

MEWPlanner for Diabetic Patients

User Guide



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Getting Started

Quick Start on Heroku

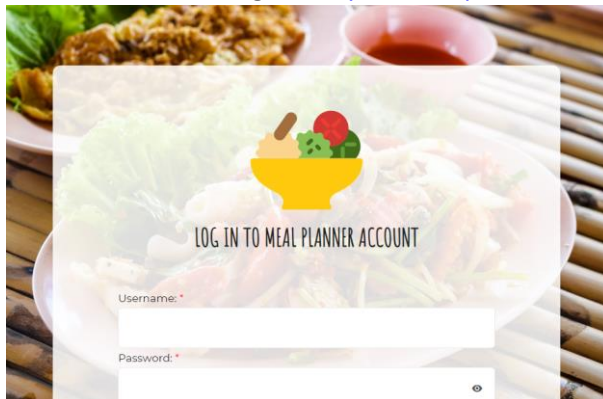
System Requirements

For a quick-start, a demo system has been deployed to Heroku, and the only system requirements are:

- A modern web browser. Recommended Google Chrome version 76 and above.

Steps

- Launch Chrome and goto <https://mewplanner.herokuapp.com>



- ⚠ Note: As Heroku apps will go to sleep after 30 minutes of inactivity, please expect a longer response when you first load the website
- ⚠ If website is not found, you could check <https://status.heroku.com/> to see if Heroku is experiencing some issues.

Full installation and deployment

Follow this section only if you wish to deploy the system locally.

System Requirements and Dependencies

- Python or Anaconda, and Python libraries as specified in requirements.txt
- A modern web browser. Recommended Google Chrome version 76 and above.

- ⚠ MealPlanner has only been tested on the following operating systems below
- Windows 10 version 1809
 - Iss-vm from <https://github.com/telescopeuser/iss-vm>

Pre-requisites

- Clone or download project source code from GitHub repository from <https://github.com/eleow/IRS-MR-2019-07-01-IS1FT-GRP-MEWPlanner>

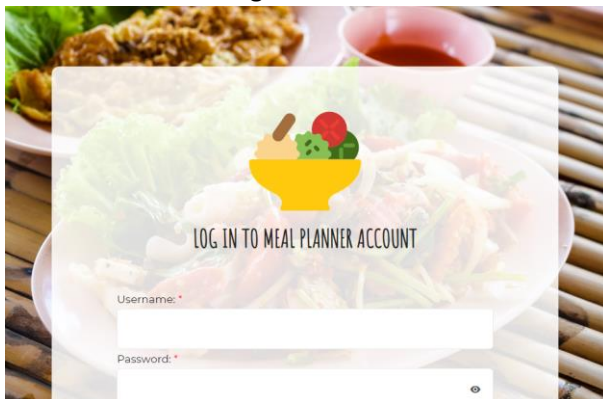
Starting Python Django

- Navigate to the frontend scripts from your local copy of the GitHub repository at
\\SystemCode\\frontend
- Install python project dependencies either
 1. via the following script in console
`pip install -r requirements.txt`
 2. or create new Anaconda environment with
`conda create -n mewplanner python=3.7.1 django django-extensions requests python-dateutil pydotplus`
- Run manage.py by the following script in console:
`python manage.py runserver`
- You should see something similar in the console

```
(base) D:\Users\Edmund\Documents\GitHub\IRS-MR-2019-07-01-IS1FT-GRP-MEWPlanner\SystemCode\frontend>python manage.py runserver
Watching for file changes with StatReloader
Performing system checks...

System check identified no issues (0 silenced).
September 13, 2019 - 15:47:54
Django version 2.2.3, using settings 'kieFront.settings'
Starting development server at http://127.0.0.1:8000/
Quit the server with CTRL-BREAK.
```

- Launch Chrome and goto 127.0.0.1:8000.



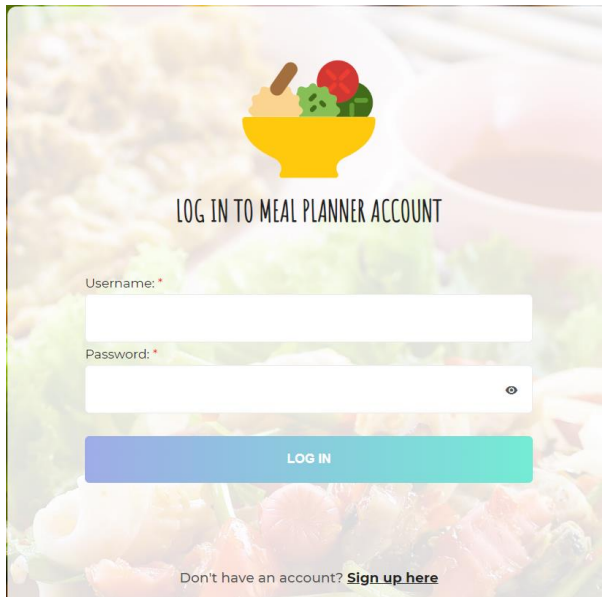
Test Scenarios

Using an existing user

View existing plan

Follow the steps below to view an existing plan for the existing user alice.

- Go to <http://127.0.0.1:8000/login/>



LOG IN TO MEAL PLANNER ACCOUNT

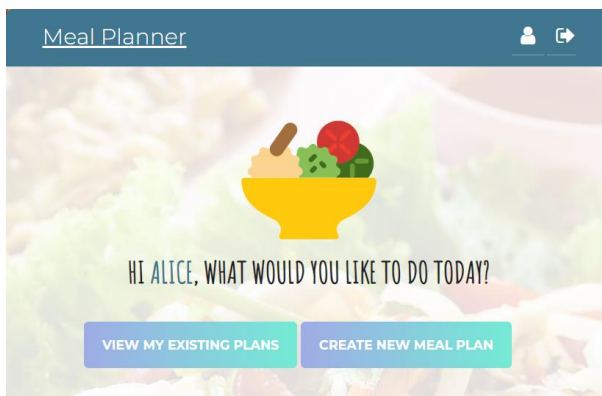
Username: *

Password: *

LOG IN

Don't have an account? [Sign up here](#)

- Enter the following username and password, and press “Log In”:
 - **Username:** alice (note: case-sensitive)
 - **Password:** password

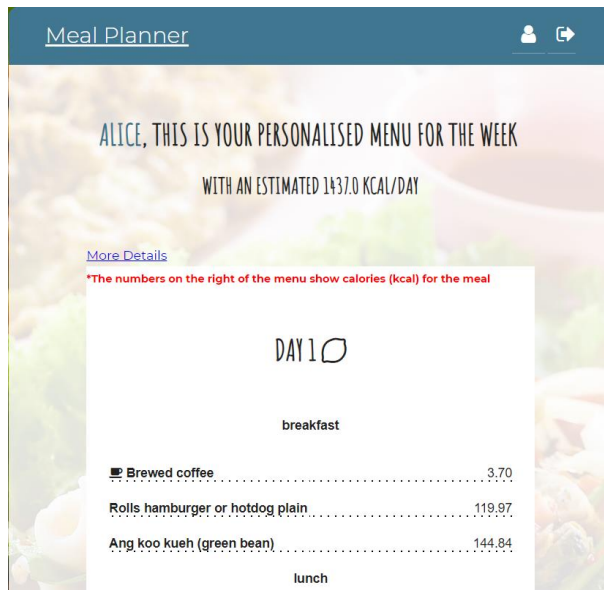


Meal Planner

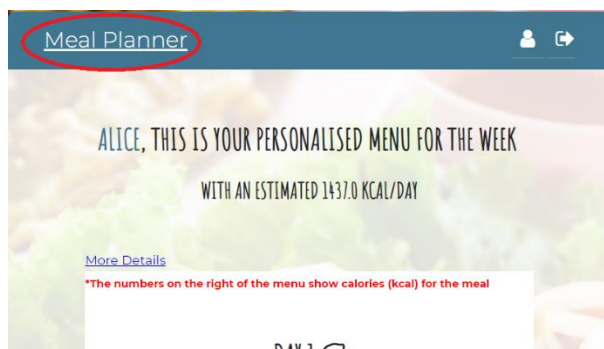
HI ALICE, WHAT WOULD YOU LIKE TO DO TODAY?

VIEW MY EXISTING PLANS CREATE NEW MEAL PLAN

- You should be redirected to the Home page.
- Choose “View My Existing Plans”. You should be redirected to the “View Plan” page.

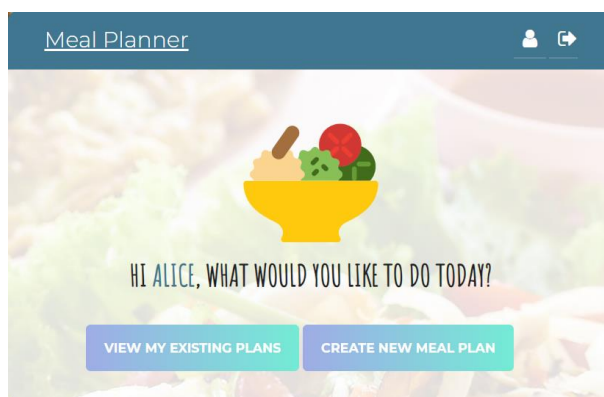


- Scroll down the webpage and you should see 7 days' worth of meals.
- Click the "Meal Planner" menu item to go back to the Home page.



Create new plan

Follow the steps below to create a new plan for the existing user alice.



- Choose "Create New Meal Plan". You should be redirected to "Create Plan" page.

Meal Planner

HI ALICE, LET'S REVIEW YOUR DATA BEFORE CREATING YOUR MEALS

Weight (kg):
50

Height (cm):
159

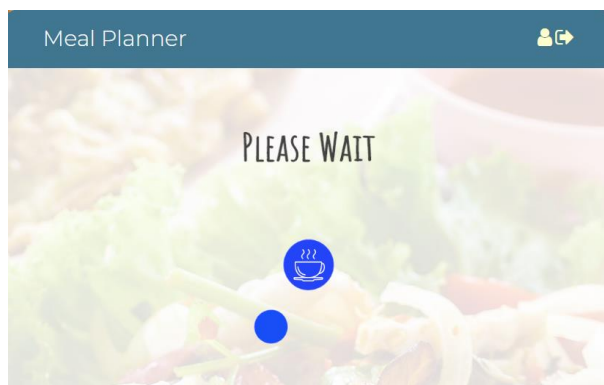
BMI (kg/m²):
19.78

Maintain your healthy weight by balancing diet and exercise.

Activity level:
Sedentary

Sedentary (Light or no exercise), Light (Exercise 1-3 times/week), Moderate (Exercise

- Scroll down and click “Create”. There should be a waiting screen.
This may take 2-5 minutes



- Finally, the results should be shown.

Meal Planner

ALICE, THIS IS YOUR PERSONALISED MENU FOR THE WEEK
WITH AN ESTIMATED 1437.0 KCAL/DAY

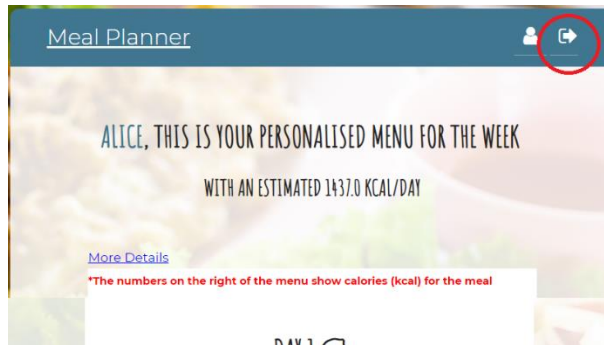
[More Details](#)

*The numbers on the right of the menu show calories (kcal) for the meal

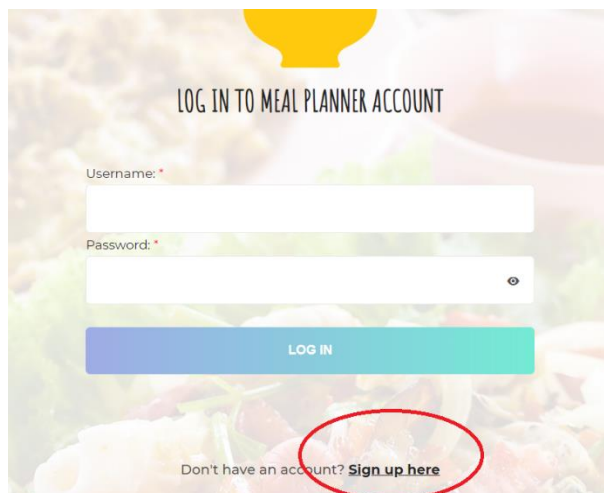
DAY 1	
breakfast	
Cappuccino	76.83
Weet-Bix (original)	52.80
Ang koo kueh (green bean)	144.84
lunch	

Creating a new user

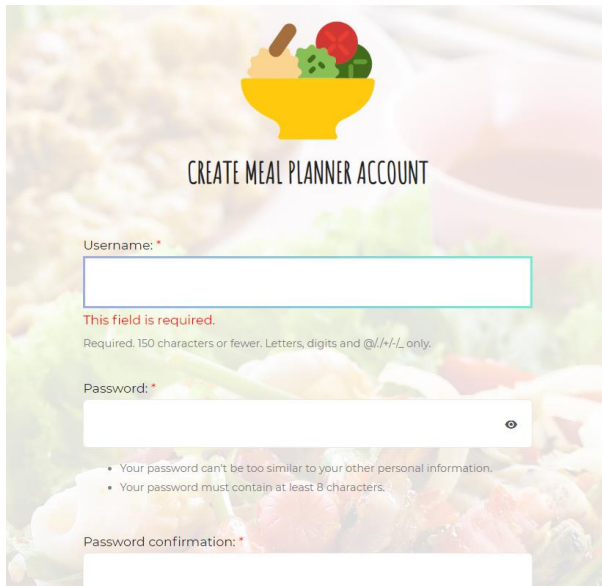
- Click the sign-out icon if already logged in.



- You should be redirected to the Home page.
- Scroll down and click the “Sign up here” link.



- You should be redirected to the Sign up page. Fill up all the required information, and then click the “Sign Up” button.



The form is titled "CREATE MEAL PLANNER ACCOUNT" and features a background image of a bowl of food. It includes a yellow bowl icon with a red cherry, green leaf, and brown stick. The form fields are: Username (required, 150 characters or fewer, letters, digits, and @/./+/_ only), Password (required, with a toggle for visibility and two bullet points: "Your password can't be too similar to your other personal information." and "Your password must contain at least 8 characters."), and Password confirmation (required).

CREATE MEAL PLANNER ACCOUNT

Username: *

This field is required.

Required: 150 characters or fewer. Letters, digits and @/./+/_ only.

Password: *

• Your password can't be too similar to your other personal information.
• Your password must contain at least 8 characters.

Password confirmation: *

- You should be redirected to the Home page, and logged in as the new user that you created.