

HealthMeUp

Individual Project

by

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Project Description

Meeting health goals is something that many people struggle with, especially with regards to dietary goals. One person may want to lose weight, while another wishes to gain weight. Unfortunately, it difficult to know exactly what one should be eating in order to meet their dietary goals.

In order to know exactly what and how much one should be eating, various calculations must be made for accurate goal setting, which can be challenging. This is where the *HealthMeUp* application can come in handy.

The software will be able give the user estimations about how to achieve their health goals. By inputting their height, weight, age and gender, users will receive estimates about their Total Daily Energy Expenditure (TDEE), which measures how many calories that they burn during the day. Based upon the user's goals, the application will give recommendations about the amount of calories and nutrients that should be consumed throughout the day.

The main functionality of *HealthMeUp* is logging what you eat. By logging what you eat in a day, the application will be able to provide feedback based on the user's goals, which for example, could be losing five pounds. Users will be able to search a food database to find the items that they have eaten that day, and log them in a personal dietary journal.

Users must login, and account details will be stored in a database, so users will be able to access their information from any device.

System Requirements

Identifier	Priority (1-5)	Requirement
REQ1	5	The system shall have a database of the user profiles
REQ2	5	The system shall allow for new user registration
REQ3	5	The system shall have a database of food items, with nutrient amount
REQ4	5	The system shall allow users to log what they have eaten for the day
REQ5	4	The system should allow for users to input their own food items
REQ6	4	The system shall be able to calculate a user's TDEE, using age, weight, height and gender
REQ7	3	The system should allow users to search food database
REQ8	3	The system should be able to calculate estimated weight loss/gain
REQ9	2	The system shall allow the administrator to access users data
REQ10	2	The system shall allow the administrator will to remove an account

User Stories

Identifier	User Story	Size
ST-1	As a user, I can create a new account to use the application	4 pts
ST-2	As a health conscious person, I can calculate my TDEE	4 pts
ST-3	As a health conscious person, I can log what I have eaten for the day to achieve my weight goals	9 pts
ST-4	As a health conscious person, I can calculate my estimated weight loss/gain to achieve my weight goals	4 pts
ST-5	As a health conscious person, I can search the food database in order to learn about the nutritional facts about food items	6pts
ST-6	As an administrator, I can remove user accounts	3 pts
ST-7	As an administrator, I can access user data	3 pts