Regular User
[Person]

A user with an account

Logs food, water intake, physical activity, sets goals, adds personal foods, submit requests to make them public, browses content using

Healthy Lifestyle Web App
[Software System]

Allows users to keep track of nutrition (food consumed, calories, macronutrients), water intake, activity, goals, add their own foods, view foods, physical activities, recipes, tutorials, articles

Manages users, food, activities, recipes, tutorials, articles, requests of

Administrator
[Person]

An administrator, has access to restricted resources