



DailyMacros

Count your macros, improve daily

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Funzionalità

- **Gestione Dieta**

- Informazioni sulla dieta e il fabbisogno calorico giornaliero
- Split di macronutrienti con grafico a torta
- Scelta tipo di dieta, livello di attività e obiettivo

- **Panoramica personalizzata**

- Grafico a barre con le calorie consumate giornalmente (proporzionalmente colorate a seconda dei macronutrienti)
- Grafico a barre con le calorie bruciate giornalmente
- Scelta del periodo da visualizzare (ultima settimana, mese, anno)
- Visualizzazione badge sbloccati e da sbloccare



- **Modifica impostazioni**

- Modifica della password
- Scelta del tema dell'applicazione



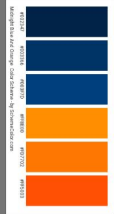
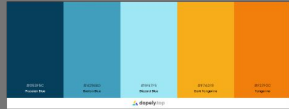
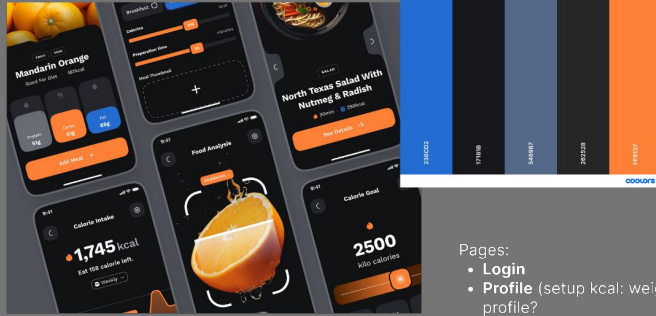


Tecnologie utilizzate

- Database Room
 - DataStore
 - Camera
 - Caricamento immagini dalla galleria
 - GPS
 - Utilizzo API OpenStreetMap
 - Sensori Biometrici
 - Figma
-

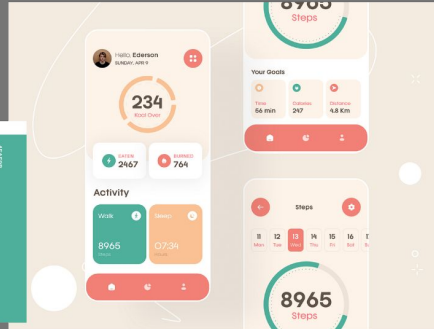
— Mockup

Inspiration



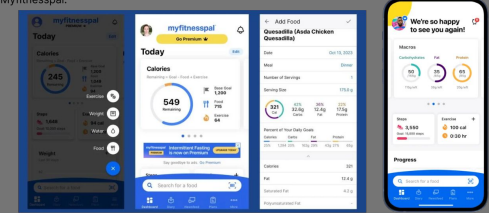
Pages:

- **Login**
- **Profile** (setup kcal: weight, height, goal) → inside profile?
- **Diet** (ratios, macros, meals)
- **Diary** (home?)
- **Search food/recipes/exercises**
- **Add new food** (check macros*kcal = kcal)
- **Insert food**
- **Add new exercise**
- **Insert exercise**
- **Add new recipe**
- **Insert recipe**
- **Overview** (charts, select time frame, badges=GAMIFICATION)



References

Myfitnesspal:



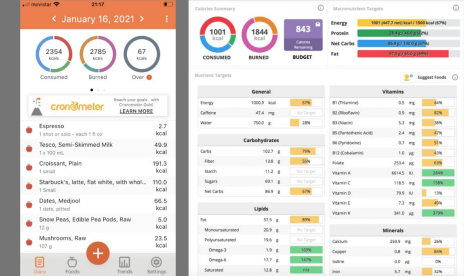
Macros:



Lose It!:



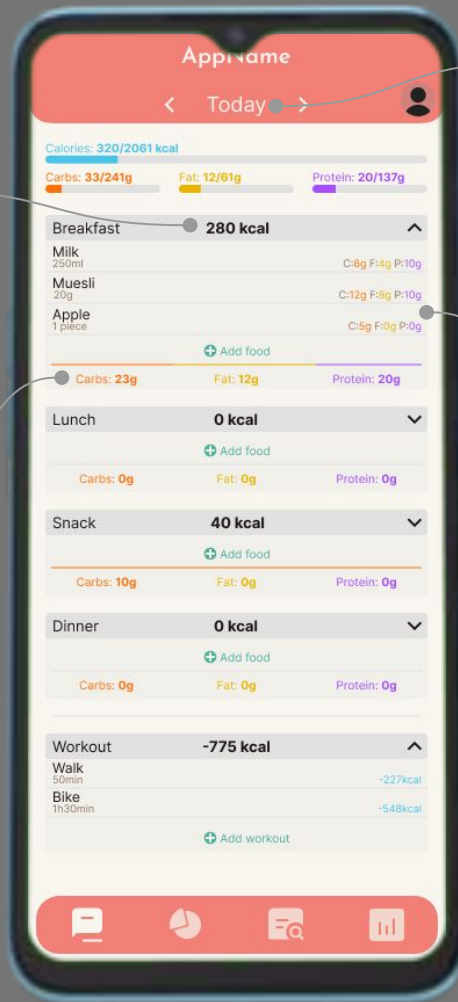
Cronometer:



— Mockup

$$\text{mealCal} = (\text{carbGrams} + \text{protGrams}) * 4 + \text{fatGrams} * 9$$

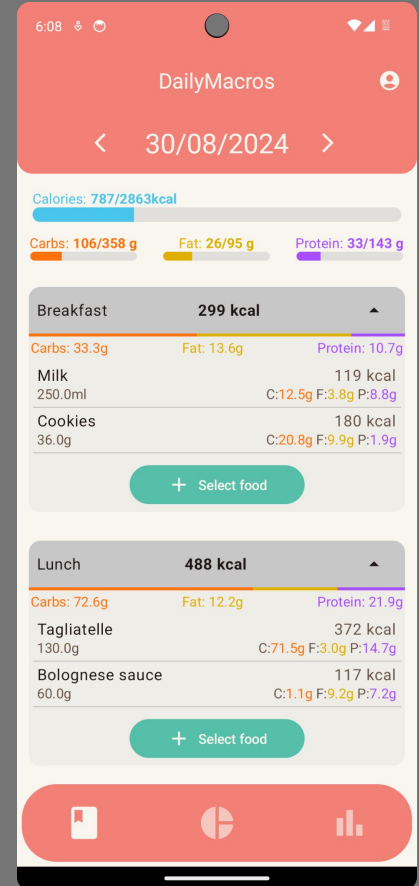
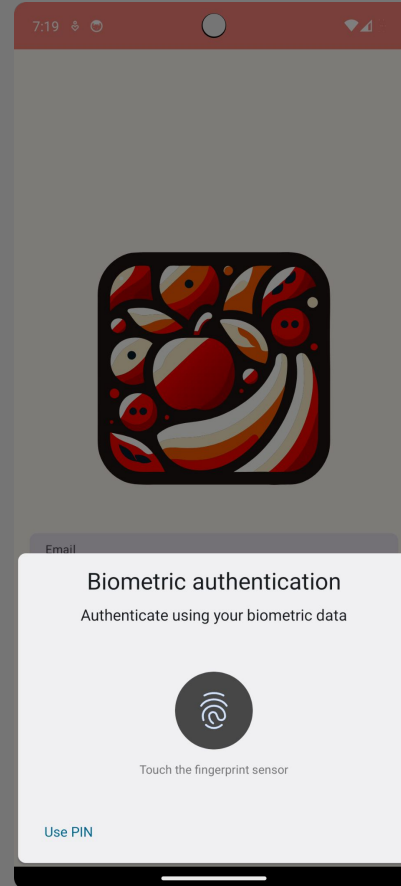
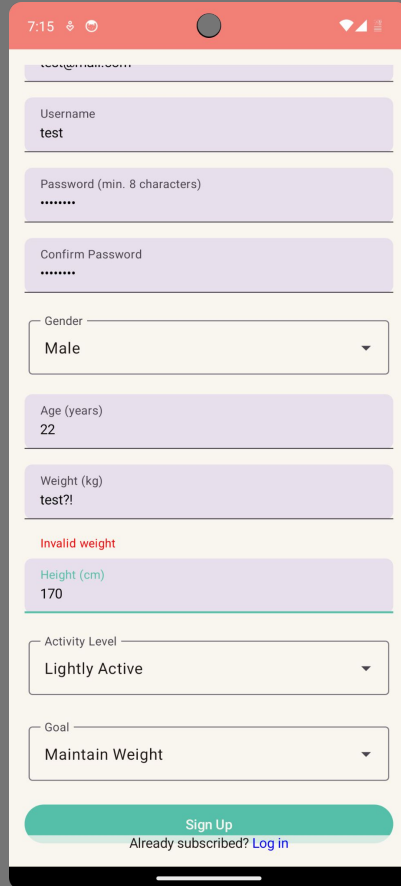
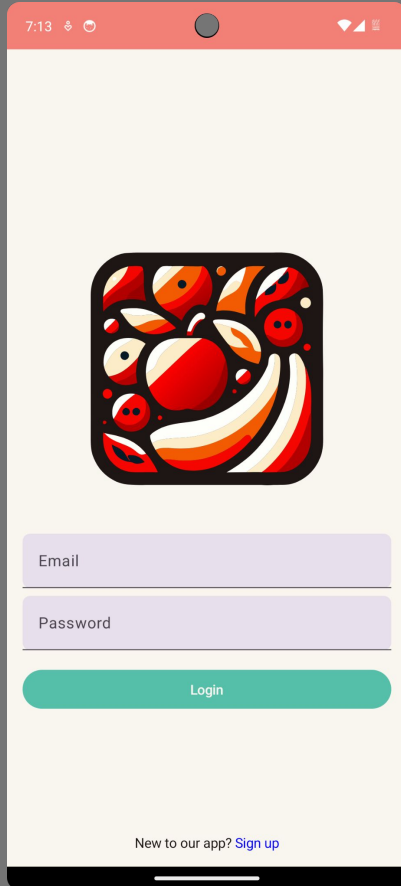
$$\text{perc} = (\text{carbGrams} * 4) / \text{mealCal}$$
$$\text{widthCarb} = \text{perc} * \text{widthLine}$$



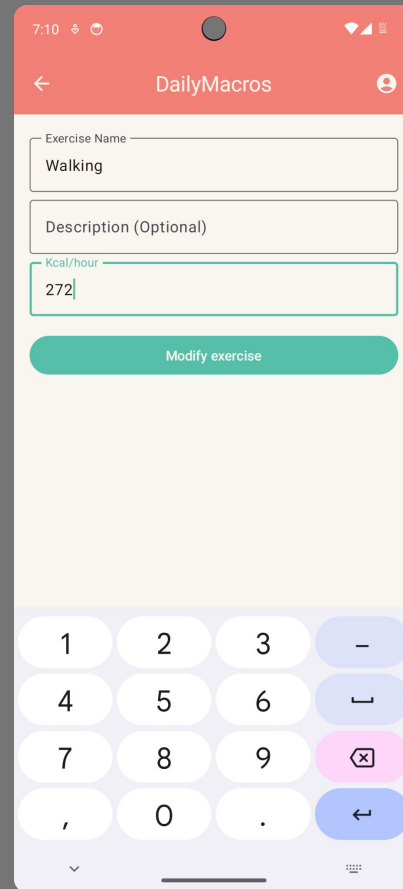
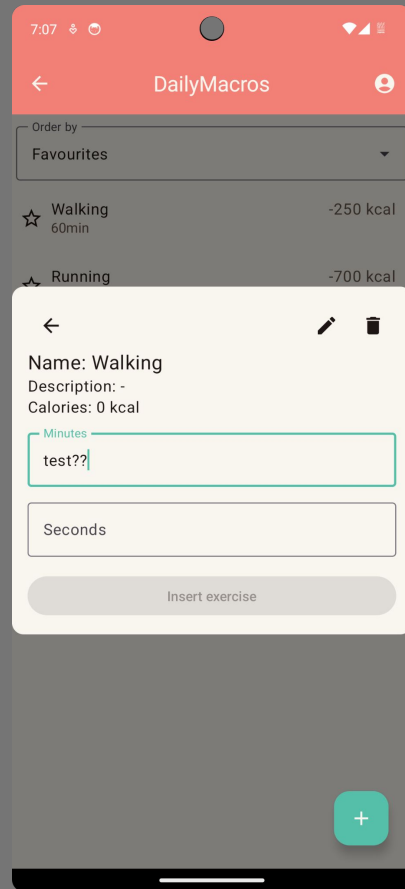
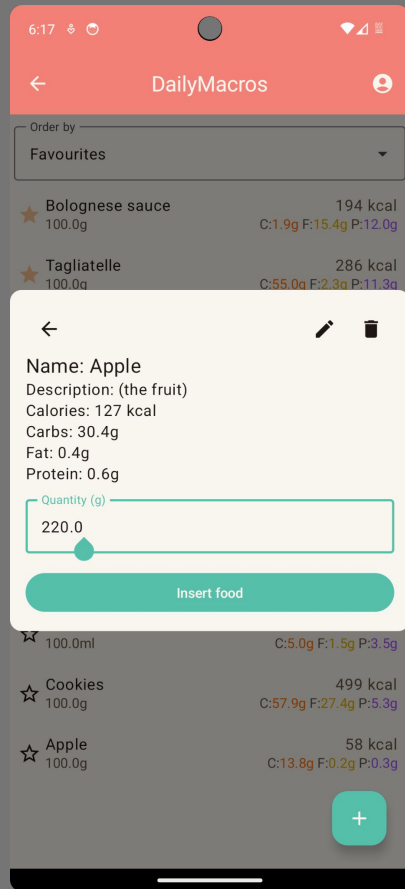
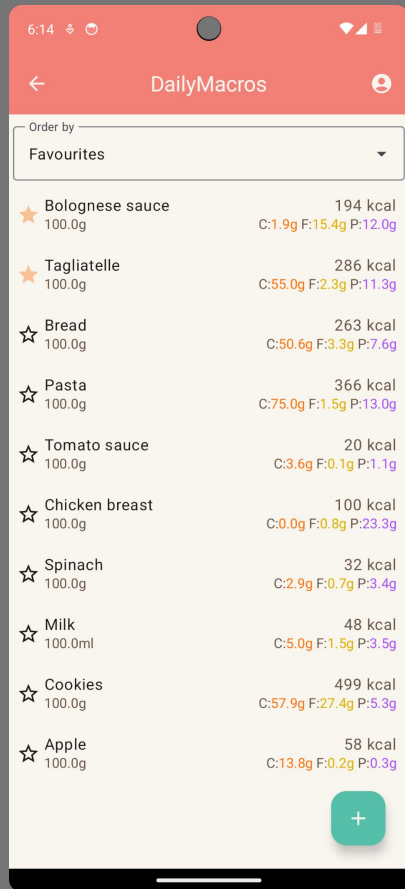
click on date = open calendar selection

click on food = modify?
slide food = delete?

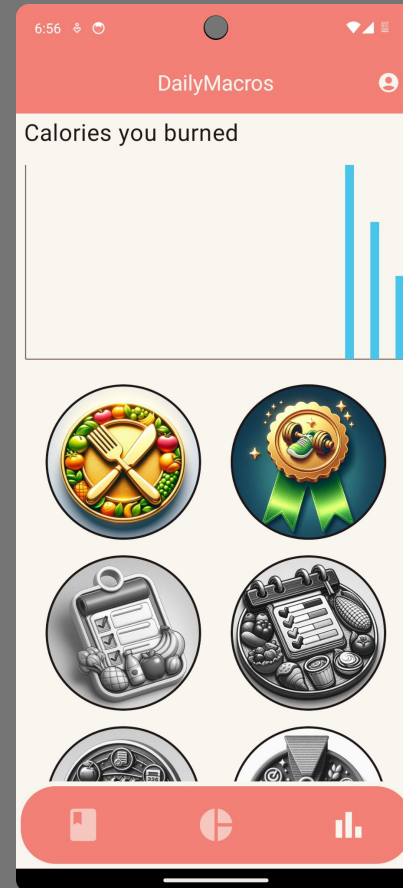
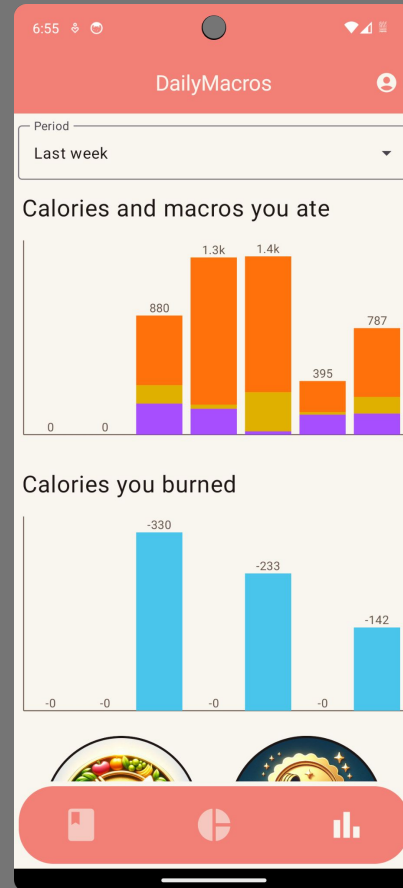
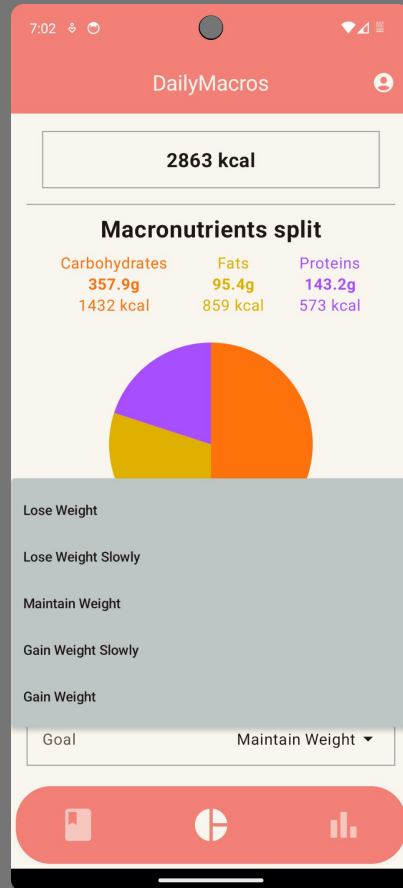
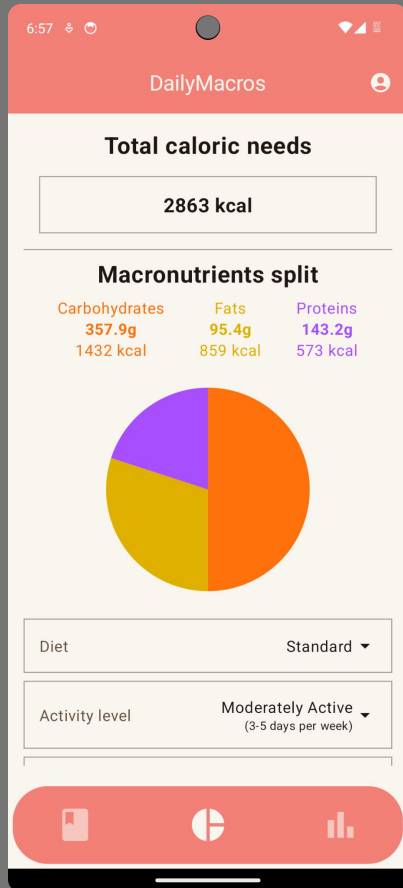
– Schermate



– Schermate



– Schermate



– Schermate

7:01

DailyMacros



Email test@gmail.com

Username Riccardo

Height 181.0 cm

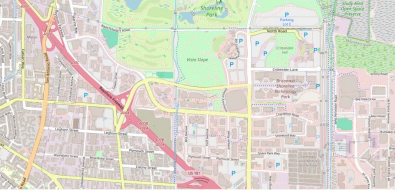
Weight 82.0 kg

Gender Male

Age 22

Activity Level Moderately Active

Goal Maintain Weight



Logout Edit Profile

6:59

DailyMacros

Username Riccardo

Weight (kg) 82.0

Height (cm) 181.0

Age 22

Gender Male

Cancel Save

1:09

DailyMacros

Change theme:

☐ System

☒ Light

☐ Dark

Change password:

Old Password

New Password

Confirm New Password

Save Password

Old password is incorrect!

6:07

DailyMacros

< 29/08/2024 >

Calories: 0/2863kcal

Carbs: 0/358 g Fat: 0/95 g Protein: 0/143 g

Breakfast 0 kcal

Carbs: 0.0g Fat: 0.0g Protein: 0.0g

Lunch 0 kcal

Carbs: 0.0g Fat: 0.0g Protein: 0.0g

Dinner 0 kcal

Carbs: 0.0g Fat: 0.0g Protein: 0.0g

Snack 0 kcal

Carbs: 0.0g Fat: 0.0g Protein: 0.0g

Exercise -0 kcal

+ Select exercise





**WHAT'S
NEXT?**

Future work

- **Tracciamento micronutrienti** (fibre, vitamine, sali minerali, ecc.)
 - **Tracciamento acqua** (goal giornaliero, reward, ecc.)
 - **Lettura codici a barre dei prodotti alimentari**
 - **Abbonamento premium con funzionalità esclusive**
 - **Implementazione social** (amici, condivisione traguardi raggiunti, like, commenti, ecc.)
-

DEMO
