***The login page***

The login page is the first tab that appears on our app. It has two buttons **login** and **registration**. **Login** for those users who already have an account on this app (email or password stored in our database). **Registration** for those who doesn’t have an account in this app (their data will be stored in the database later on).

***Registration tab***

Graphical user interface

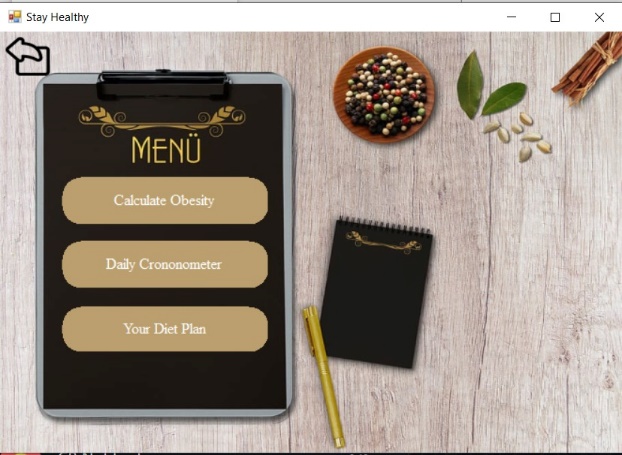
Description automatically generated

if the user clicks on the register button he would be automatically shifted to this tab

where he would register himself into this app (his information will be saved in the

database).

By clicking on register his information will be saved. Then he would go back to the login tab and sign in.

***Menu Tab***

When the user will sign in he would be shifted to the menu tab where, he would be given three option to choose **calculate obesity, daily chronometer, your diet plan.** The function of calculate obesity is that it calculates obesity by putting weight and age, and it would assign table according to your obesity if you are obese than the table of **overweight** will be shown, if you are maintained than **maintenance table** will be shown and if you are under weight than **underweight** table will be shown (each with 5 days of diet plan).

***Obesity Calculator***

A picture containing text, person

Description automatically generated

After entering height and weight the program will calculate the obesity of the user and determine if the user is maintained, overweight or underweight. One of the 3 tables will be shown according to the user obesity.

**the following three tables are:**



**Graphical user interface

Description automatically generated with medium confidence**

**Graphical user interface

Description automatically generated with medium confidence**

when user click on the day of which user want to follow the diet plan off, the diet plan of that respective day will be shown so that user can follow that diet plan and live a healthy life.

***Chart

Description automatically generated***

***Chart

Description automatically generated with medium confidence***

***Chart

Description automatically generated***

***The Daily Chronometer***

Timeline

Description automatically generated with low confidenceIt checks the total calories a person has consumed according to his diet according to the quantity.

***Your Diet Plan***

It let you see your diet plan that was given by the obesity calculator, so that you can follow the diet plan and stay a healthy life.

***A picture containing chart

Description automatically generated***

**CONCLUSION:**

With the help of sql server and visual studio we were successful in creating our diet plan app “Stay Healthy”. Our objectives for maintaining a healthy lifestyle for people was achieved and we were successful in creating an app which contain all the requirements for people who are conscious about their health problems and their maintenance of weight