

Prototype Walkthroughs

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Prototyping Approach

This prototype walkthrough serves as a document expanding on the implementation for our website. Our team decided to go with an evolutionary prototyping approach. We chose to begin our system with requirements/features that we knew we could implement quickly, which fits within the definition of evolutionary prototyping. Our group felt that this would be the most efficient for us going forward since we could get the easier tasks out of the way before we got into the more complicated features. The more complicated features would be more time consuming and prove less beneficial for us to plan out at this stage, and by getting the parts we knew first we give ourselves more time on our more poorly understood concepts for the future.

Horizontal Prototype

The horizontal prototype serves as a broad view of what the overarching system will look like from a purely higher level, client side aspect. This means that throughout the horizontal prototype, the program's graphical user interface will be highlighted instead of taking a look at lower level system functionality. The following features will be shown: Home Page, Login/Create Account, and the dashboard. The features will help us with the confirmation of user interface requirements and confirm the scope of our system. They will also assist us in determining the preliminary development time that we may need in order to complete a successful project. The system presented here is a work in progress and as such is subject to change.

Login/Signup:

Register

First name

Last name

Email address

Password

Register!

- Users enter their information (name, address password) and register to our website to become a member

Please sign in

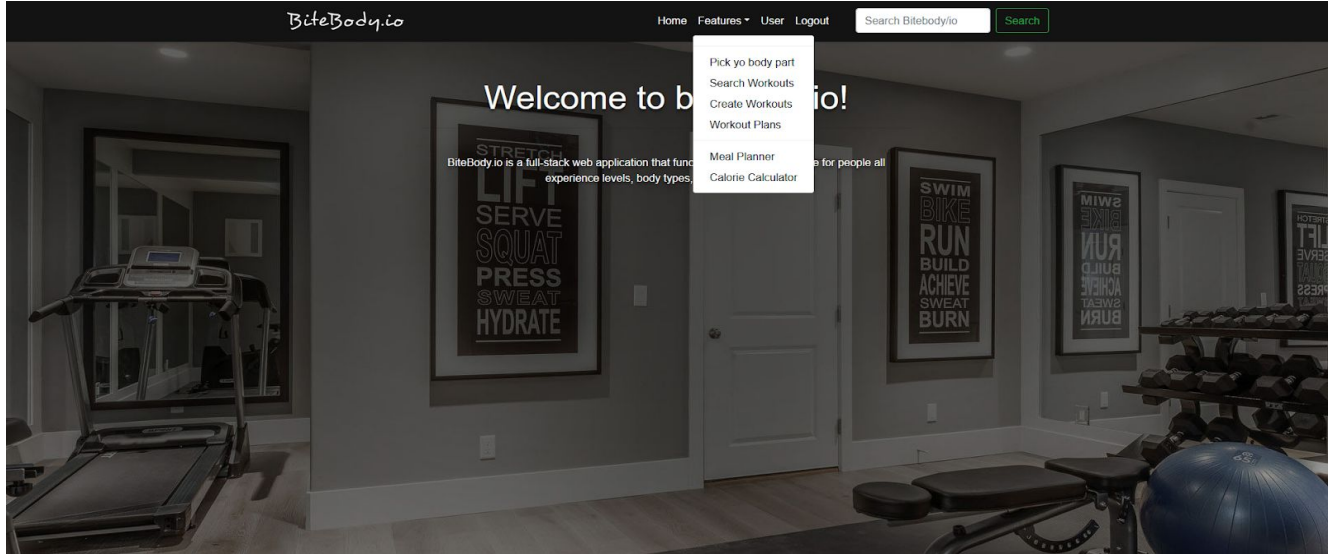
Email address

Password

Sign in

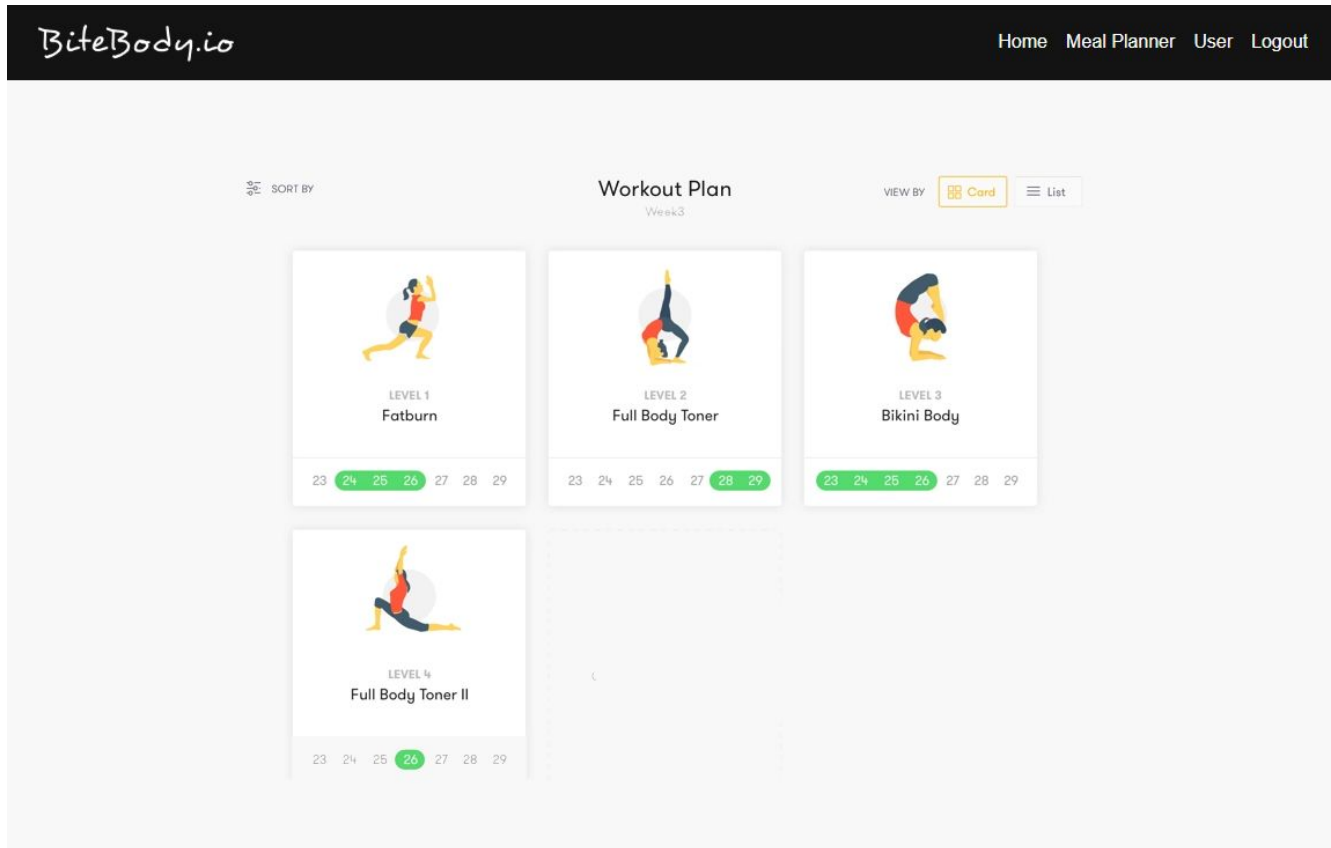
- Users that have been registered and are in the database enter their credentials and enter the web app

Home Page:



- This is the home page that everyone can access. Users must be signed in to access the feature dropdown.

Workout Navigation:



- Users have the option to search through workouts to pick what they prefer or what they are interested in.

Profile

Bryan's Profile



[+ Upload a new profile picture!](#)

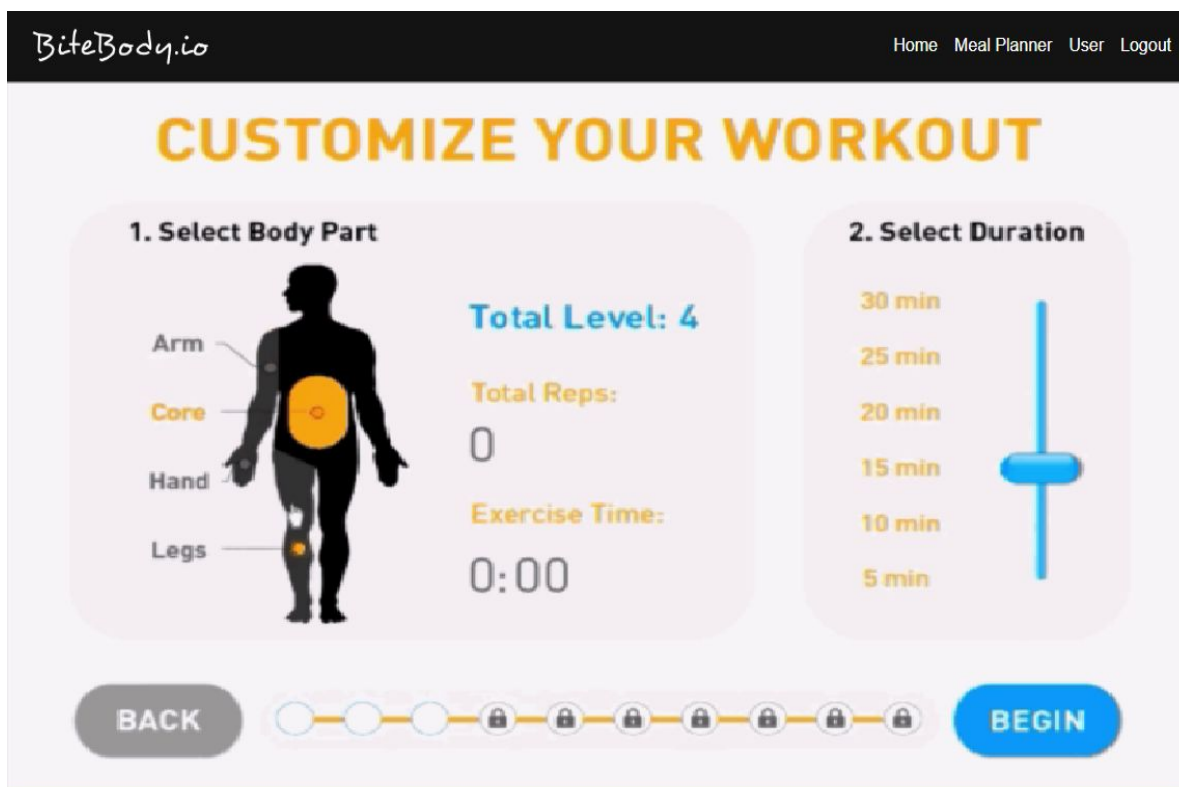
First Name	Bryan
Last Name	Rojas
Email	BryanRojasCS@gmail.com

- Users will be able to add an image to their profile and (in future versions) be able to customize their profile and add their interests and an about me.

Vertical Prototype

The vertical prototype serves as a demonstration of a single complete feature. This section outlines the design and function three of BiteBody's features. We have selected the following: meal planner, search for workout, and admin panel to focus on when it comes to our vertical prototype. The reason for our selections are due to these being more related to our system's performance, complexity, and functionality. Through these three features, our group hopes to elaborate on each one we have selected. As the former section for horizontal prototype stated, these features are not set in stone and are all subject to change or modification.

Create a workout

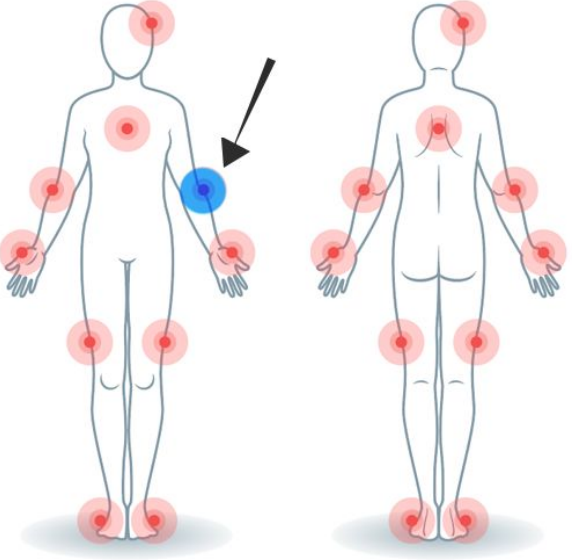


The screenshot shows the 'CUSTOMIZE YOUR WORKOUT' interface on the BiteBody.io website. The interface is divided into two main sections: '1. Select Body Part' and '2. Select Duration'. In the '1. Select Body Part' section, there is a silhouette of a human body with labels for 'Arm', 'Core', 'Hand', and 'Legs'. The 'Core' area is highlighted in yellow. To the right of the silhouette, the text 'Total Level: 4' is displayed in blue, followed by 'Total Reps: 0' and 'Exercise Time: 0:00'. In the '2. Select Duration' section, there is a vertical slider with a blue handle. The slider has labels for '30 min', '25 min', '20 min', '15 min', '10 min', and '5 min'. The '15 min' mark is currently selected. At the bottom of the interface, there is a 'BACK' button on the left and a 'BEGIN' button on the right. Between these buttons is a progress bar with eight circular icons. The first three icons are white, and the next five are grey with a lock symbol, indicating that the first three steps are completed and the remaining five are locked.


- Users will select an area of their body that they would like to workout and improve.


Pick Your Body Part


BiteBody.io Home Meal Planner User Logout

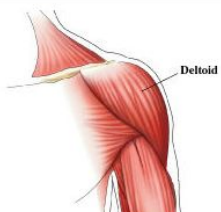


ARM EXERCISES

**GRIP**

**BICEP**

**TRICEP**


**DELTOID**


- Once an area of the body is selected users can then pick and chooses exercises that they would like to perform.


BiteBody.io Home Meal Planner User Logout

WORKOUT-2

TOTAL BODY CIRCUIT


**10 SQUATS**


A**10 SQUAT JUMPS**


**10 REVERSE LUNGES**


B

1 ROUND PER LEG

**5 REVERSE LUNGES INTO A HOP**

**10 PUSHUPS**

**10 SALUTE PLANKS**


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

- Users are educated on how to perform the exercises they are presented with.


Create a meal plan

BiteBody.io[Home](#) [Meal Planner](#) [User](#) [Logout](#)


Automatic Meal Planner
Diet: Any
Calories: 2000
[Generate Meal Plan](#)

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

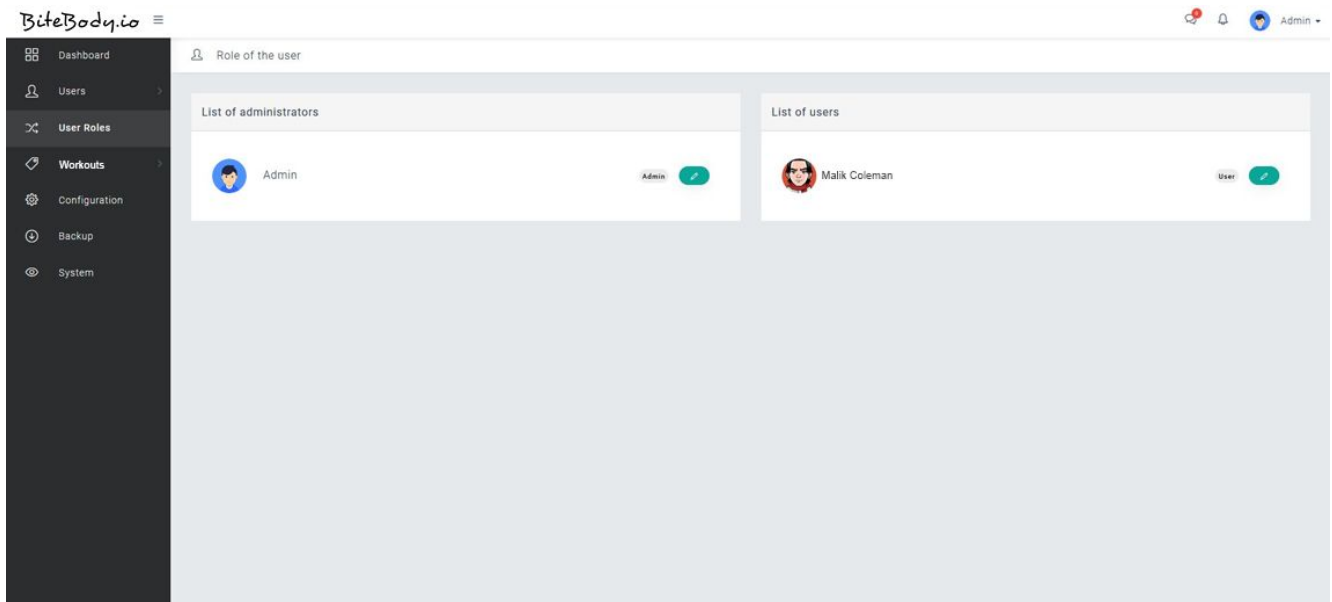
Snack:


Item: [Beer Milkshake](#)
Calories: 524
Fat: 22g
Carbs: 51g
Protein: 13g

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

- User can create a meal plan based on diet preferences and calorie count.

Admin Panel



BiteBody.io

Home Meal Planner User Logout

CRUD Database

ID	First	Last	Email	Phone	Location	Hobby	Actions
35	Jane	Smith	js@gmail.com	503-555-5555	Portland, Oregon	Photography	Edit Del
36	Tristan	Rodriguez	tr@gmail.com	201-555-5555	New York, New York		Edit Del
37	Andrea	Jones	aj@gmail.com	503-555-5555	Portland, Oregon	Programming	Edit Del
38	Elliott	Richardson	er@gmail.com		Boise, Idaho		Edit Del
39	June	Bug	jb@gmail.com			Cooking	Edit Del

[Download CSV](#) [Add Item](#)

- Admin login that can display possible options and accounts. Included CRUD operations that can be performed by the admin for editing database.