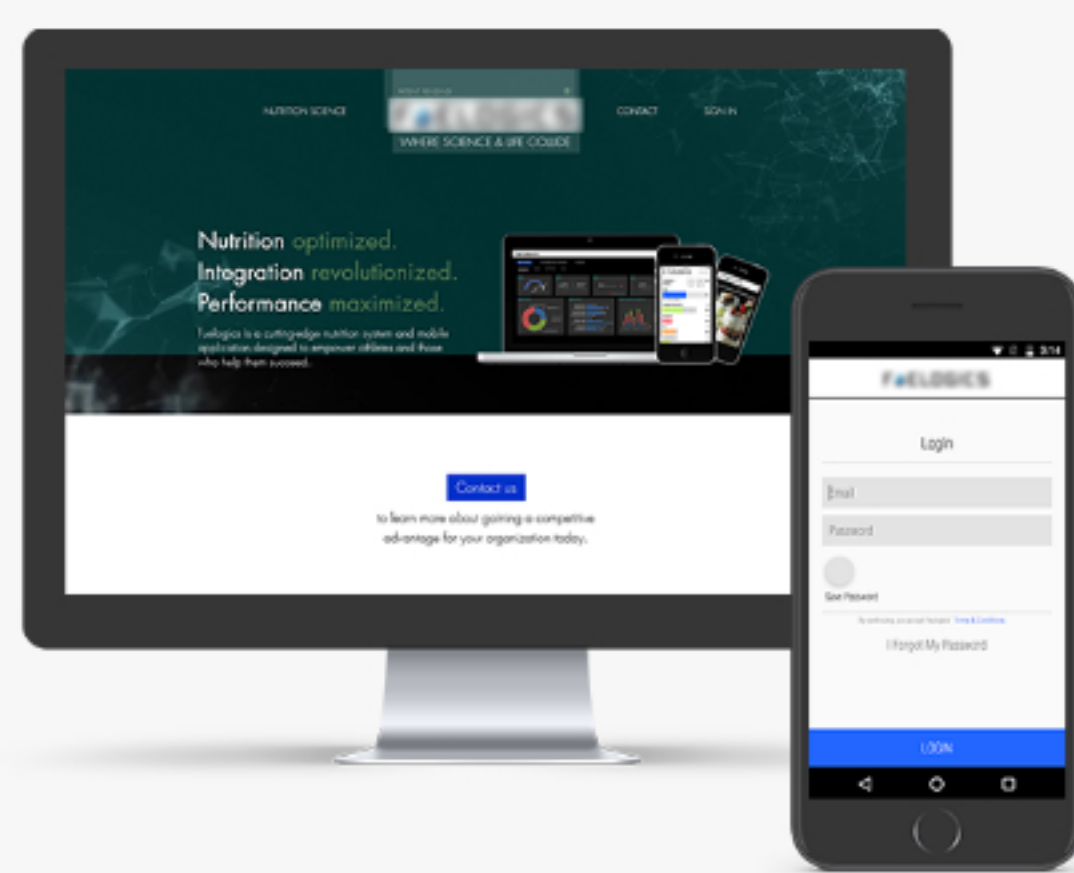


Private: How Sufalam Built the Next-gen Nutrition System in the Form of An Intuitive Mobile App?



About The Project

The client approached Sufalam with a sophisticated requirement related to the sports industry. The client wanted a solution that would serve as a reliable nutrition system for athletes and would help them improve their performance. The solution, as outlined by the client, should serve as a comprehensive system that could help sportsmen and athletes eat as per their body needs and dietary preferences.

Understanding the client's requirement in-depth, Team Sufalam outlined a detailed development strategy for the future of the solution. Keeping in mind the complex requirement, Sufalam started brainstorming a cutting-edge nutrition system to be offered to the end-users as a cross-platform mobile application.

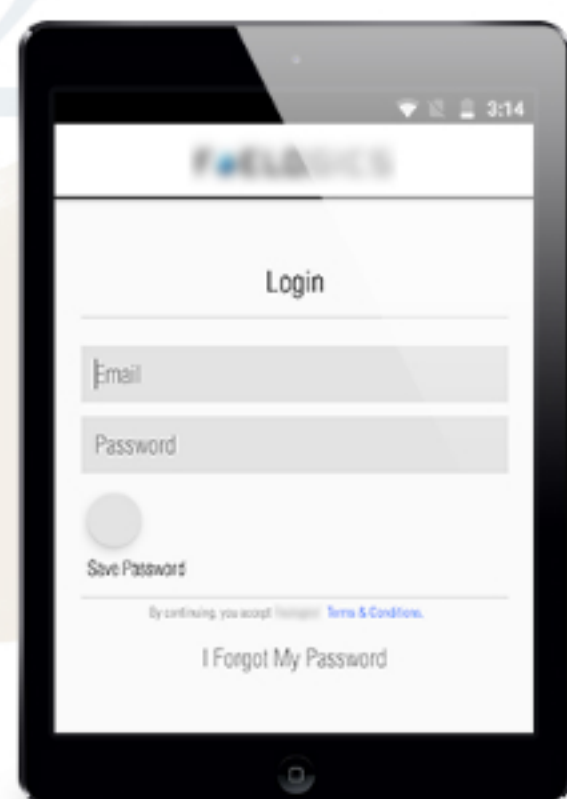
Solution Offered

Team Sufalam build an intuitive application from scratch that would manage more than 450 unique formulas to provide personalized dietary suggestions related to micro and macro nutrition based on user's inputs such as body fat, height, weight, lifestyle, daily activity, exercise, etc.

The solution was built in a simultaneous phase-wise approach that involved the development of a cross-platform mobile app for end-users and an admin panel for the solution administrator.



Admin panel login



Application login screen

Objective

- ✓ To build an advanced digital nutrition system combining physiological and behavioral science with modern technology.
- ✓ To create a backend admin CMS panel for content publishing, distribution and delivery
- ✓ To manage personalized dietary formulas based on individual's body needs in real-time

Key Features

- ✓ **Interactive Dashboard:** View daily exercise time, calorie burn rate, daily caloric need and detailed graph of carbohydrate, protein, vegetable, fat and other dietary intakes.
- ✓ **Add Micro nutrition:** Add each serving of fat/protein/carbs during the day and view all past servings, weight and their caloric value
- ✓ **Quick Add:** Add vegetable, protein, fat, carbohydrate intake, weight data and lifestyle details at a single tap
- ✓ **Record Training Exercise:** Add a training exercise with time and intensity along with emoticons
- ✓ **Feed Me:** Enter number of snacks/meals in a day, calculate micro nutrition values and see latest healthy recipes
- ✓ **Dairy Details:** View history related to added micro-nutrition, training exercises, intensity, weight during a specific period.
- ✓ **Reminder:** Add, view, update and delete daily reminders
- ✓ **Main Menu:** Quickly access all sections like Resources, FAQs, Reminder Settings, Diary Details, etc.

Key Features of the CMS/Admin Panel

The admin panel was meant for two different roles i.e. Super Admin & the Sub Admin. While Super Admin can conduct all forms of platform management activities and add, edit, view or delete sub admins, sub-admins can only deal with users assigned to him by the super admin. The main features of the admin panel included:

- ✓ **User Management:** Super admin can add/delete/edit/view users and can even view the entire list of users in the system.
- ✓ **Reporting:** Super admin can access various reports concerning a particular user including user profile, weight and injury history, nutritional history, average dietary intake vs. needs for the past month and daily intake and needs of a user.
- ✓ **Recipes:** Super admin can see, add, edit or delete dietary recipes for end-users
- ✓ **Resources:** Super admin can view, add, edit or delete resources for end-users
- ✓ **FAQs:** Super admin can view/update FAQs for end-users
- ✓ **App Info:** Super admin can update app information
- ✓ **Macro Nutrients:** Super admin can customize this section by updating its image
- ✓ **Sub-Admin:** Super admin can manage all sub admins



Application dashboard screen



Overview of all screen

Solution Benefits

The solution helped the client in delivering a full-proof mechanism to the end-users for optimizing athletic performance, controlling weight, track recovery status and ensure well-being using advanced scientific, physiological and behavioral techniques.

Platforms Supported

- ✓ **iOS:** 10.2 or later- iPhone, iPad & iPod Touch
- ✓ **Android:** Smartphones & Tablet
- ✓ **CMS:** Web-based, opens on any browser

Tools Technologies Used

