1. What tech stack will you use for your final project?

React/Node

2. Is the front-end UI or the back-end going to be the focus of your project? Or are you going to make an evenly focused full-stack application?

This project will focus mainly on a user friendly front end with a relatively simple backend.

3. Will this be a website? A mobile app? Something else?

It will be a website but layouts for smaller devices will be implemented.

4. What goal will your project be designed to achieve?

This will be a nutrition/health based application designed to help users achieve weight loss or healthy weight gain as well as make them more cognizant of the actual amount of calories being consumed as opposed to over/under estimating and ending up frustrated with lack of progress.

5. What kind of users will visit your app? In other words, what is the demographic of

your users?

This app can be used by anyone trying to lead a healthier lifestyle or those already interested in nutrition and looking for a simple app to make tracking their information easier.

6. What data do you plan on using? How are you planning on collecting your data?

I plan to use data from the USDA nutritional API. Users will search for the food/drink they want to include and have the option to store it in the database if they think they will consume it often.

7. In brief, outline your approach to creating your project.

a. What does your database schema look like?

The database schema currently contains five tables. Food, users, users-food, user-saved-weight, and user-saved-calories

b. What kinds of issues might you run into with your API?

It may not contain the brand of food the user is looking for but for most foods, brands usually only have small discrepancies when looking at calories, protein, carbohydrates, and fats.

c. Is there any sensitive information you need to secure?

User passwords.

d. What functionality will your app include?

Users will be able to search for foods/drinks to add to the daily consumption and save foods/drinks that they think they will need often. Users will be able to choose three different goals: weight loss, maintenance, or weight gain. Based on the goal selected and the exercise experience of the user, the app will display the calories, protein, carbohydrate, and fat amounts for the day. It will record the entered calories every day for the user as well as weight check ins (preferably daily) from the user so they can track and visualize their progress.

e. What will the user flow look like?

Users will have to sign up/log in upon reaching the site. If it is the first sign up they will be redirected to a page to calculate an estimated daily calorie intake based on multiple inputs. If they are logging in, they will be taken to a page where they can search for food/drinks and add anything to their daily consumption. Here they will be able to see the daily goal for calories, protein, carbohydrates, and fats and remaining totals to reach those goals. The latest weight entered as well as prompts for a weight check in will also be included on this page. Users will also have a profile page that will display the progress they are making and will be able to see information from the past.

f. What features make your site more than a CRUD app? What are your

stretch goals?

The site will be able to adjust the daily recommendations based on the weight check ins of the user. Situations include if they are gaining or losing weight too quickly, base calculations will also change as the users metabolism reacts to the changes in diet (seen as a change in rates of weight lost or gained), or if the user’s goal changes.