

Fitness and Nutrition Buddy Scenario 3

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Fitness and Nutrition Buddy is a mobile app that currently allows users to view meal information from restaurants and keep track of the meals they have eaten throughout the day. The user can also view their macronutrient and micronutrient counts for each meal - fats, carbohydrates, proteins, sodium, sugar, and vitamins. Users are able to add custom meals in case the app's API does not meet their needs. Users are also able to log their workouts like cardio or weightlifting so they can accurately track their net calorie count. Users are able to search for nearby restaurants based on their current location, similar to other apps like Yelp or GrubHub.

A core feature to be implemented in this scenario will be meal and workout planning. Based on their meal and workout plan, the user will have certain goals to meet based on their nutritional intake. The user will be able to view their biostatistics like their BMI and choose a meal plan based on their goals such as gaining muscle or losing weight. Additionally, there will be a redesign to the application's appearance to make it more streamlined and user friendly.

Scenario "Meal and Workout Planning"

This scenario is about implementing the final major features listed in the project specifications - meal and workout planning. This final scenario will also include graphical touch ups and moving around screens to increase cohesion within the app.

In order to give the user the ability to choose from meal plans, we will be implementing the spoonacular API. After this is done, the user will be able to choose from a list of meal plans that contain detailed nutritional information, calorie count, and recipes for each listed meal. The user will be able to save this meal plan to their preferences.

We will construct our own sample workout plans geared towards cardio, yoga, and strength training. Like the meal plan, the workout plans will be displayed in a list. When the user clicks on a workout plan, it will display specific workout details, calories burnt, and have a link to a tutorial video that shows how to perform the specific workout.

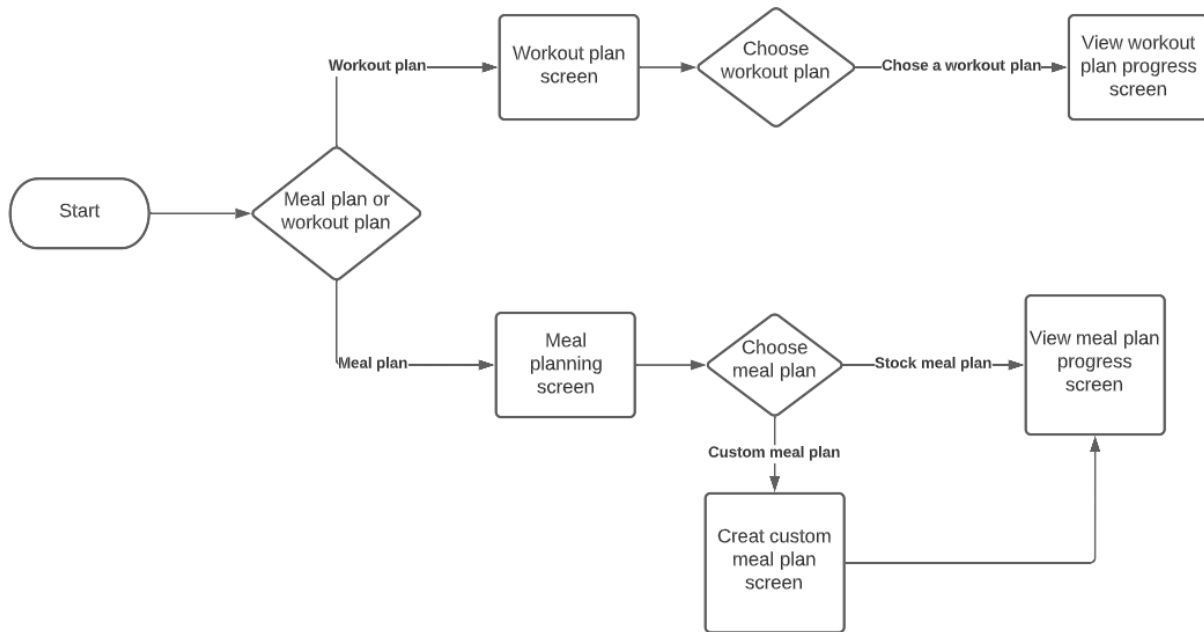
Touch ups

The user will also be able to view their nutritional statistics in detail by clicking on the calorie bar which will expand to multiple different bars which show various macro and micro nutrient information like carbs, proteins, fats, etc... All of the bars will have limits based on the user's selected meal plan as well as a minimum goal so the user can gauge. The bar will also implement layers so that the user can notice basic calories consumed vs burned without clicking on the bar.

There will also be a 5th bottom navigation menu button added to store the meal and workout plan screen, as this will be a major feature of the app.

The search bar suggestions will have multiple UI additions, including a picture of the food to search for and calorie information per serving.

Given time the final thing to implement in this scenario is to refactor our code so that it looks cleaner and user friendly.



Bibliography

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