### Product idea

## hurdles

# Structures

### features

### Social media

getting average metabolic data

Credibility

HTML, CSS, JavaScript for languages Counts how many meals the user needs to eat over the day and plans their meals

partnering with companys to offer rewards to consumers

Getting nutrition values

differenciability/ getting people to use the app Server based coding model to keep track of meal timing and nutrition even when the app is closed Calculate the needed calorie amount based on weight and activity

rewards page for using the app

Include warnings about certain allergen, dietary restrictions, supplements, etc. research data for people to create their own informed decisions about working out and the supplements that

you should take

user engagement Figure out who's doing what and spreading work evenly Gives multiple options for a meal plan. As in the amount of times needed to eat and the caloric value varies between options.

getting
engagement
through smaller
influencers and
normal people over
athletes

Supplement data for help with working out

getting ave calorie burns per workout Design the app to be more simplistic but still stylish and unique

Subscription for certain features