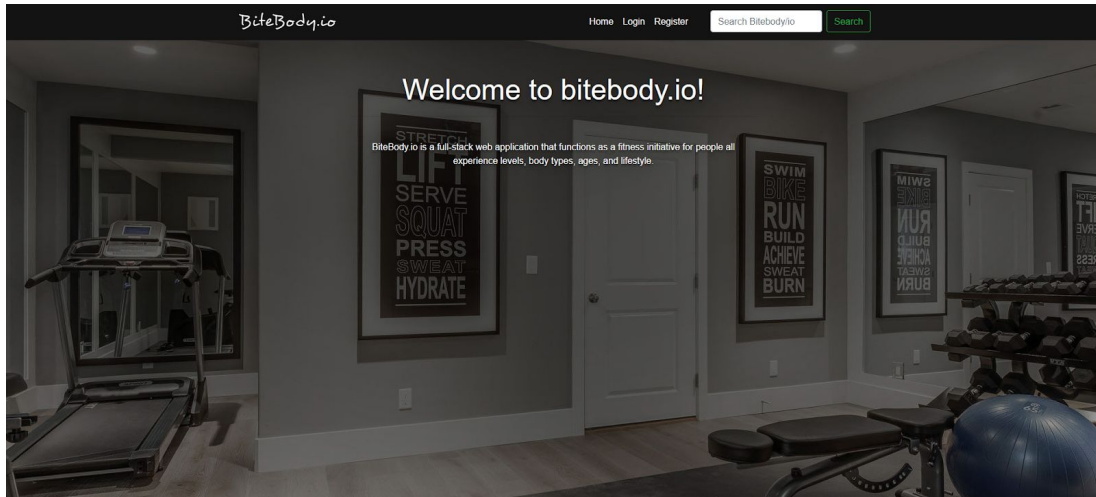


BiteBody User Manual

BiteBody is a Web Application that is being developed by Team Late at CSULB.

Team Late Members: Bryan Rojas, Hector Mendoza, David Ibarra, Malik Coleman

Homescreen



- This is the BiteBody.io homescreen
- Users are able to read key information about bitebody and its mission statement
- A navigation bar at the top provides a sleek, simple to use hub to access key features.

Registration

BiteBody.io

[Home](#) [Login](#) [Register](#)

Register

First name


Last name

Email address

Password

- 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.

Log in

 [Home](#) [Login](#) [Register](#)

Please sign in

Email address

Password


- This is the Login page, this page should only be visited if you've already registered a Bitebody.io 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

BiteBody.io

[Home](#) [Features](#) [User](#) [Logout](#)

Hector's Profile



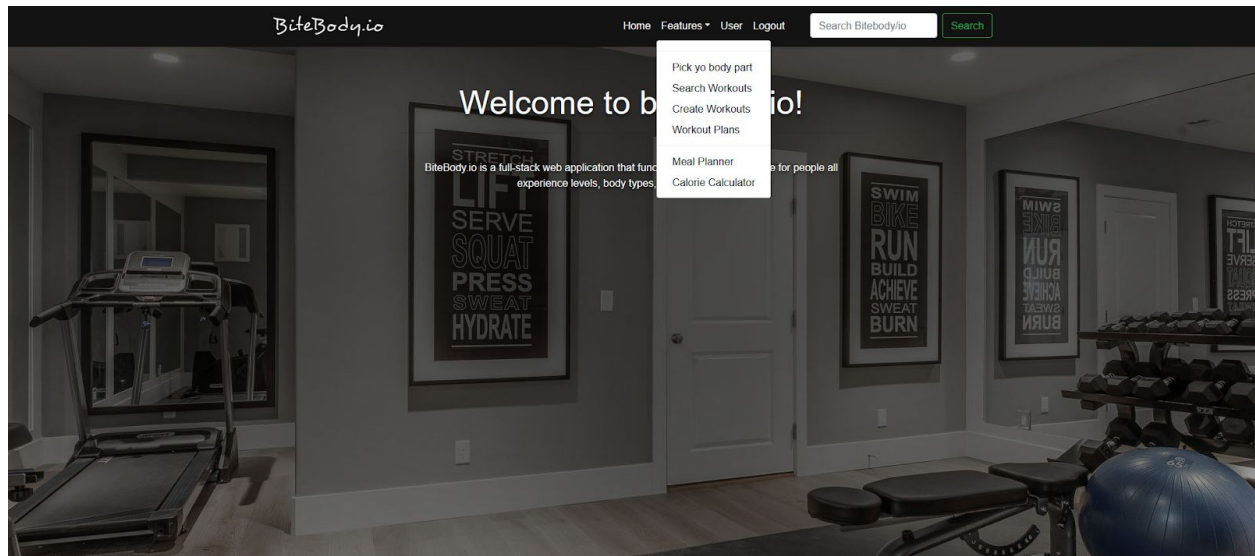
• Upload a new profile picture!

First Name	Hector
Last Name	Mendoza
Email	mendozahector555@gmail.com

- 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 “upload a new profile picture” to (as the name suggests) upload a new profile picture

Accessing Features

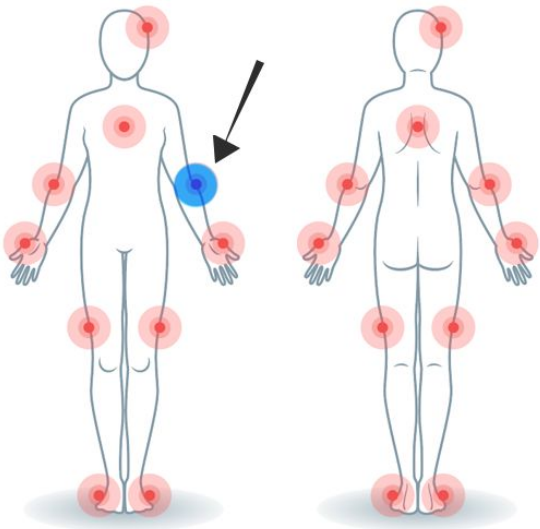
- Once a person has been signed in, they reach the following drop down:




- On the dropdown you can click on any of the itemized list items and that will redirect you to the respective feature pages.


Pick Yo Body Part


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

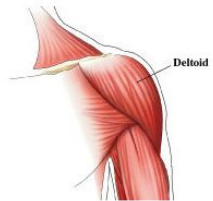


ARM EXERCISES

**GRIP**

**BICEP**

**TRICEP**


**DELTOID**


- 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.


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


WORKOUT 2


TOTAL BODY CIRCUIT


**10 SQUATS**


**10 SQUAT JUMPS**

**10 REVERSE LUNGES**

**5 REVERSE LUNGES INTO A HOP**

**10 PUSHUPS**

**10 SALUTE PLANKS**

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

- This page shows the in depth procedure that you can follow wherever you go.

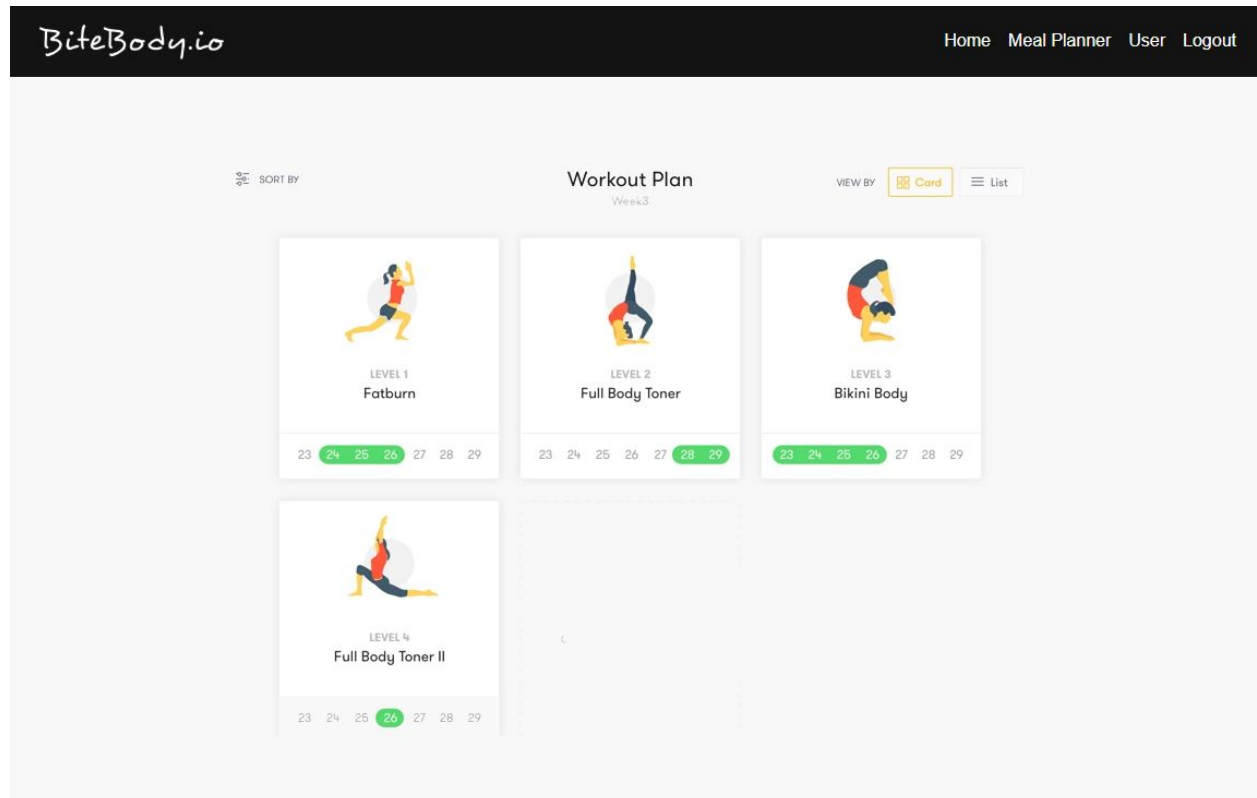
Creating a Workout

The screenshot shows the 'CUSTOMIZE YOUR WORKOUT' page on the BiteBody.io website. The page has a dark header with the logo and navigation links (Home, Meal Planner, User, Logout). The main content area is divided into two sections: '1. Select Body Part' and '2. Select Duration'. In the first section, a silhouette of a human body is shown with labels for Arm, Core, Hand, and Legs. The 'Core' is highlighted in orange. To the right of the silhouette, the 'Total Level' is 4, 'Total Reps' is 0, and 'Exercise Time' is 0:00. In the second section, a vertical slider is shown with time options from 5 min to 30 min. The slider is currently set to 15 min. At the bottom, there is a 'BACK' button, a progress bar with 10 steps (the first two are active), and a 'BEGIN' button.

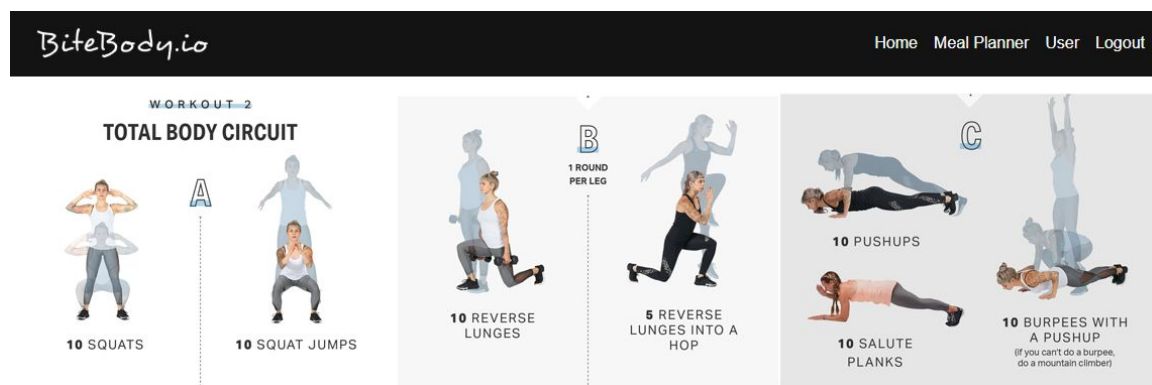
- This page is where you get to customize your workout which consists of different exercises.
- First you pick your body as outlined in the last portion of the user manual.
- Afterwards, rather than selecting a single exercise in a submenu, you select the duration of your workout by sliding the “Select 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



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.

BiteBody.io

HomeMeal PlannerUserLogout

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

Calorie Calculator

- This page is the Calorie Calculator page.
- You are shown 7 input fields that need input.

Calorie Calculator

Our calorie form does not currently support kg/cm.

Age:

Gender:

Weight:

Height ft:

Height in:

Exercise level:

Goal:

- After inputting the required fields press the blue “Calculate” button.
- A section of the page will load up that shows the calories needed to achieve your goal.

Height ft:

Height in:

Exercise level:

Goal:

Calories Needed

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

Calories Needed: 1644

***ALL ASPECTS OF PROTOTYPE SUBJECT TO
CHANGE IN FUTURE ITERATIONS**

****BY VIEWING THIS DOCUMENT YOU
AUTOMATICALLY AGREE TO NOT SUING US FOR
CHANGING STUFF IN THE FUTURE**