

Active Edge User Guide 🦵

Introduction

Welcome to ActiveEdge! ActiveEdge is a productivity tool designed to help you track your health and fitness goals effectively. Whether you want to manage your calorie intake, track your water consumption, set daily goals, or keep a record of your exercises, ActiveEdge has got you covered.

Quick Start

To get started quickly with ActiveEdge, follow these simple steps:

1. Ensure that you have Java 11 or above installed.
2. Down the latest version of `ActiveEdge` from [here](#).

Features

Logging Calorie Intake : `log`

- Adds a new meal to the log along with the number of servings.
- Alerts if the calories consumed exceed the goal.

Format: `log m/<MEAL_NAME> s/<SERVINGS>`

- The `<MEAL_NAME>` can be from any food from the food list.
- The `<SERVINGS>` can be any integer value.

Example of usage:

```
log m/chicken rice s/1
```



Adding new food item to database and logs meal to list: `add`

- Adds a new food item to the existing list of food items.
- Ensures user can input any kind of food to keep track their calories.

Format: `add m/<MEAL_NAME> c/CALORIES_PER_SERVING s/<NUMBER_OF_SERVINGS>`

- The `<MEAL_NAME>` can be from any food item.
- The `CALORIES_PER_SERVING` can be a rough gauge of calorie amount of the food item
- The `<NUMBER_OF_SERVINGS>` can be any integer value.

Example of usage:

```
add m/carrot cake c/500 s/2
```

Logging Water Intake : `log`

- Logs the quantity of water consumed.
- Tracks progress towards a customizable water intake goal.

Format: `log w/<AMOUNT_OF_WATER>`

- The `<AMOUNT_OF_WATER>` can be volume of water intake in ml.

Example of usage:

```
log w/100
```



Main

Viewing Water Intake: `show`

-Displays the total water intake and the percentage of water that has been consumed in comparison to the water intake goal.

Format: `show w`

Example of usage: `show w`

Goal Setting : `set goal` / `show g`

- Sets the daily water intake and calorie intake goal.
- Displays current calorie and water intake goals.

Format: `set goal c/<CALORIE_GOAL> / set goal w/<WATER_GOAL> / show goals`

- The `<CALORIE_GOAL>` can be calorie goal for the day.
- The `<WATER_GOAL>` can be water goal for the day

Example of usage:

```
set goal c/1000 set goal w/2000 show g
```



Delete meals/water/exercises: **delete**

-Deletes a meal/quantity of water(water intake) from the task list. -Supports deletion of tasks based on their descriptions.

Format: `delete <QUANTITY_OF_WATER> ml / delete <MEAL_NAME> / delete <EXERCISE_NAME>`

- The `QUANTITY_OF_WATER` can be the quantity of water the user logged previously and wishes to delete.
- The `MEAL_NAME` can be the name of the meal the user previously logged in and wishes to delete.
- The `EXERCISE_NAME` can be the name of the exercise.

Example of usage:

```
delete 100 ml delete sushi delete calisthenics
```



Log exercises: **log**

- Logs the exercises performed.
- Track how many calories have burnt.

Format: `log e/<EXERCISE_NAME> d/<DURATION>`

- The `EXERCISE_NAME` can any form of exercise done.
- The `DURATION` can be the number of minutes the exercise has been done.

Example of usage:

```
log e/running d/10
```



Adding new exercise item to database and logs exercise to list: **add**

- Adds a new exercise item to the existing list of exercises.
- Ensures user can input any kind of exercise to keep track of their calories.

Format: `add e/<EXERCISE> c/<CALORIES_BURNT_PER_MIN> d/<DURATION_PER_MIN>`

- The `<EXERCISE>` can be any form.
- The `<CALORIES_BURNT_PER_MIN>` can be a rough guage of calories being burnt.
- The `<DURATION_PER_MIN>` can be any integer value.

Example of usage:

```
add e/calisthenics c/10 d/5
```

Testing data for food items

-Users can use these data to test out the application

Food Item	Calorie Intake
fried chicken	543
chicken burger	357
beef burger	500
fish burger	379
sambar rice	187
medu vadai	108
udon	400
edamame	120
sambal belacan	75
telur masin	85

Testing data for list of exercises

-Users can use these data to test out the application

Food Item	Calories Burnt Per minute
running	10
cycling	8
swimming	8
jumping jacks	10
walking	4
yoga	3
aerobics	10
basketball	9

Food Item	Calories Burnt Per minute
tennis	7
squash	8

FAQ ?

Q: How do I transfer my data to another computer?

A: Create a "data" folder within the ActiveEdge application directory, and then copy the "data.txt" file into this newly created folder.

Q: I accidentally deleted an entry. Is there a way to recover it?

A: Unfortunately, deleted entries are not recoverable, so it's important to be careful when using the delete command.

Q: I accidentally cleared the data. Is there a way to recover it?

A: Unfortunately, cleared data are not recoverable, so it's important to be careful when using the clear command.

Command Summary

{Give a 'cheat sheet' of commands here}

Here's a quick summary of commands available in ActiveEdge:

- Set daily calorie goal: `set goal c/<CALORIE_GOAL>`
- Set daily water goal: `set goal w/<WATER_GOAL>`
- View goals: `show g`
- Log meals: `log m/<MEAL_NAME> s/<SERVINGS>`
- View daily calories: `show c`
- Log water: `log w/<AMOUNT_OF_WATER>`
- View water intake: `show w`
- Log exercise: `log e/<EXERCISE_NAME> d/<DURATION>`
- View all entries logged: `list`
- Help: `help`
- Find: `find <KEYWORD>`
- Delete items from list: `delete <AMOUNT_OF_WATER>/<MEAL_NAME>`
- Show daily summary of food, water intake and goals: `summary`

- Add new food item to the database and log meal: `add m/<MEAL_NAME>c/<CALORIES_PER_SERVING(kCal)> s/<NUMBER_OF_SERVINGS>`
- Add new exercise to database and log it: `add e/<EXERCISE>c/<CALORIES_BURNT_PER_MIN(kCal)> d/<DURATION_PER_MIN>`
- Clear: `clear`
- Prints all food data: `show food`
- Prints all exercise data: `show exercises`