OVERVIEW

- **App Name:** (MetaFit)

- **App Description:** (Take a picture of the product and compare it with the user's basal metabolic rate)

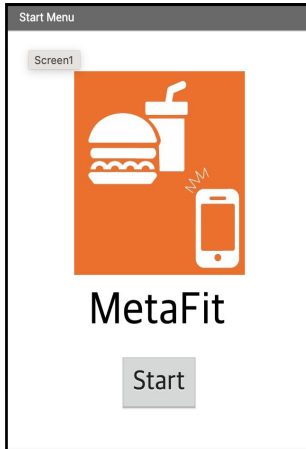- **Track:** (Youth Team)

- **Category:** (health)

In 100 words or less, describe the problem that you chose to address, and why you were interested in solving it. Please note that this portion of your submission will be published if you are selected as a finalist or winner.

These days, people don't take care of their health, so there are many people who gain weight or lose basic physical strength, so I made this app. The reason I was interested in this issue was when I was in middle school and My friend is currently in the same condition, so I made it because I wanted to help.

INSTRUCTIONS

Please provide step-by-step instructions for using your app, along with high-quality screenshots of the app. Feel free to add as many slides as needed.

Step 1: (start screen)

Step 2: (Enter user's basic bodyinformation)

INSTRUCTIONS

ScreenContent

BMR : 1363.25kcal

Nutritional content of coke

calorie : 104kcal

caffeine content : 19.6g

carbonhydrate content : 31g

sodium content : 84mg

sugar content : 28g

You need to walk for 27 minutes to burn all your calories.
Too much caffeine : Drink a lot of water and avoid foods with fiber because they contain too much caffeine.

Back to menu

Step 3: (result output)

ScreenHelp

Step 1: Press the BMR button to calculate your basal metabolic rate

Step 2: Go back to the original screen and take a picture of the food you are going to eat.

Step 3: Check the nutritional information and basal metabolic rate of the food photographed.

Back to menu

Step 4: (app description)

LIMITATIONS

In 100 words or less, describe the limitations of your app and what people should carefully consider when using it.

A limitation of this app is that it is difficult to provide more accurate information.

APPENDIX

If you have any supplementary information you wish to include, feel free to add it to the Appendix. **This section is entirely optional.**

It is recommended to add materials to the Appendix if you submitted a hardware project (e.g. with schematics, flow diagrams) or if your project included significant programming components outside of the MIT App Inventor platform.

Please be aware that judges reserve the right to exercise their discretion in reviewing materials within the Appendix, and they may not review its entirety if they consider it excessively lengthy.

SUMMER APPATHON