

## **Fitness and Nutrition Buddy Scenario 2**

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Fitness and Nutrition Buddy is a mobile app that will eventually allow users to access restaurant meal information and manage their calorie intake throughout the day. There will also be additional documentation that lists the macronutrient and micronutrient counts for each meal - fats, carbs, proteins, sodium, sugar, and vitamins. Users of the app will be able to track their nutritional data on a daily basis and choose diet plans that correspond to their nutritional goals. Users will also be able to track their net calorie count by logging physical activities such as yoga exercises, weightlifting, or cardio. They will also be able to track their micro and macro nutrient intake in accordance to their diet plan. Similar to other applications like Yelp or GrubHub, users will be able to search for nearby restaurants based on their current location.

A core feature to be implemented in this scenario would be the users ability to log in and create a profile so they can track all their previous meals and save their user preferences. This will be done by using a Firebase Firestore database which will store the users profile and account information. Once the user has created a profile, they will be able to add and save meals to that profile which will be stored in the database. This should result in the user being able to view their meal history and progress.

### **Scenario “Profile Customization and Logging Meals”**

This scenario is all about allowing the user to customize their profile and set their meal preferences. It also allows the user to keep track of their consumed meals.

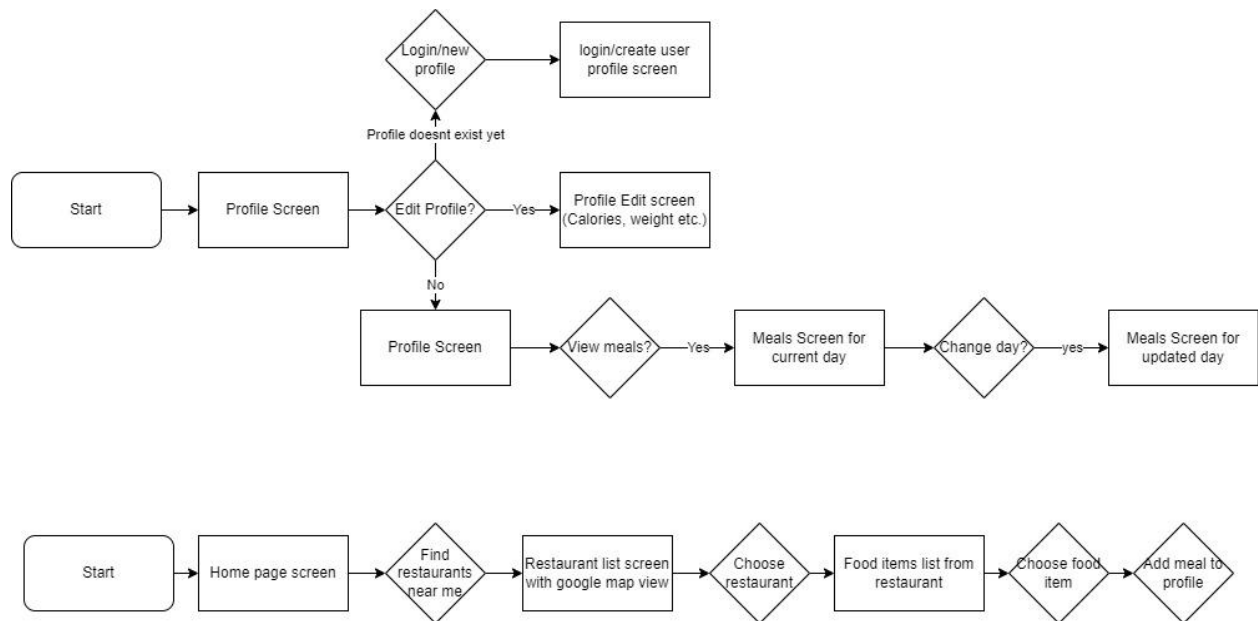
The user will be able to login to the app with a username. Afterwards, the user will be taken to the main screen and will be able to click on their profile page from the bottom navigation menu. Their profile will query the database and update to reflect their name. It will also return any other preferences that the user saved in a previous session.

When the user logs in for the first time, their profile will be blank (except for their username). They will be able to edit various fields on the profile corresponding to nutritional information. For example, users will be able to set a blacklist filter for meals that contain glucose in them. They will also be able to input the minimum and maximum number of proteins, carbs, fats, sugars, and calories that they want to eat.

Included below the preferences will be a meal log that allows the user to view all of their past meals and their net calories, macronutrients, and micronutrients that they consumed each day/week/month. The meal log will also be editable by the user in case they want to correct or add custom meals to the log. In the 3rd scenario, there will also be support for adding exercises and calories burned throughout the day to the log.

There will be a calorie progress bar on the user’s profile page which represents the number of calories consumed per that day. As the user consumes calories, the bar will be filled in proportionally. As the bar approaches being filled in completely, user will get a warning message

that they are near to exceeding their daily calorie limit. This portion will be a bit eye-catching so that users will be drawn towards the bar even if they don't want to.



## Bibliography

Hansana, Andy, et al. Chicago, IL, 2021, pp. 1–65, *Fitness and Nutrition Buddy Project*.