

### 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. 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 weeks.

Resolution: HealthyWeight will calculate how many calories they should eat in order to reach their weight goal.

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 feels unmotivated to follow the diet plan.

Resolution: HealthyWeight will give some motivational tips to keep them determined

### 4.User Stories:

As a user, I can create an account with my preferred username.

As a user, I can know my BMI classification by inserting my height and weight.

As a user, I can let the app know what my weight goal is.

As a user, I can select in how many kgs I want to lose in one week.

As a user, I can know how much to eat in one week to reach my goal.

### 5.Competitors: MyFitnessPal