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Nutrition and Fitness Tracking

**Requirements Analyst**

Actors:

1. User (Primary Actor)
   1. Logs meals (interacts with the food database or manually inputs data)
   2. Tracks nutrition (views nutrients and calories consumed)
   3. Views progress and analytics
   4. Sets or updates dietary goals and configures reminders
2. Food Database (System Actor)
   1. Provides up-to-date nutritional data for food items
3. Admin (Supporting Actor)
   1. Manages the app content
   2. Keeps app/content up to date
   3. Provides user support

Use Cases:

1. Log Meal: The user logs their meals by either searching the food database or manually entering the food.

Process: Automatically logs the timestamp and calculates nutritional values.

1. Track Nutritional Intake: The user views the nutrients and calories consumed.

Process: Automatically updates charts and reports to reflect new data entries.

1. View Progress: The user accesses analytics to show their progress over time.

Process: Automatically generates a progress report based on the logged data.

1. Set/Update Goals: The user sets or updates dietary goals and configures reminders.

Process: Sends reminders and notifications based on the goals.

1. Provide Nutritional Data: The food database supplies nutritional values based on the user’s search.

Process: Updates the database with new food information automatically.

1. Manage App Content: The admin continuously updates the app’s contents and features.
2. Support Users: The admin provides support to users who may be experiencing issues.

UML Diagram:

This UML diagram gives a visual representation of the “Actors” and their functions. This shows one to many users viewing progress and analytics, logging meals, and tracking nutrition through the app. The food database provides up-to-date nutritional data for food items which is crucial in logging meals. The admin provides user support to the user actor and also makes sure the app is continuously updated and maintained.

A diagram of a person's activity

Description automatically generated