

BEEFIT



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What is the problem?

Obesity and starvation is considered one of the worlds biggest problems. Although a deadly disease such as obesity seems to be the problem of some countries, the whole world is increasingly falling into the palms of this disease.

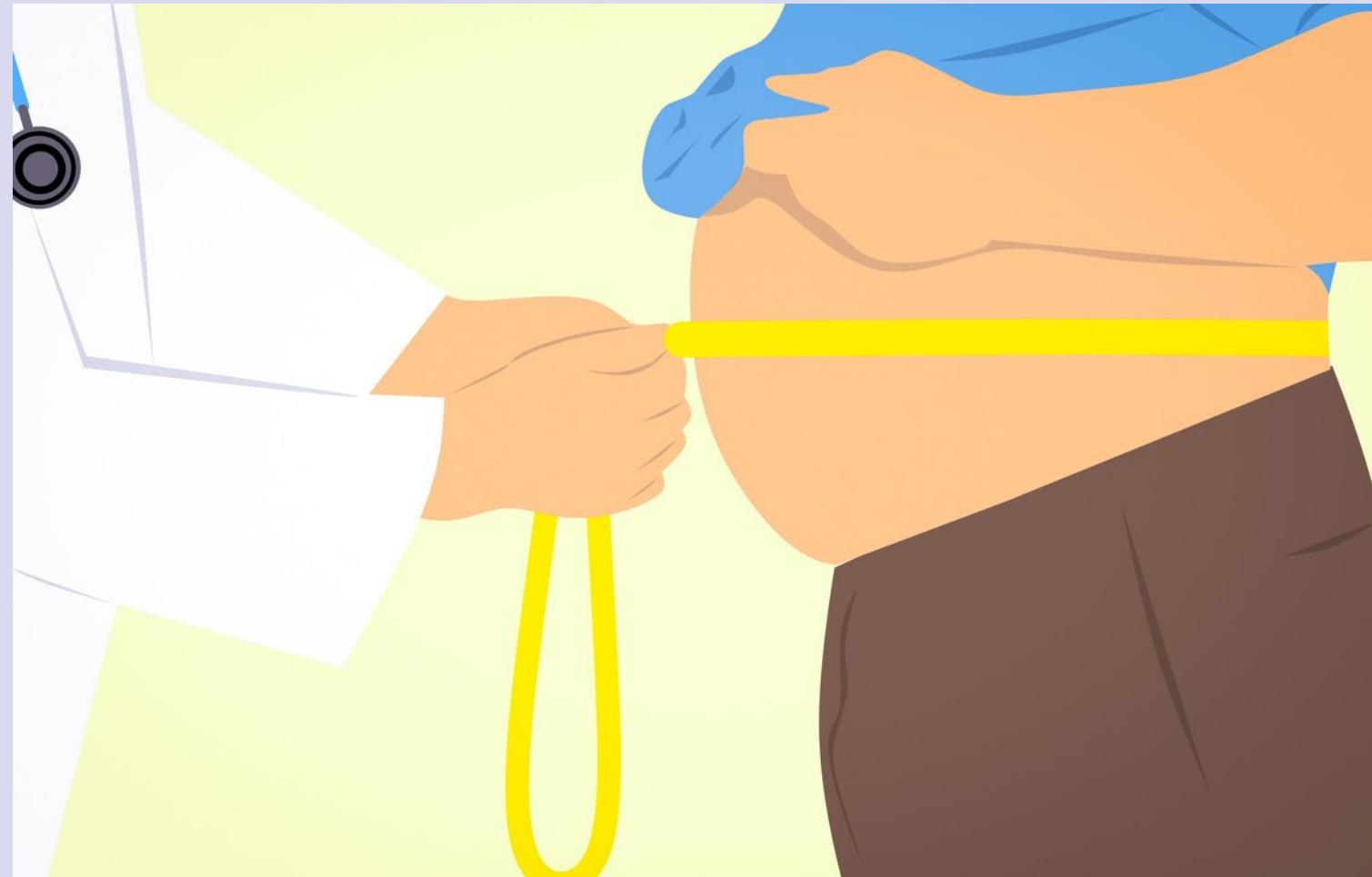
The past 33 years has been the period in which obesity has been studied most intensively.

According to data collected from 188 different countries over this 33-year period, obesity has increased by 28% among adults worldwide and by 47% among children. 13% of adults is considered obese as of 2016.



In other words, while the number of obese and overweight people in the world was around 857 million in the 1980s, this number exceeded 2.1 billion in 2013!

2.1 billion! Which means almost 1 out of every 3 people in the world is obese while just 8.8 percent of men and 9.7 percent of women are underweight.



What is our motive?

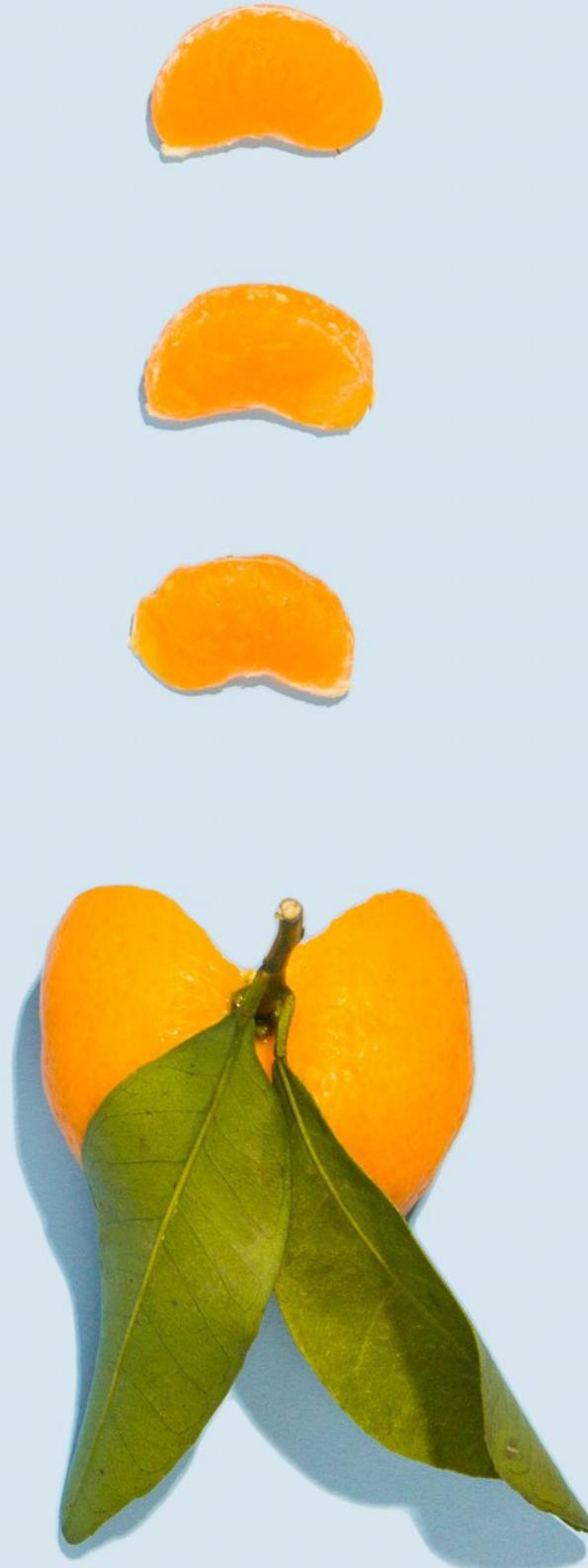


Another problem is that people cannot decide what to eat during the diet process. They know how much of each nutrient they should get during the diet, but they do not know exactly from which meals they can get from these nutrients.



Our program is to help people eat healthy amount of food according to their weight.

What is BeeFit?



BEEFIT is a software we have created for the user to prepare a diet list in your weight loss/gain/keep process. The user can think of this software as a smart dietitian/healthy food planner. In the first place, it calculates the users daily calorie and nutritional needs, later on prepares a special daily menu for the user.

```
render() {
  return (
    <React.Fragment>
      <div className="py-5">
        <div className="container">
          <Title name="our" title="product">
            <div className="row">
              <ProductConsumer>
                {({value}) => {
                  console.log(value)
                }}
              </ProductConsumer>
            </div>
          </div>
        </React.Fragment>
    
```

What is our goal?

The main purpose of our Beefit project is to offer different menus to our users according to their daily calorie needs. And if the user use this program in a daily basis, it will help the user according to their wish, whether it is for losing weight, gain weight or just keep track of their healthy shape.



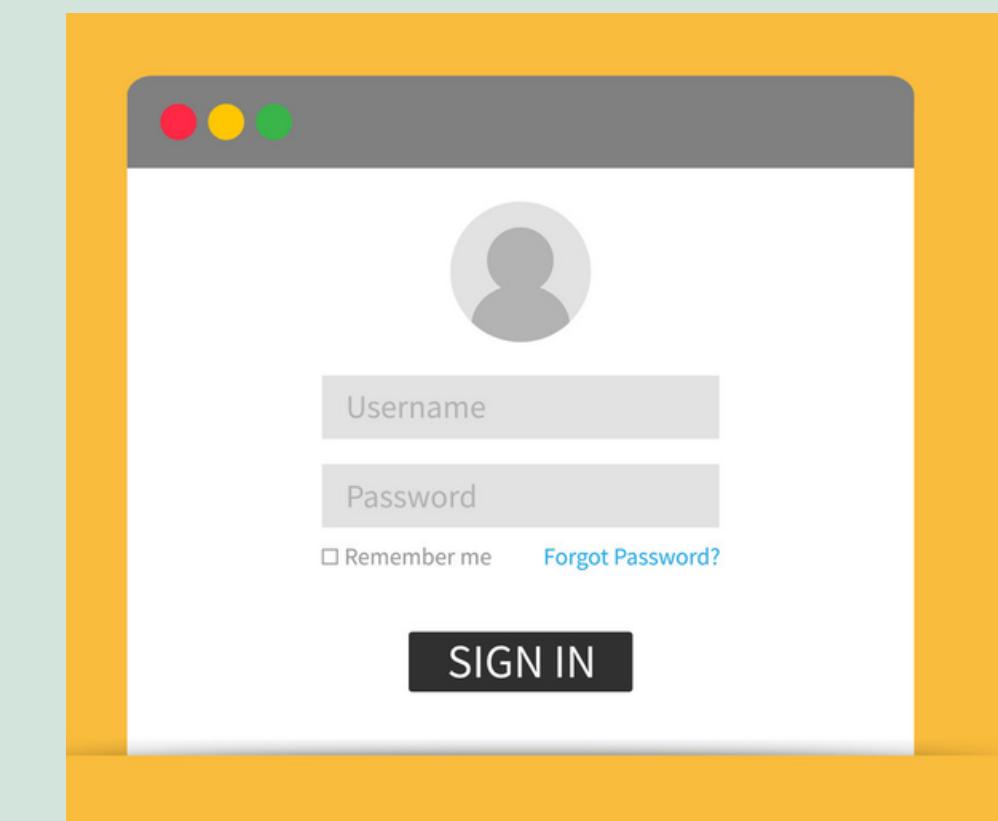


How to use BeeFit?



- 1** If the user is not registered into the system, the user can create an account by creating a username.
Then, the program will ask the user to create a password. These password must follow the security requirements such as lenght, capital letters and symbols.

- 2** Then the program will ask information from the user. The user must enter gender, weight, height, daily movement of the day, desired weight and age.



4 In case the user is not an adult(over 18), the program will terminate itself.

5 After getting these informations for the first time, the program will suggest the aim for the user according to the users' BMI.

6 Finally, the program will demonstrate meal plans for breakfast, lunch and dinner for the day.

7 If the user enters the program the next day and enters the new days weight, the program will continue to work until it reaches the desired weight. If not, the user can use the app as long as they wish.



How long can a user use the app?

Until the user reaches their target weight, our application will offer the user different and delicious diet menus.

Then, if the user's aim is just to keep track of their healthy shape, then they can restart the program with a different aim.





Benefits of BeeFit

- Our program helps the user to keep a healthy weight.
- Our program helps the user to keep track of their weight.
- Our program guides users the right aim for their weight according to their BMI.
- Our program offers different meal plans every single day.

Conclusion



As a result, we have produced software that offers menu suggestions for what people can eat for each meal, based on their daily calorie needs during the weight loss/gain process. Thanks to our software, people will get rid of the problem of what to eat today while losing/gaining weight.

