

## CONTENT

Article on nutrition for athletes

Ariike Elijah

Recommended protein intake + protein intake timing for athletes

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Recommended vitamins for athletes

Ariike Elijah

Portion sizing guide

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USDA

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## FUNCTIONALITY

TDEE Calculator

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Weight Change Prediction Model

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## USER FEEDBACK & SUPPORT

Email for detailed questions

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Feedback about content accuracy, suggestions

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## COMMUNITY INTERACTION

Forums/discussion boards

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Success stories

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Data accuracy

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Learning curve

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Smooth and responsiveness across devices

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Tik tok

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Reddit

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Collaborations

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Peer support for athletes starting or facing challenges on weight management

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Tips from athletes (past or current) to other athletes

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Time commitment

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Website hosting

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Success stories

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Outreach to university sports program' nutritionists

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## HURDLES

## MARKETING

free  
visually appealing  
history function?  
clear error messages when non-valid input is entered

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