

## Help System

### - HOW TO GENERATE THE EXECUTABLE JAR:

Install Gradle on your machine, open the terminal, cd to the project root directory, and run the following command: "gradle buildApp".

The executable jar will be generated in the project root directory.

### - HOW TO RUN THE PRODUCT

There are 3 different ways to run the program.

1) Import the project in IntelliJ as a Gradle project and run the Gradle task "gradle runApp"

(Gradle is not required to be installed on the machine).

2) Install Gradle on your machine and run the following command in the project root directory: "gradle runApp".

3) Run the following command in the project root directory "java -jar term-project-cteam-2.0.jar"

### NOTES:

Double-clicking on the jar will not work (chmod is not set to executable (+x / 755)).

### - HOW TO USE THE PRODUCT

On runtime, the GUI will contain: A table, a bar chart, a calendar (click on it to open), and a menu:

#### -- THE TABLE:

By clicking on the Radio Buttons, the table will show different data according to the button pressed.

Each table allows the user to right-click to show a Popup Menu with options depending on the table.

#### 1) FOOD TABLE:

The Popup menu for the Food Table contains the following options:

a) "Add Food" - this command allows the user to insert a food to the database (Leave Year, Month, and Day empty for today's date).

b) "Remove Food" - this command removes the food (row of the table) selected by the user.

c) "Add Food to Recipe" - this command will generate a new window with a list of Recipes. After selecting a recipe from the list and inserting the servings, the food will be added to the selected recipe.

## 2) RECIPE TABLE:

The Popup menu for the Recipe Table contains the following options:

a) "Add Recipe" - this command will generate a new window where the user can input the name of the new recipe and select ingredients from the food table.

b) "Remove Recipe" - this command will generate a new window with the list of recipes. The user can select one or more recipe and delete them.

c) "Remove Food From Recipe" - this command removed the selected food (row of the table) from the recipe that contains it.

## 3) LOG TABLE:

The Popup menu for the Log Table contains the following options:

a) "Add Log" - this command will generate a new window where the user must first select the type of log to add (weight/calories/food/recipe/exercise). After selecting the option, a form will be generated. After completing the form, the new log will be added to the table. (Leave Year, Month, and Day empty for today's date).

b) "Remove Log" - this command will remove the selected log (row of the table).

## 4) EXERCISE TABLE:

The Popup menu for the Exercise Table contains the following options:

a) "Add Exercise" - this command will generate a new window where the user can input the name of the new exercise and the calories expended.

b) "Remove Exercise" - this command will generate a new window where the user can select the exercise(s) to remove.

## -- THE BAR CHART:

The bar chart on the main window shows the overall fat, carb, and protein values consumed by the user. The user cannot modify the values.

#### -- THE CALENDAR (DATE PICKER):

By clicking on the calendar, the user can select a specific date. If there is not data for the date, the program will notify the user with an error pane. If there is data for the date, a new window will be generated. However, if the user did not specify the preferred calories, the program will generate a window containing the form to create a new entry in the logs to specify the preferred calories for the date. Then, the user will have access to a window containing three buttons and whether the calories consumed for the selected date exceed or not the preferred calories.

The three buttons will generate:

- a) a table containing the food consumed for the selected date.
- b) A table containing the exercises done for the selected date.
- c) A bar chart showing the fat, carb, and protein values consumed for the selected date

#### -- THE MENU BAR

The menu bars contains 5 dropdown menus:

The "Food", "Recipe", "Log", "Exercise" contains the same options has the popup menus for the corresponding tables.

The Goal Info Menu contains two unique options:

- a) "Change Weight" - generates a window where the user can change the preferred weight for a specific date (Leave Year, Month, and Day empty for today's date).
- b) "Change Calories" - generates a window where the user can change the preferred calories for a specific date (Leave Year, Month, and Day empty for today's date).

#### NOTES:

- 1) Every user action will result in an instant update of the bar chart and the involved tables.
- 2) The program validates the form fields and the data inserted by the user.
- 3) Most of the functionalities have been tested but there is a high chance that the user might find bugs.