BiteBody User Manual

Web Application User Guide
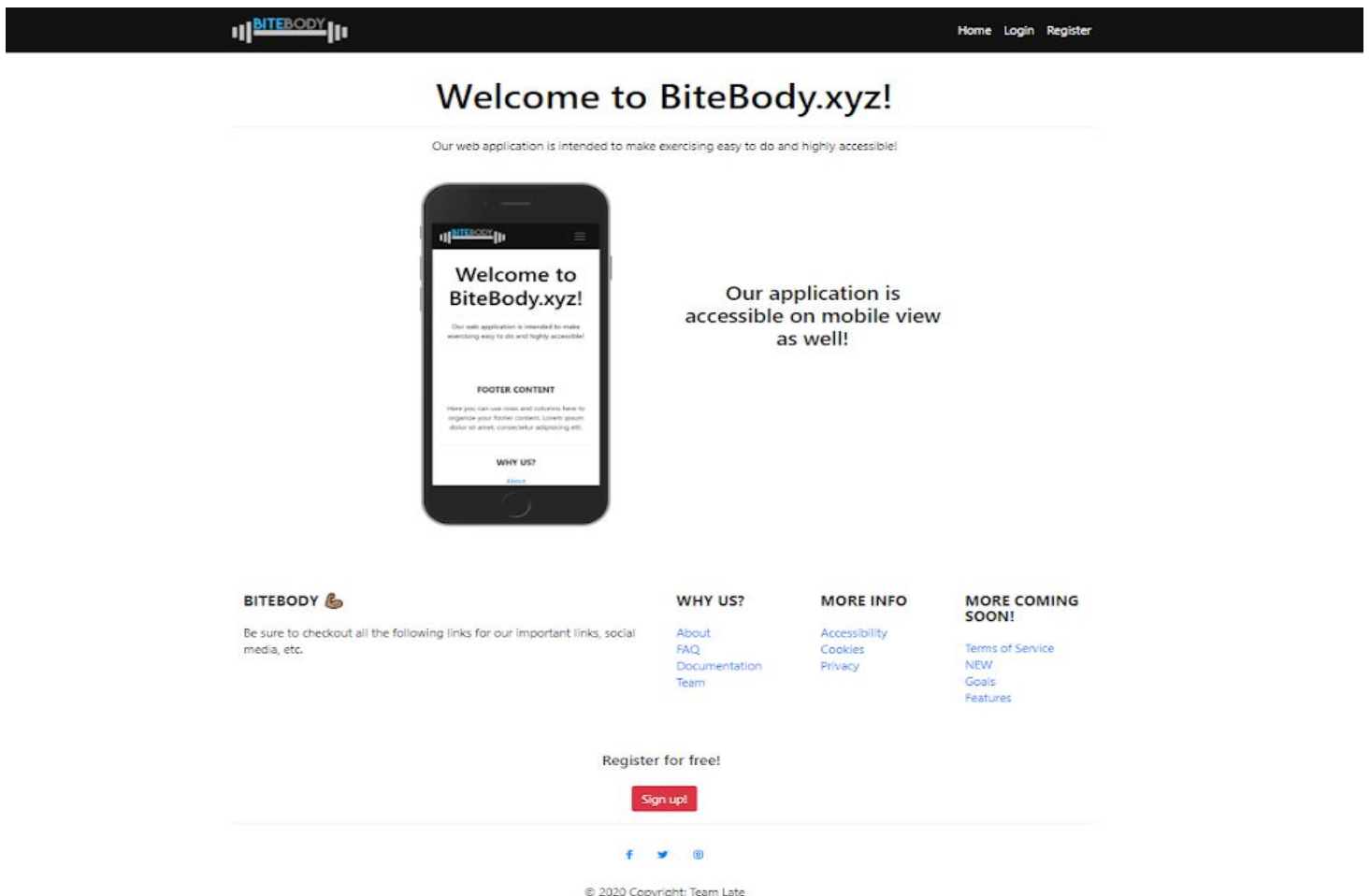
Created By: Bryan Rojas, Hector Mendoza
David Ibarra, Malik Coleman.
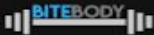(Team Late)

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Landing Page

- This is the updated BiteBody.xyz homescreen
- Users are able to read key information about bitebody and access footer links
- A navigation bar at the top provides a sleek, simple to use hub to access key features.

Registration

- The Registration page allows you to make a profile for yourself for future use.
- Upon clicking, you will be greeted with a page titled "Register" that prompts you with four text fields.
- After having filled in your first name, last name, email address, and password, click the blue, #007bff hexadecimal valued, "Register!" button in order to successfully register.
- Each text field must be filled with credible information and your password is then hashed on our database

Log in

- This is the Login page, this page should only be visited if you've already registered a Bitebody.xyz account by clicking the top right "Register" button in the Navigation Bar.
  - If you have not done so, please refer to the "Registration" portion of the manual.
- Assuming you have already done the registration process, then you can enter your email address in the topmost textbox and the corresponding case-sensitive password in the bottom textbox.
- After having filled in the textboxes correctly, click the blue, #007bff hexadecimal valued, "Sign in" button in order to successfully sign in.

User Profile

- This is the profile page.
- From here, we are able to see a default picture as well as the different properties that a user has like their first name, last name, and email.
- You can also click on "change photo" to (as the name suggests) upload a new profile picture
- Edit profile is a clickable link where the user is allowed to change the values for their personal information

Accessing Features

- Once a person has been signed in, they reach the following drop down:
- On the dropdown you can click on any of the itemized list items and that will redirect you to the respective feature pages.
- User MUST have an account and be signed in to access the features dropdown.
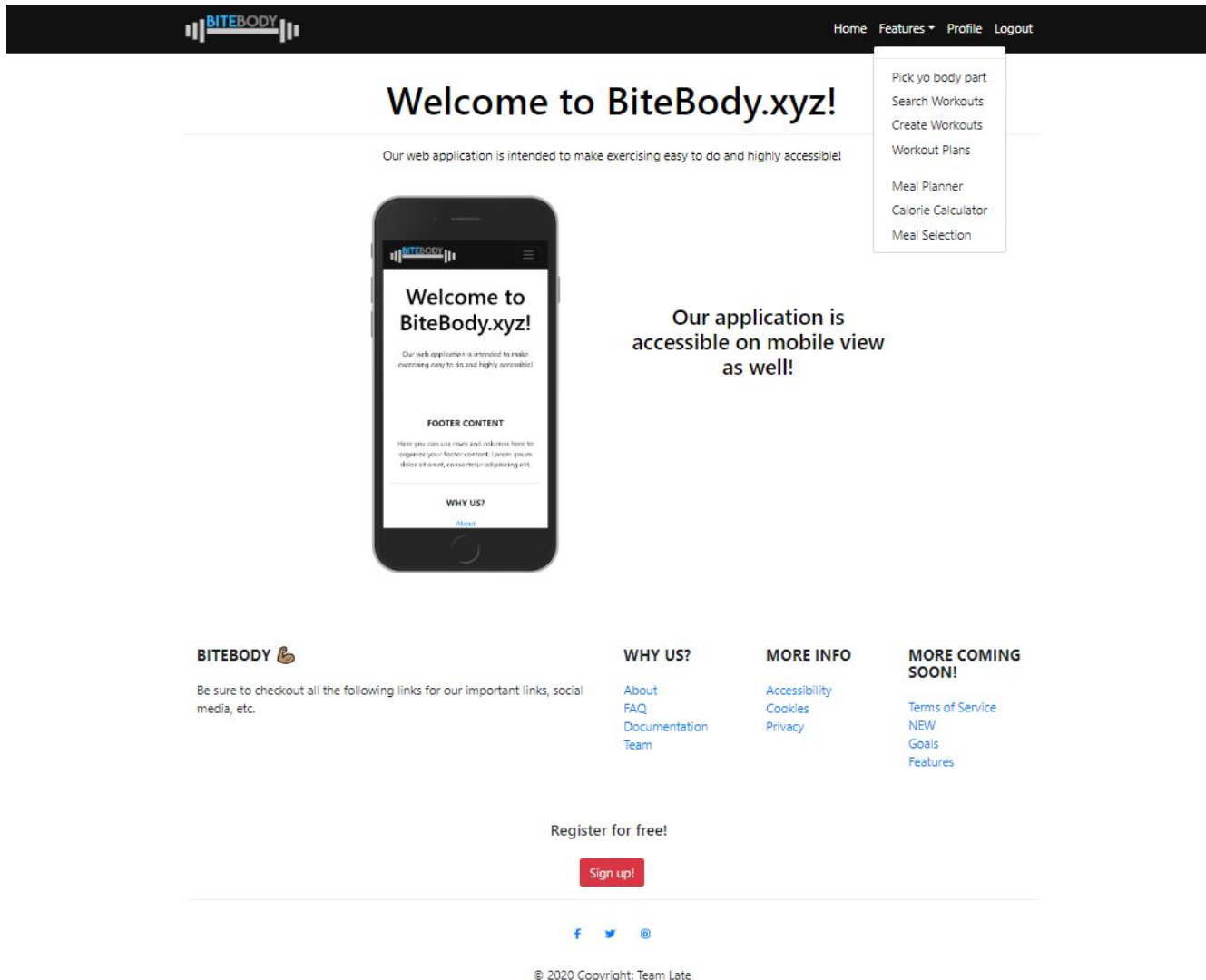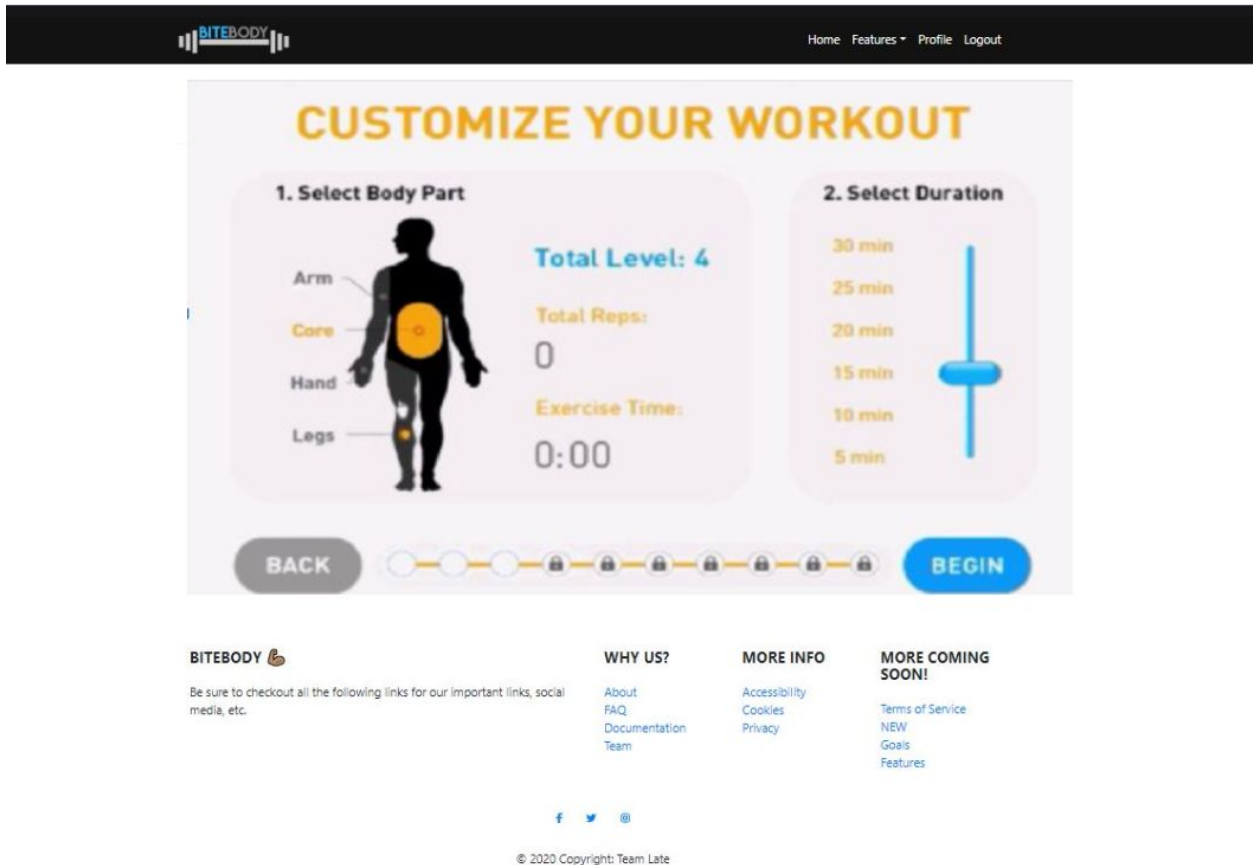
Pick Yo Body Part

- The Pick Yo Body Part screen has different nodes that you can highlight and click.
- After clicking the point of interest, a submenu appears on the side that displays different exercises for the purpose of working that part out.
- Click on the exercise that interests you in order to get an in depth, step by step directions on how to perform the exercise.
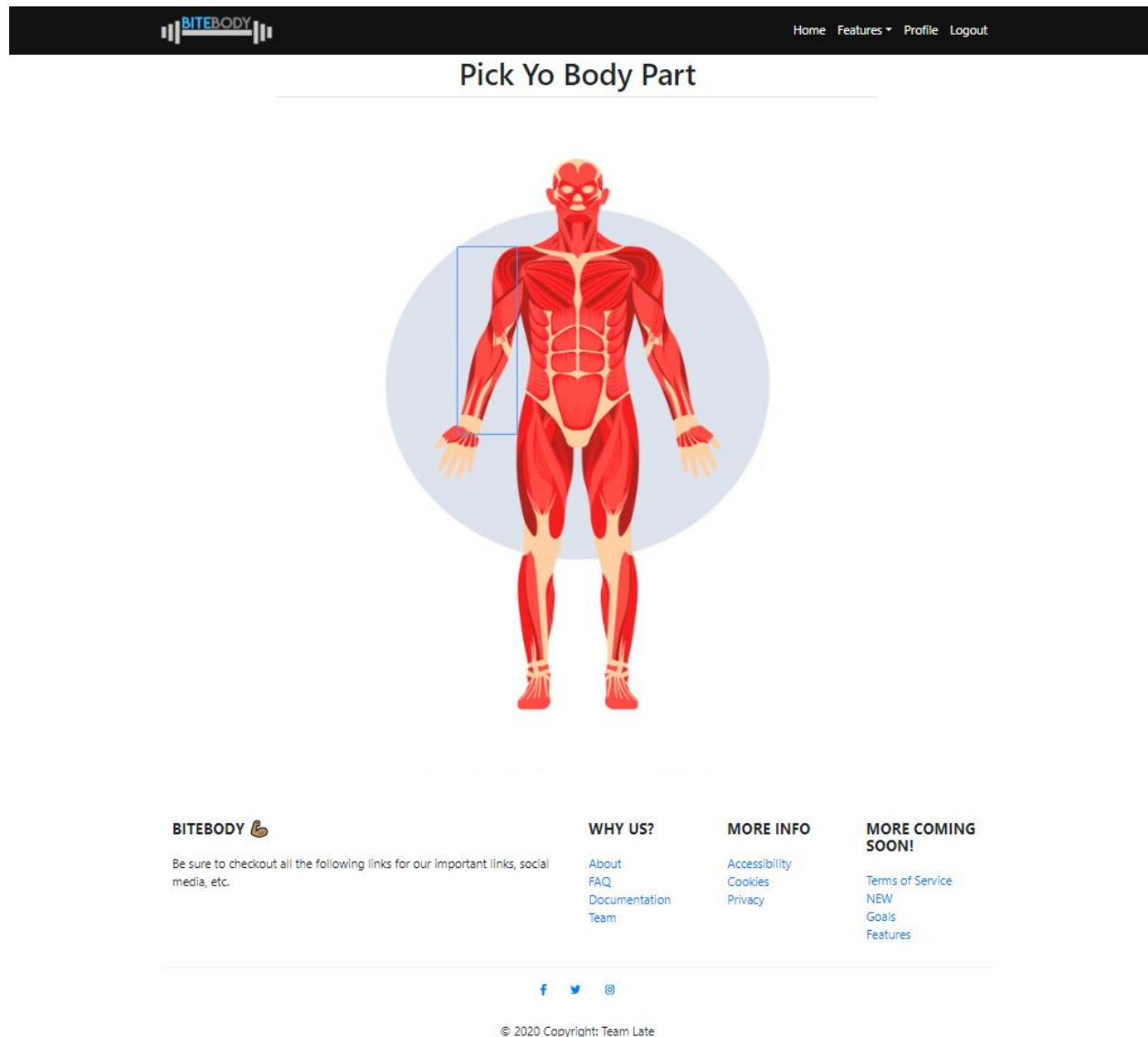
- When a user clicks on a specific body part, they will be redirected with a list of workouts for the specific place they clicked.
- The list of workouts are pulled from our own personal API.

Creating a Workout

- This page is where you get to customize your workout which consists of different exercises.
- First you pick your body as outlined in the last portion of the user manual.
- Afterwards, rather than selecting a single exercise in a submenu, you select the duration of your workout by sliding the "Select Duration" slider on the right of the screen.
- From there the website generates a string of different exercises based on your body part choice.
- You get to view the exercises.

Search Workouts

- This page is where you get to customize your workout which consists of different exercises.
- Click the search bar that appears on screen or pull from list of categories and press search bar
- This page titled workout plan shows up
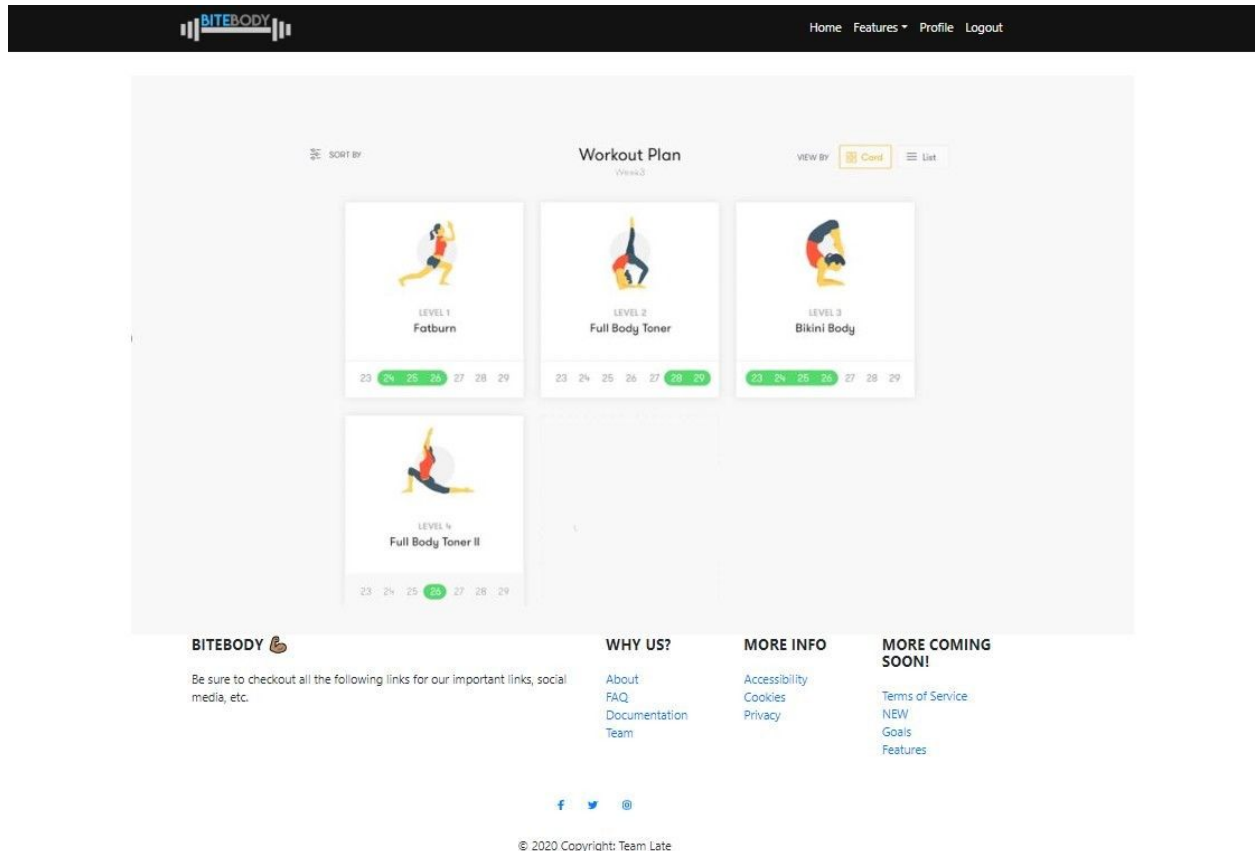
- From here, you can sort the workouts by different categories in the top left corner
- You can display the workouts with a card or list view in the upper right corner
- Click on the workout you want to view
- You can then see the exercises on an individual basis in an in-depth fashion

WORKOUT 2
TOTAL BODY CIRCUIT

A

10 SQUATS

10 SQUAT JUMPS

B

1 ROUND
PER LEG

10 REVERSE
LUNGES

5 REVERSE
LUNGES INTO A
HOP

C

10 PUSHUPS

10 SALUTE
PLANKS

10 BURPEES WITH
A PUSHUP
If you can't do a burpee,
do a mountain climber

Creating a Meal Plan

- This page is the meal planning page
- You can click on Diet and a drop down shows up that allows you to choose between "Any", "Vegan", "Vegetarian", "Paleo", and "Ketogenic"
- After selecting one of the five diet types, type in how many calories you want to top out at
- After that is finished, click the blue "Generate Meal Plan" button to have the website automatically generate the meal for you.

Meal Plan

Dietary Preference: Any
Calories Desired: 2000

Breakfast:

Item: Floating Islands
Calories: 502
Fat: 14g
Carbs: 78g
Protein: 15g

Lunch:

Item: Zucchini Strand Spaghetti
Calories: 534
Fat: 20g
Carbs: 68g
Protein: 19g

Dinner:

Item: Ultimate Veggie Burger
Calories: 477
Fat: 16g
Carbs: 59g
Protein: 23g

Snack:
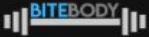
Item: Beer Milkshake
Calories: 524
Fat: 22g
Carbs: 51g
Protein: 13g

Total Calories: 2038
Total Fat: 73g
Total Carbs: 258g
Total Protein: 72g

Calorie Calculator

- This page is the Calorie Calculator page.
- You are shown 6 input fields that need input.
- After inputting the required fields press the blue "Generate Calories!" button.
- A section of the page will load up that shows the calories needed to achieve your goal.

Calories Needed

Age: 22
Gender: Male
Weight: 165 (lbs)
Height: 5' 10"
Exercise Level: None
Goal: Lose

Calories Needed: 1644

Accessing Social Media

- In order to keep up with our most up to date information, we have given users access to our social media sites!
- Users may click on the link in the footer and will be redirected to our instagram, facebook, and twitter