

Calories Count



User's Manual Document

**Cole Daniels, Alexander Magana, Tyler Mims, Parker
Schemm, and Caleb Shortt**

May 7th, 2025

USER'S MANUAL

TABLE OF CONTENTS

	<u>Page #</u>
1.0 GENERAL INFORMATION	3
1.1 SYSTEM OVERVIEW.....	3
1.2 AUTHORIZED USE PERMISSION	3
1.3 POINTS OF CONTACT	3
2.0 SYSTEM SUMMARY	4
2.1 SYSTEM CONFIGURATION	4
2.2 USER ACCESS LEVELS	5
2.3 KNOWN BUGS/SYSTEM FLAWS.....	5
3.0 QUICK START GUIDE	6
3.1 LOGGING ON (GAINING ACCESS TO THE SYSTEM)	6
3.2 SYSTEM MENU.....	7
3.2.1 <i>Logo to Homepage</i>	7
3.2.2 <i>Search</i>	7
3.2.3 <i>Diet Filters</i>	7
3.2.4 <i>Profile Submenu</i>	8
3.2.5 <i>Help Center Submenu</i>	8
3.2.6 <i>Frequently Asked Questions</i>	9
3.2.7 <i>Nutritional Submenu</i>	9
3.2.8 <i>Favorite</i>	10
3.2.9 <i>Favorite Submenu</i>	10
3.3 EXITING THE SYSTEM	10
3.4 CAVEATS AND EXCEPTIONS	11
4.0 FUTURE ENHANCEMENTS.....	12
4.1 FUTURE FUNCTIONALITY.....	12
4.2 SIMILAR SYSTEMS – ADDITIONAL FUNCTIONALITY	12
4.3 MAINTENANCE CAPABILITIES.....	12

1.0 GENERAL INFORMATION

1.1 System Overview

Calories Count is a calorie tracking application designed to help users maintain, gain, or lose weight. It features an ever-growing database of foods that users can browse or contribute to by adding new items. Using this data, users can easily track their calorie intake and ensure they are meeting their calorie, protein, and other nutritional goals. Additionally, the app provides a detailed history of user inputs, offering insights into how consistently users are sticking to their predetermined goals over time.

The application is hosted via a web application that makes use of a React front end, Kotlin back end, and MySQL database. Currently the application is running locally utilizing XAMPP for hosting the MySQL database. Additionally, the application requires the installation of Node.js, and JDK 17, 19, and 21 before it can be started. When first building Calories Count, make sure to identify the build.gradle and link it to the rest of the code (This can be done in IntelliJ by simply clicking link when inside the file). After the linkage is complete Calories, Count can be started by running Main, instantly building the DB. Note, in order for the back end to load successfully XAMPPs MySQL needs to be started and running. Once the backend has been started navigating to the UI directory of Calories Count and run the following commands in this order:

- npm install
- npm run build
- node server.js

Once this has been completed, the link to open Calories Count will appear, clicking on this will open the application allowing users to utilize it.

1.2 Authorized Use Permission

Provide a warning regarding unauthorized usage of the system and making unauthorized copies of data, software, reports, and documents, if applicable. If waiver use or copy permissions need to be obtained, describe the process.

- Unauthorized use of our code or database infringement will incur civil/criminal penalties
- No copy permissions will be permitted

1.3 Points of Contact

Provide a list of the points of organizational contact (POCs) that may be needed by the document user for informational and troubleshooting purposes. Include type of contact, contact name, department, telephone number, and e-mail address (if applicable). Points of contact may include, but are not limited to, help desk POC, development/maintenance POC, and operations POC.

- General Support POC
Type of Contact: General Support

Contact Name: N/A
Department: Customer Support
Telephone Number: N/A
E-mail Address: fakesupport@caloriescount.com

- Help Desk POC
Type of Contact: Help Desk
Contact Name: Tyler Mims
Department: IT Support
Telephone Number: (555) 123-4567
E-mail Address: tyler.mims@wellnesswizards.com
- Development/Maintenance POC
Type of Contact: Development/Maintenance
Contact Name: Caleb Shortt
Department: Software Development
Telephone Number: (555) 234-5678
E-mail Address: caleb.shortt@wellnesswizards.com
- Operations POC
Type of Contact: Operations
Contact Name: Cole Daniels
Department: Operations Management
Telephone Number: (555) 345-6789
E-mail Address: cole.daniels@wellnesswizards.com
- Security POC
Type of Contact: Security
Contact Name: Parker Schemm
Department: Cybersecurity
Telephone Number: (555) 456-7890
E-mail Address: parker.schemm@wellnesswizards.com
- Network Support POC
Type of Contact: Network Support
Contact Name: Alexander Magana
Department: Network Administration
Telephone Number: (555) 567-8901
E-mail Address: alexander.magana@wellnesswizards.com

2.0 SYSTEM SUMMARY

2.1 System Configuration

Briefly describe and depict graphically the equipment, communications, and networks used by the system. Include the type of computer input and output devices.

- Windows OS is preferable (Unix and MacOS systems have not been tested)
- Standard computer with keyboard and mouse or modern smartphone with search browser required for interaction

2.2 User Access Levels

Describe the different users and/or user groups and the restrictions placed on system accessibility or use for each.

- Guest
 - Guests can view foods in database, their calories, and their macros
- Registered users
 - Registered users can create/edit/delete meal plans
 - Registered users can track their calories to meal 1, 2, or 3
 - Registered users can view any one of the last seven days food data (calories and macros)
- Admin accounts
 - Admin level users will be able to do all actions available to Guests and Users in addition to:
 - Admin level users will be able to Add, Edit, and Delete food items
 - Admin level users will be able to Delete users
 - Admin level users will be able to Add and Delete diets/tags
 - Admin level users will have access to an exclusive Admin Control Panel

2.3 Known Bugs/System Flaws

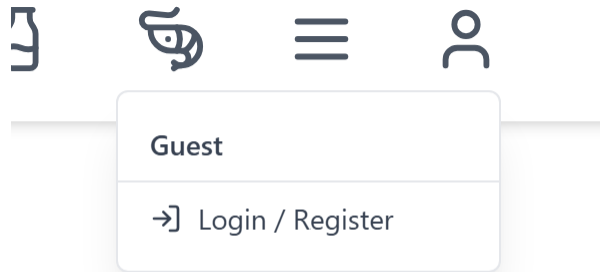
Describe the known bugs or system flaws. Provide details and workarounds for when they are encountered.

- Gradle error: incompatible java version (java 17, 19, or 21 required)
 - Download and install proper java version, then configure it to default in IDE
- Smaller window
 - Help button is moved to different part of the window
- Mobile search bar
 - Navigation bar and search bar overlap each other

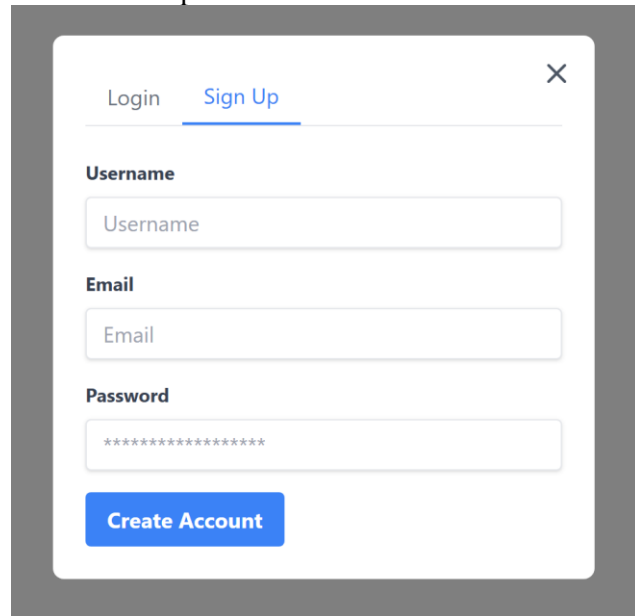
3.0 QUICK START GUIDE

3.1 Logging On (Gaining Access to the System)

Describe the procedures necessary to access the system, including how to get a user ID and log on. If applicable, identify job request forms or control statements and the input, frequency, reason, origin, and medium for each type of output.



Registering for an account on Calories Count will ask a user for a username, password, and email address allowing them to create an account. Once this account is created users will be able to log in using their username and password.

A "Sign Up" form is shown. It has a header with "Login" and "Sign Up" (the latter is underlined). Below the header are three input fields: "Username", "Email", and "Password" (which contains a series of asterisks). At the bottom is a blue button labeled "Create Account".

3.2 System Menu

3.2.1 Logo to Homepage

Clicking on the logo on the top left will redirect the user to the homepage.



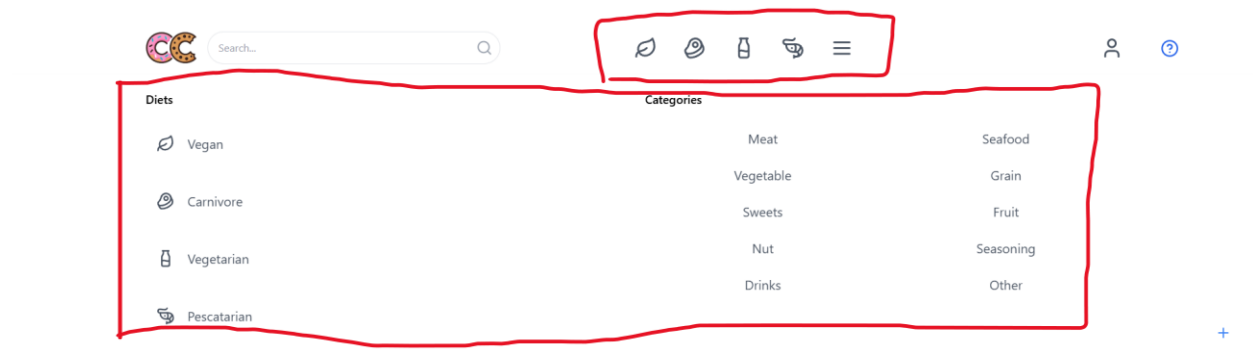
3.2.2 Search

A textbox where users can type to search for items.



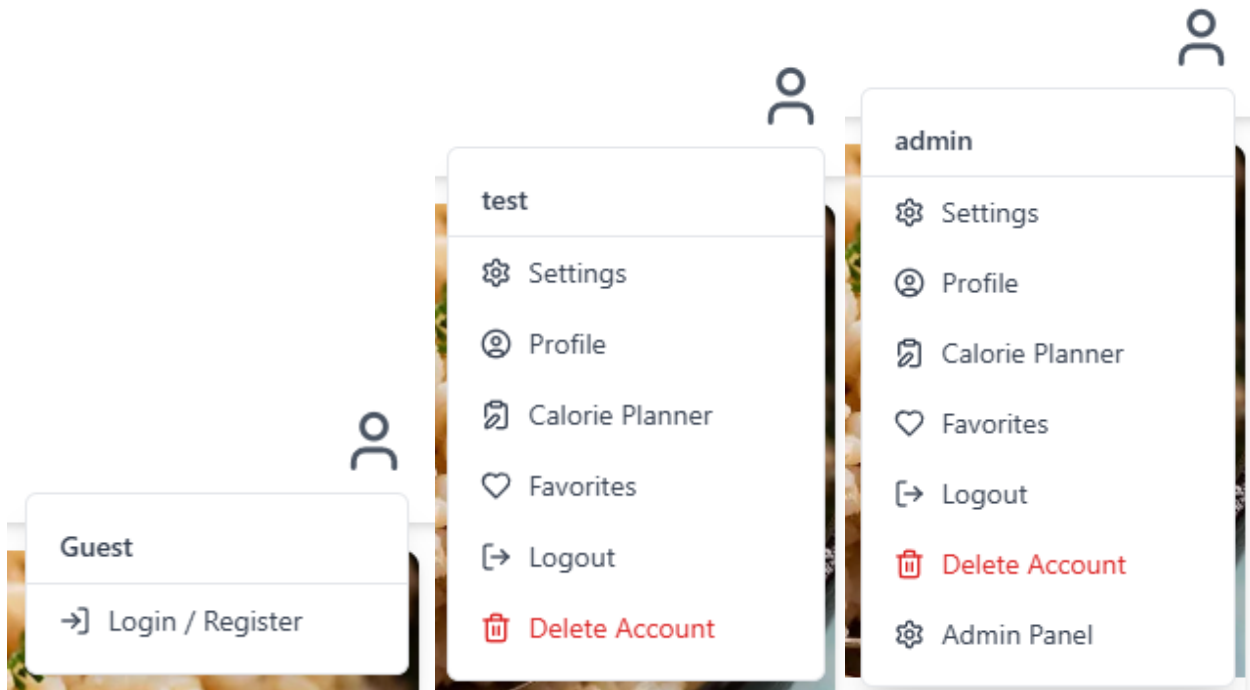
3.2.3 Diet Filters

Variety of diet and category filters to search through items.



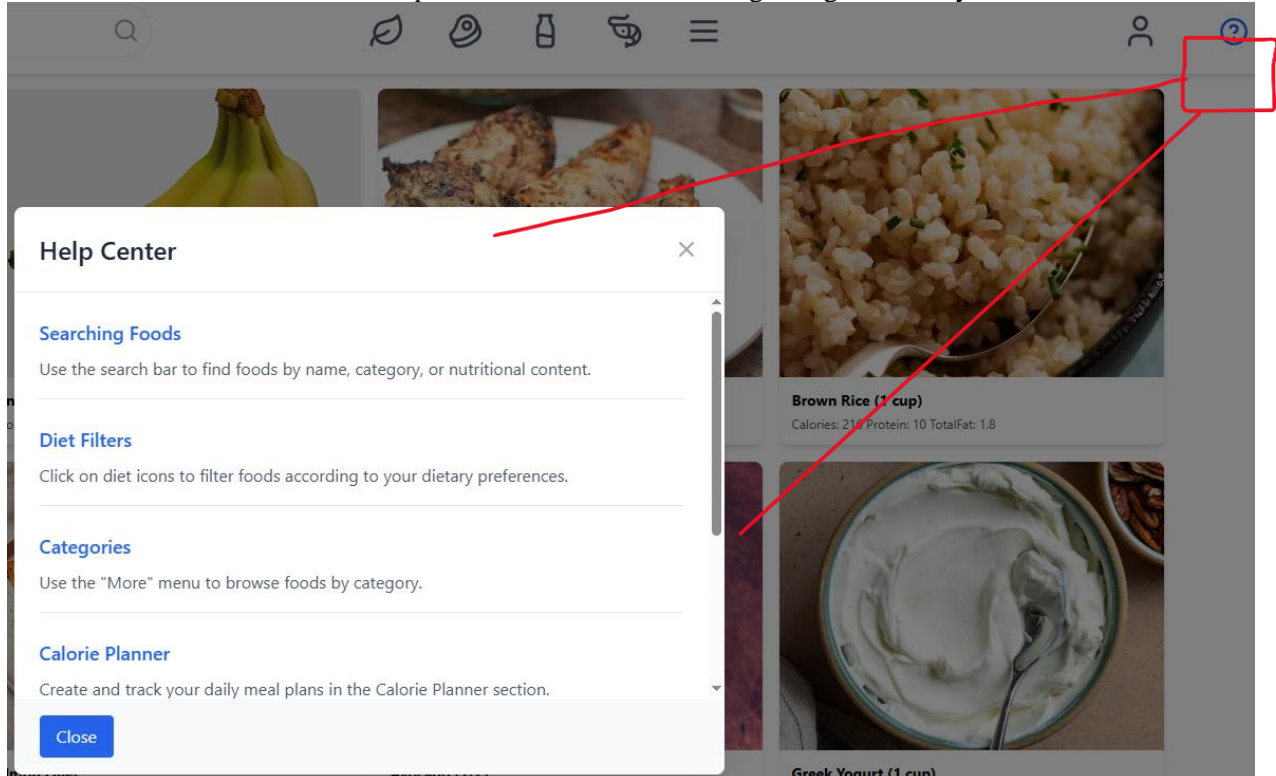
3.2.4 Profile Submenu

Clickable submenu that contains links to the settings, profile, calorie planner, favorites, and admin panel submenu/pages. It also gives the ability to log out or delete a account currently being used.



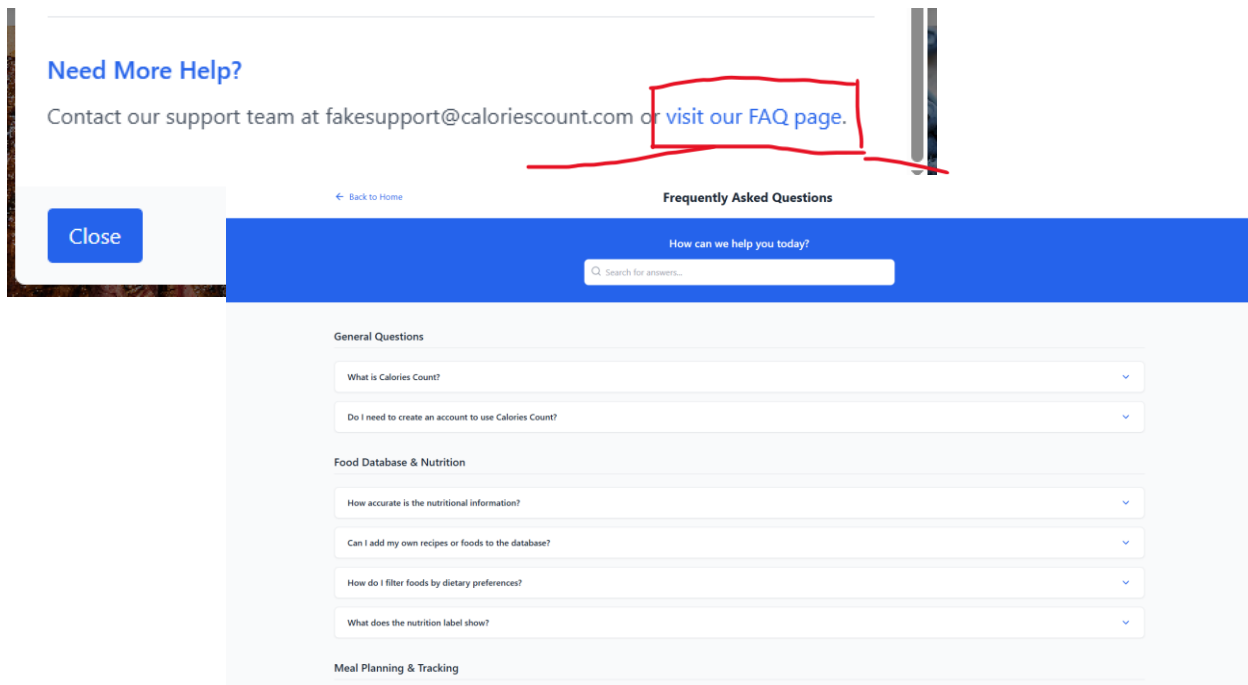
3.2.5 Help Center Submenu

A submenu with useful tips and information regarding the system and functions.



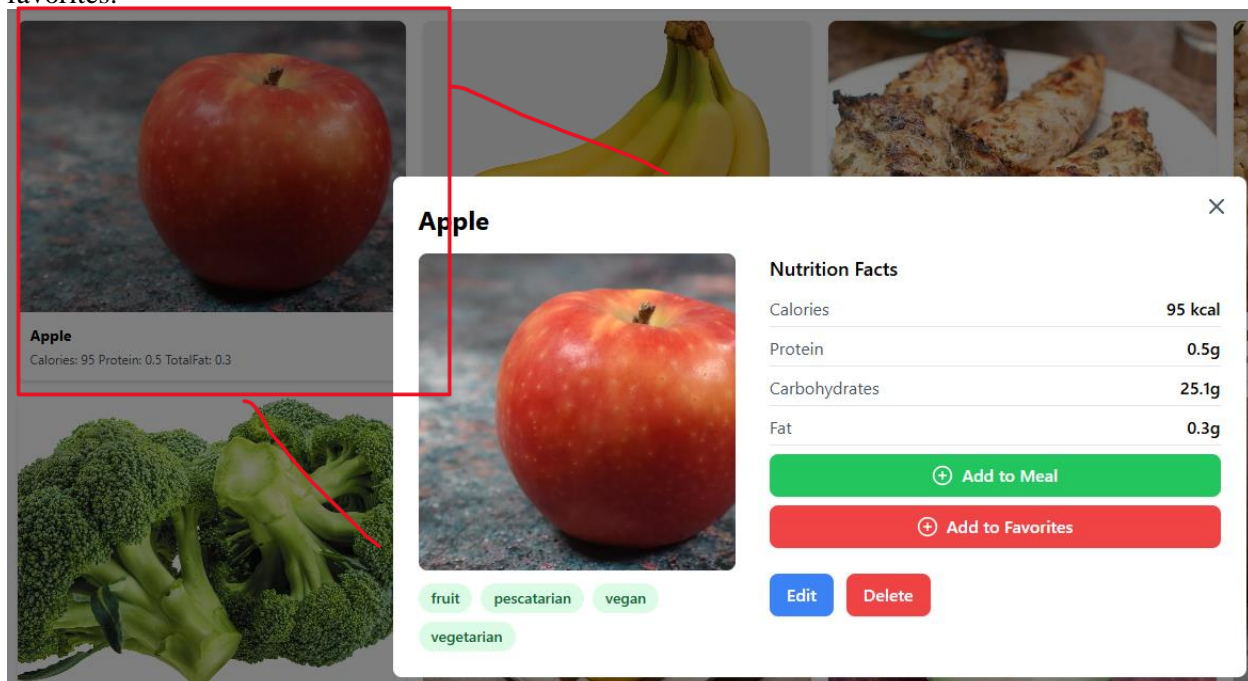
3.2.6 Frequently Asked Questions

A webpage with useful tips and information regarding the system and functions.



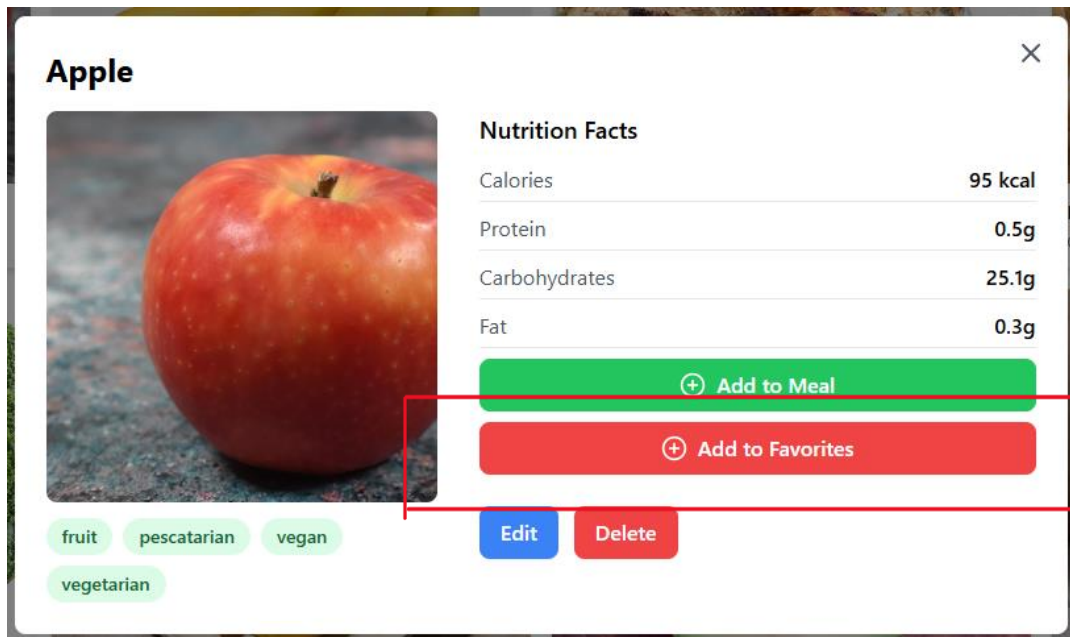
3.2.7 Nutritional Submenu

Clicking on an item brings up it's nutritional information, tags, and the ability to add it to a meal plan or favorites.



3.2.8 Favorite

Favoriting an item can be done where the nutritional information is. The favorited item will show in the favorites submenu. Clicking on the same button will remove it from favorites.



3.2.9 Favorite Submenu

The favorites submenu displays all favorited food.

Your Favorite Foods



3.3 Exiting the System

In order to exit and properly close Calories Count proceed with the following steps.

- Log out of Calories Count
- Close the webpage
- In IntelliJ's terminal hit CTRL+C to close the front end
- In IntelliJ press the RED stop button to close the back end
- Opening XAMPP control panel press STOP next the Apache and MySQL

3.4 Caveats and Exceptions

If there are special actions the user must take to ensure that data is properly saved or that some other function executes properly, describe those actions here. Include screen captures and descriptive narratives, if applicable.

- Ensure that XAMPP is running and the MySQL feature is running. As long as this is running on port 3306, your information will be stored and saved locally.

4.0 FUTURE ENHANCEMENTS

4.1 Future Functionality

- Resetting password through email (or something similar).
- More food
- Data insights on how well the user are sticking to their calorie goal
- More nutritional information
- Statistics on User calorie tracking.

4.2 Similar Systems – Additional Functionality

Research and describe additional system features. List at least three systems (outside of RU) that contain features that you should possess in the future.

- QR Code scanner (automatically adds food to calorie tracking).
- Exercise Logging.
- Integrate connections with fast food chains and restaurants.

4.3 Maintenance Capabilities

Describe how all future maintenance of the system should happen.

- Update database based on user feedback.
- Potentially update security measures as vulnerabilities occur.
- Future maintenance should be done systematically based upon the target fix (target the loosely coupled files).