

Optimisation of General Health & Fitness With the Use of Mobile Application Development

O P T I M U S

Aims & Objectives

- This applications aim is to help individuals to optimize their nutritional intake
- Different direction taken than most nutrition apps on the market
- Incorporates simple API manipulation to optimize the users intake
- 4

Functionality

- The user can search for their current meal idea, and choose to optimize it or store it in a listview to keep note of what they are eating
- They can choose from a set of rules to help narrow what will be returned from the optimization process
- The user can then view what they have been eating throughout the day

Future Development

- Implementation of the fitness side to the app, including workouts and exercises
- Fitness & Diet forums that allow users to communicate with each other
- CalendarView that allows for a more visually appealing aesthetic to the application