

Calorie Track PRO

An app to track your calorie intake to meet your specific calorie count goal.



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Table of contents

01

**About the
Project**

02

**User
Stories**

03

**Tech
Stack**

04

**Database
ERD**

05

Wireframes

06

Demo

07

Challenges

08

Handoffs

01

About the Project





Project Description

- Help users track their calorie intake to meet their calorie count goals and maintain their health.



Calorie Track Pro





Key Features

**User
Authentication**

**Profile
Management**

BMI Calculation

**Calorie
Calculation**

**Daily & Weekly
Calorie Monitoring**

Admin Functions



02

User Stories





User Stories

- Users can register and create user accounts.
- User can log in and log out from their accounts.
- User can create a profile with the following information
: gender, height, weight, activity levels and calorie goals
- User can view their profile information
- User can edit/delete their profile.
- User can view their BMI calculation (calculated from their profile details)
- User can search for foods in database and enter the food they have eaten to
Track the number of calories taken per meal per day
- User can view or monitor their daily calorie intake and goal in the calorie track
view dashboard
- Users can monitor their intake progress weekly.
- Admin can add, update and delete foods in the food data.
- Admin can access and manage users .



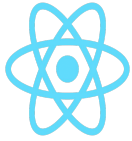
03

Tech Stacks



Tech Stacks

Frontend



React JS



HTML



CSS



Bootstrap



**React
Bootstrap**

Backend



Java



**Spring
boot**

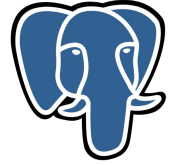


Maven

**Spring MVC
Spring REST
Spring DATA
JPA**

DB/API

**Postgre
SQL**



PostgreSQL



**Aws
RDS**

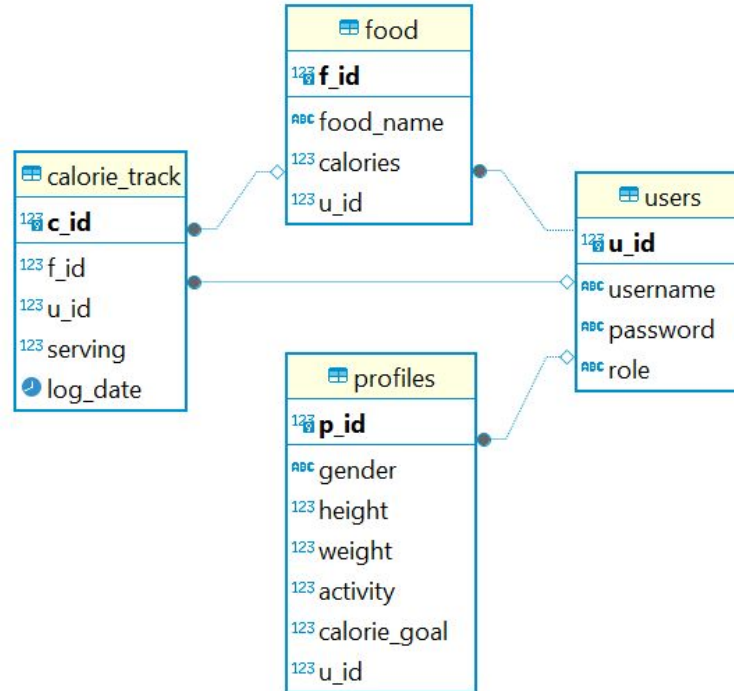
04

Database ERD





Calorie-track-database ERD



05

Wireframes



Wireframes

A Web Page

https://

Calorie Track

Username

password

A Web Page

https://

Calorie-Track Trends BMI Calculation

My Calorie Goal is : 1300

Add your calorie

Previous Week Next Week

7/8 M	7/8 M	7/8 M	7/8 M	7/8 M	7/8 M
apple serving c Item Two Item Three	Item One Item Two Item Three	Item One Item Two Item Three	Item One Item Two Item Three	Item One Item Two Item Three	Item One Item Two Item Three
Total Calorie of the d					
Calorie goal - total Calorie					

food
Item One
Item Two
Item Three

food

servings

date ☐

A Web Page

https://

Calorie-Track Trends BMI Calculation

My Profile

gender ☐ Man ☐ Women

height ft in

weight lb

Activity Level ☐ 1-3 days a week ☐ 3-5 days a week ☐ Radio Button ☐ Radio Button

A Web Page

https://

Users Food

Food (job title)	Calorie		
Giacomo Guilizzoni Founder & CEO	40	Pelidi	<input type="checkbox"/>
Marco Botton	38		<input type="checkbox"/>
Tutofare			<input type="checkbox"/>
Mariah Maciachian	41	Potato	<input type="checkbox"/>
Better Half			<input type="checkbox"/>
Valerie Liberty			<input type="checkbox"/>
Head Chef	3	Val	<input type="checkbox"/>
Data Grid Docs			

Module

Add Food

food name

calories

06

Demo



07

Challenges





Challenges



Storing User Information

- Every Refresh would erase user's information
- Save at local storage.



```
export function AuthProvider({ children }) {
  const [user, setUser] = useState(null);

  useEffect(() => {
    // Load user from local storage or API
    const loggedUser = JSON.parse(localStorage.getItem('user'));
    if (loggedUser) {
      setUser(loggedUser);
    }
  }, []);

  const login = (userData) => {
    // Save user to state and local storage
    setUser(userData);
    localStorage.setItem('user', JSON.stringify(userData));
  };

  const logout = () => {
    // Clear user from state and local storage
    setUser(null);
    localStorage.removeItem('user');
  };
}
```




Challenges



FindAllFoodItems

- StackOverFlow Error
- Redefined the relationship between uscalorietrack and food

Models.Food

```
@OneToMany(mappedBy="food")
@JsonManagedReference(value = "food")
private List<CalorieTrack> calorieTrackList;
```

Models.CalorieTrack

```
@ManyToOne(fetch = FetchType.LAZY)
/*This annotation specifies the foreign key c
The nullable = false part means that a shoe
@JoinColumn(name = "f_id", nullable = false)
@JsonBackReference
private Food food;
```





Challenges

```
import { format, addDays, addWeeks, subWeeks, startOfWeek } from "date-fns";
```



Weekly Table

- A Logic Problem
- Through Research, Learned lots of npm libraries

```
const [currentDate, setCurrentDate] = useState(new Date());

const startOfWeekDate = startOfWeek(currentDate, { weekStartsOn: 0 }); // Week starts on Sunday

// Generate an array of dates for the current week
const dates = [];
for (let i = 0; i < 7; i++) {
  dates.push(addDays(startOfWeekDate, i));
}

const handlePreviousWeek = () => {
  setCurrentDate((prevDate) => subWeeks(prevDate, 1));
};

const handleNextWeek = () => {
  setCurrentDate((prevDate) => addWeeks(prevDate, 1));
};
```

08

Handoffs





Handoffs

Secure User Authentication

- By using Spring Security

Food Public API

- For more Data
- Custom food track in calorie log.

Calorie trends

- A simple statistics of weekly and monthly calorie intake
- Graphs or Charts of it.

Healthy Recipe by AI API

- Generating Healthy Recipe
By using Generative AI API



Thanks!

Do you have any questions?



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