1. Overview:

   Through our lives, we encounter different body shapes and appearances. Either we gain or lose some weight. If you want to lose that excess weight, gain some muscle or even maintain your healthy weight, this HealthyWeight application is just for you. It will calculate your BMI(Body Mass Index) according to your weight and height, and advise you about the amount of calories you should eat in order to reach your weight goal. And if you feel unmotivated to continue your weight journey, our app will compare your progress with that of your friend and let you know how much he/she progressed to keep you in the positive competitive spirit ! Our premium version will even provide you with the diet plan that your body needs !!

   This app once released, will help everyone with their weight problems ☺

2. Target Users:

Who: people who want to lose, gain or maintain their weight.
What: This app will allow users to know in which BMI classification their weight belongs to (obese, overweight, normal weight, underweight).It will also help by informing how much they should eat in order to meet their goal.
When: People who want to know their weight classification and how much to eat, will use this app.
How: Mobile app.

3. User Problems Solved:

User need: User needs to know in which BMI classification they're in.
Resolution: HealthyWeight will use their height and weight to calculate their BMI and let them know their classification.
User need: User wants to lose/gain weight in x months.
Resolution: HealthyWeight will calculate how many calories they should eat in order to reach their weight goal in x months.
User need: User wants to know how much to eat in order to stay the same weight.
Resolution: HealthyWeight will calculate the user's proper calorie needs using his/her weight and height.
User need: User wants to know what to eat in order to fit the calories advised.
Resolution: The premium version will provide the user with their daily meal plan.
User need: User feels unmotivated to follow the diet plan.
Resolution: HealthyWeight will compare your progress with that of your friend and let you know how much he/she progressed to keep you in the positive competitive spirit.

4.User Stories:

As a user, I can create an account linked to my email.
As a user, I can know my BMI classification by inserting my height and weight.
As a user, I can let the app know who my user friends are so it will compare our progress.
As a user, I can select in how many months or days I want to reach my weight goal.
As a user, I can know how much to eat in the period of time that I selected to reach my goal.
As a premium user, I can have a diet plan which fits my calorie needs.

5.Competitors: MyFitnessPal