

Description of Scenario (Defining the problem):

My client is a family member. A couple months back, he mentioned that he's been struggling to lose weight. He'd like to track his daily calories and protein, but he is unsure about the amount of daily calories and protein he needs to lose weight while keeping/gaining muscle (given that he goes to the gym daily).

I reached out to him and told him I have a software solution (refer to Appendix 1), and we discussed his needs for a bit. After consulting with him, I proposed an application that automatically suggests the daily calories and protein based on his fitness objective (losing weight, gaining weight, or maintaining weight) and also tracks his daily calories and protein.

Rationale for the proposed product (solution):

The product will be able to suggest the daily calories/protein needed according to the users' fitness objective, calorie maintenance, and body weight. The product will ask the client about these when they first sign up for the application.

Using the information from the calorie maintenance and fitness objective, the product will propose a recommended daily amount of calories. Using the information from the body weight, the product will propose a recommended daily amount of protein. These are only suggestions, and the user will be able to insert their own custom value.

Once they have set that up, the user will be able to flexibly add, edit, and delete their own meals' calories and protein, in order to record the daily total of those values. After a meal is logged, it'll be saved to a database that they can access, that way they do not have to recreate the same meal again.

I will be using Django to code my web application, as it can efficiently implement databases and encrypt/provide authentication for accounts.

Success criteria for product:

1. Authentication: Working Sign up and Login System
2. Questionnaire: calculations for recommended daily calorie and protein amounts
3. Home Page. Displays meal logs, calorie and protein amounts, and navigation bar
4. The user is capable of adding, editing, and deleting meals
5. Calorie/Protein Total and Remaining: calculations displaying these values