I have put in hours to make it as user friendly as possible. However, if one chooses to, there is an option which prints the program instructions to the console for the user to follow.

(This app is user friendly with clear menu titles)

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(Program instructions for the user should they get confused)

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The only tiny part which I planned to implement but chose not to was also tell the user their calculated BMI to let them know if, based on their height and weight, they were underweight, of a healthy weight or overweight. I did not want to body shame the user; hence, it was a conscious call not to implement it. But the data is there should a need in the future arises.

1. **What would you need to explore or learn in order to finish this app? Is that something you can see yourself doing in the future?**

As of right now, the app is complete. The only thing which in the future I will implement if code efficiency, add a GUI interface and try to port it to iOS and/or android. I also plan to include the food stuff the user adds, in their records. I think it will be a nice addition.