

Calorie World

Full Stack Development Project

Using Laravel Framework
version 5.8

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Technologies

Framework	Languages	Markup	style	Libraries	Package Manager	Database
Laravel	PHP	HTML5	CSS3	Jquery	Composer	MySQL
	JavaScript			Bootstrap	Node.js	
				G. Font		
				MDB datatables		

Introduction

Calorieworld.com is an account based calorie tracking application designed to aid those struggling with losing weight by documenting calories you consume on a day-to-day basis. Calorie World not only tracks your calories by entering meals, but also allows the user to set an achievable goal and stick to a consistent diet based on the user's basal metabolic rate.

This project came to be through my combined passion for web development and the need to help others. The project was created using Laravel and its popular **MVC** paradigm. I initially began by creating a simple BMI calculator which would identify where the user lies on the body mass index scale. The bmi calculator was all I had in mind when starting however, thereafter, I continued creating a more personalized experience by offering a login and user registration system. Initially I intended this website to be complete within three days, however, I quickly realized that I was far from finishing as my ideas just kept coming forth relentlessly, and so I eventually added much needed features. In the end, what began as a simple bmi calculator blew up into a full blown project. The application now has many features I never intended on implementing such as, goals that can be set with self-motivation as a reminder every time you log onto your home page, actual milestones awarded based off total weight loss, full create/read/update/delete for all meals entered and more.

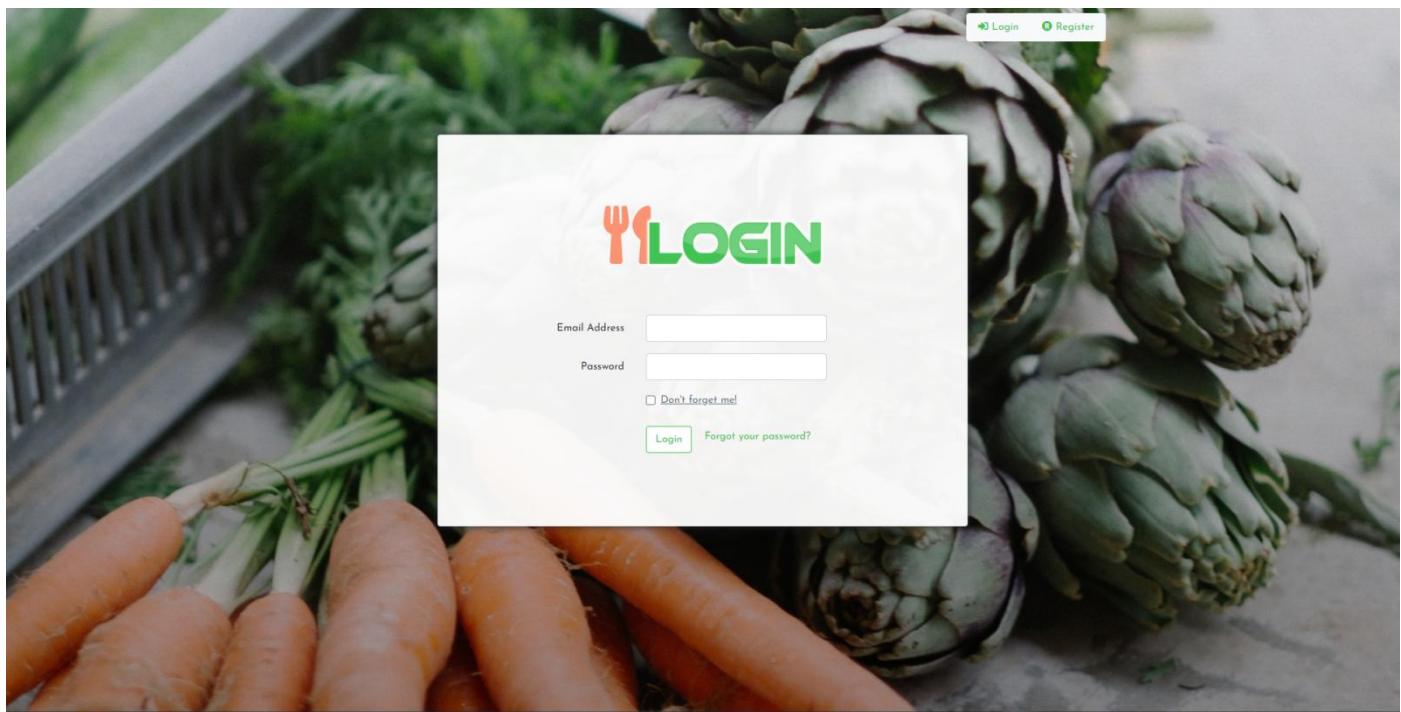
Although the website is complete, it's far from being fully polished. Features I never ended up implementing include region specificity, user waist and limbs measurements, user profile image and dynamic journey images to name a few.

If you find any bugs please send me a screen shot and briefly express what action you took before the error occurred to my email george.nikou05@gmail.com.

Side Note

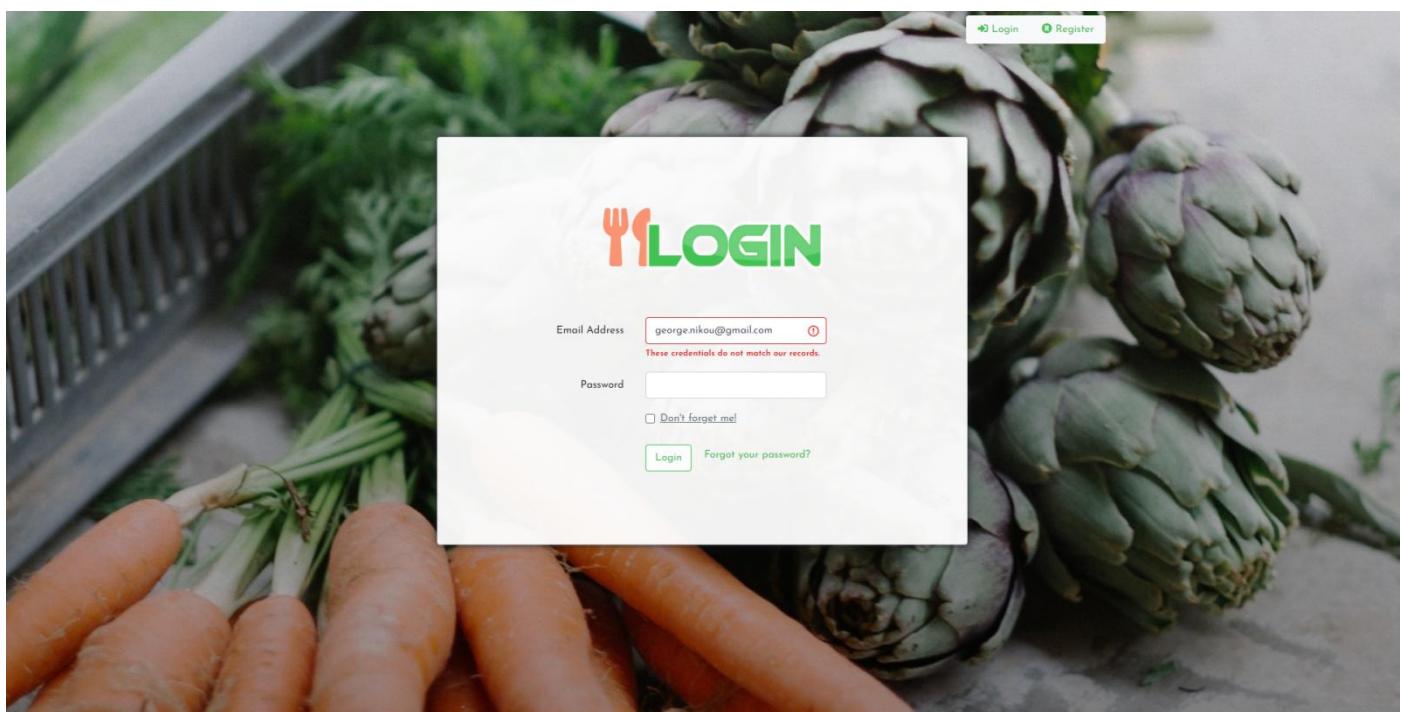
Friends and family members have always struggled with maintaining a healthy weight, including myself, therefore I felt motivated to create this website in order to remedy those problems. The application works. How do I know? I've used it myself! Upon writing this documentation, I have lost just a little over fifty pounds and continue to lose. Simple logic allows this to happen. For healthy weight loss to be achieved, one must burn less calories than the body requires but enough to keep it functioning at 100%, exercise a little and weight will surely reduce in time. Once this is understood, the only obstacle in the way is time itself.

Login



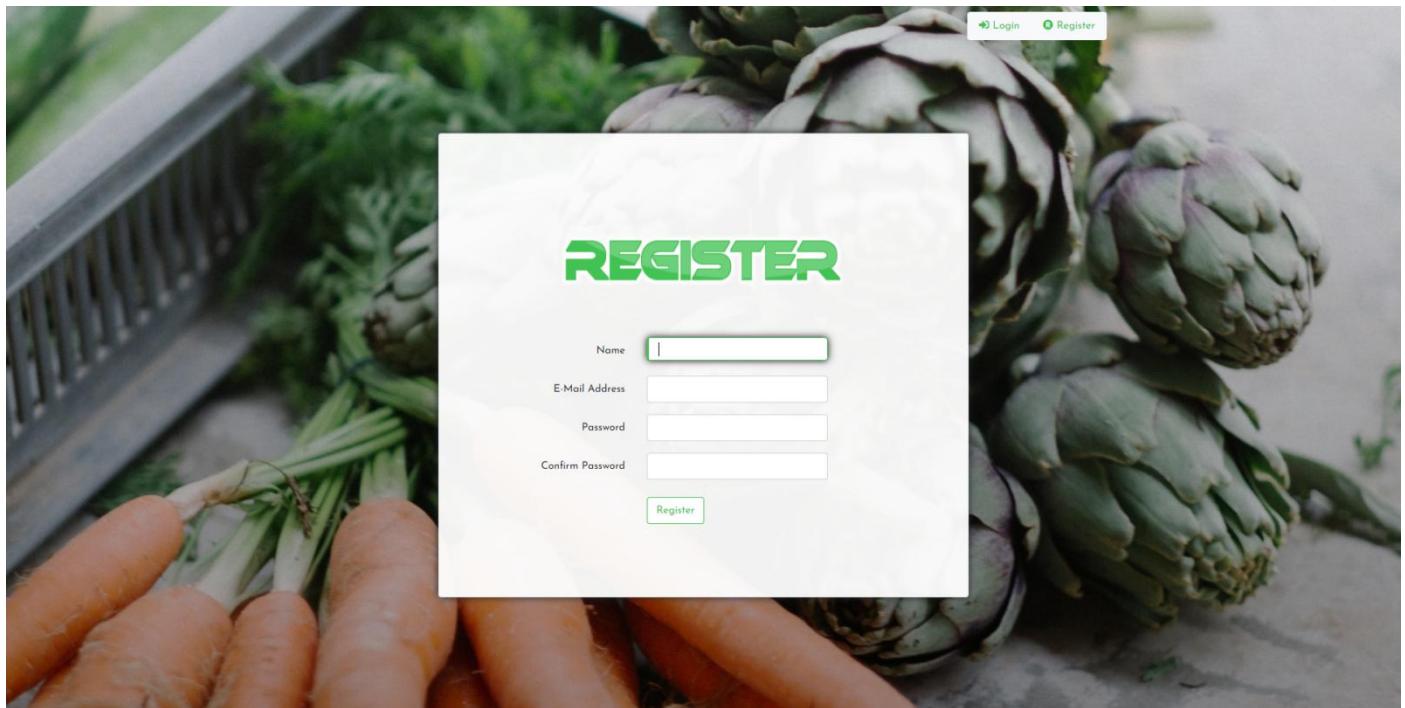
- User can login the program using their email address and password
- Clicking the “Don’t forget me!” check box will save a session of that current user, allowing him/her to enter the program without entering their credentials the next time

Login Error



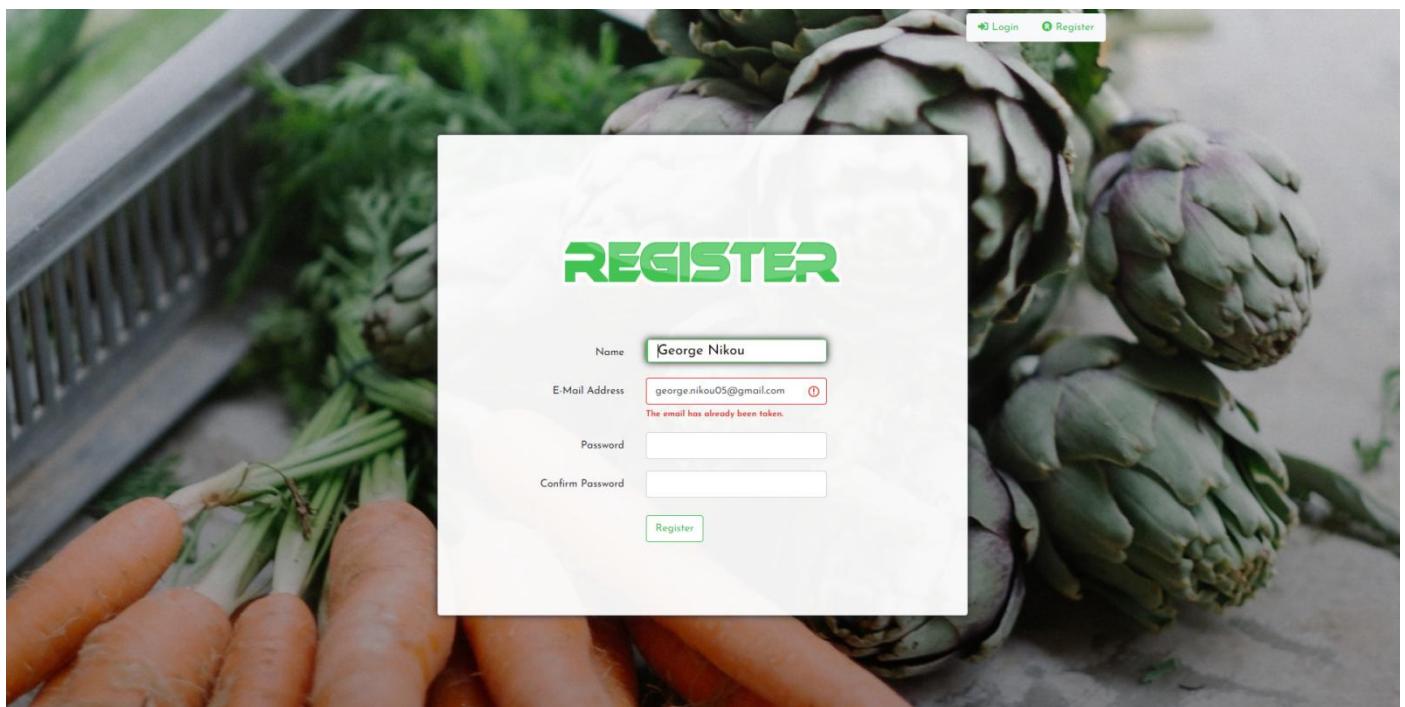
- Incorrect information will prompt an error message below the login input box and user will be denied entry

Register



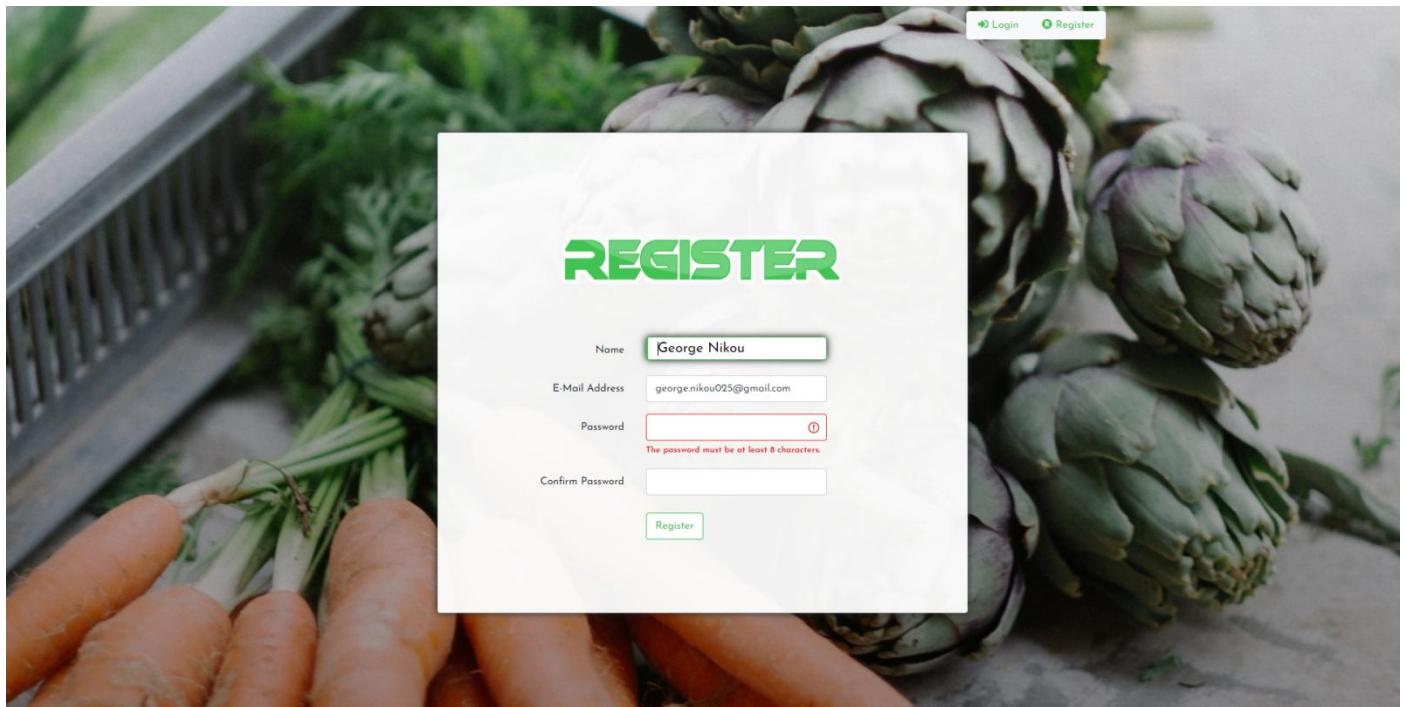
- User registration is first required to utilize this application and all its functions
- Incoming data gets validated with sanitization and other Laravel built in library methods, then gets stored into the database table named users.

Register Email Error



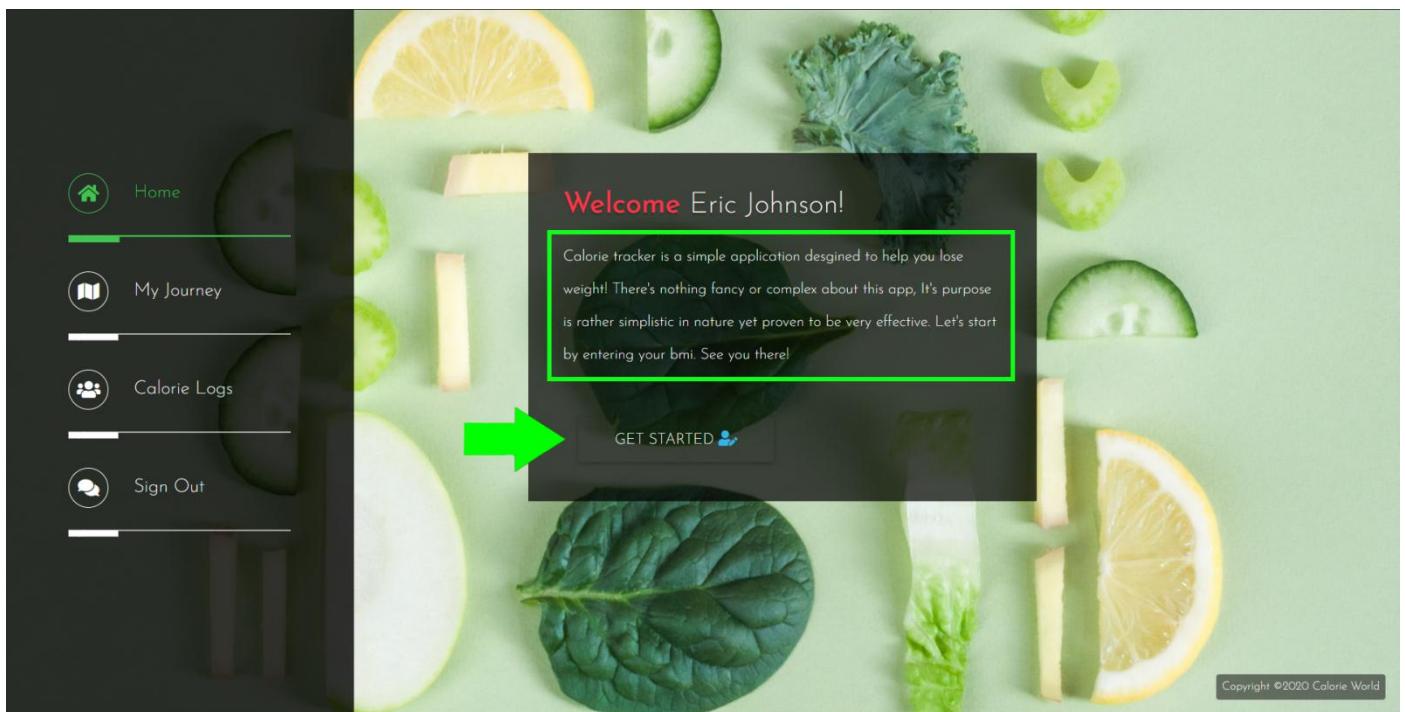
- Invalid or duplicate email entries causes an error which is displayed under the email input box

Register Password Error



- Incorrect matching passwords or plain invalid password entries are also validated and display error messages beneath their respective input boxes

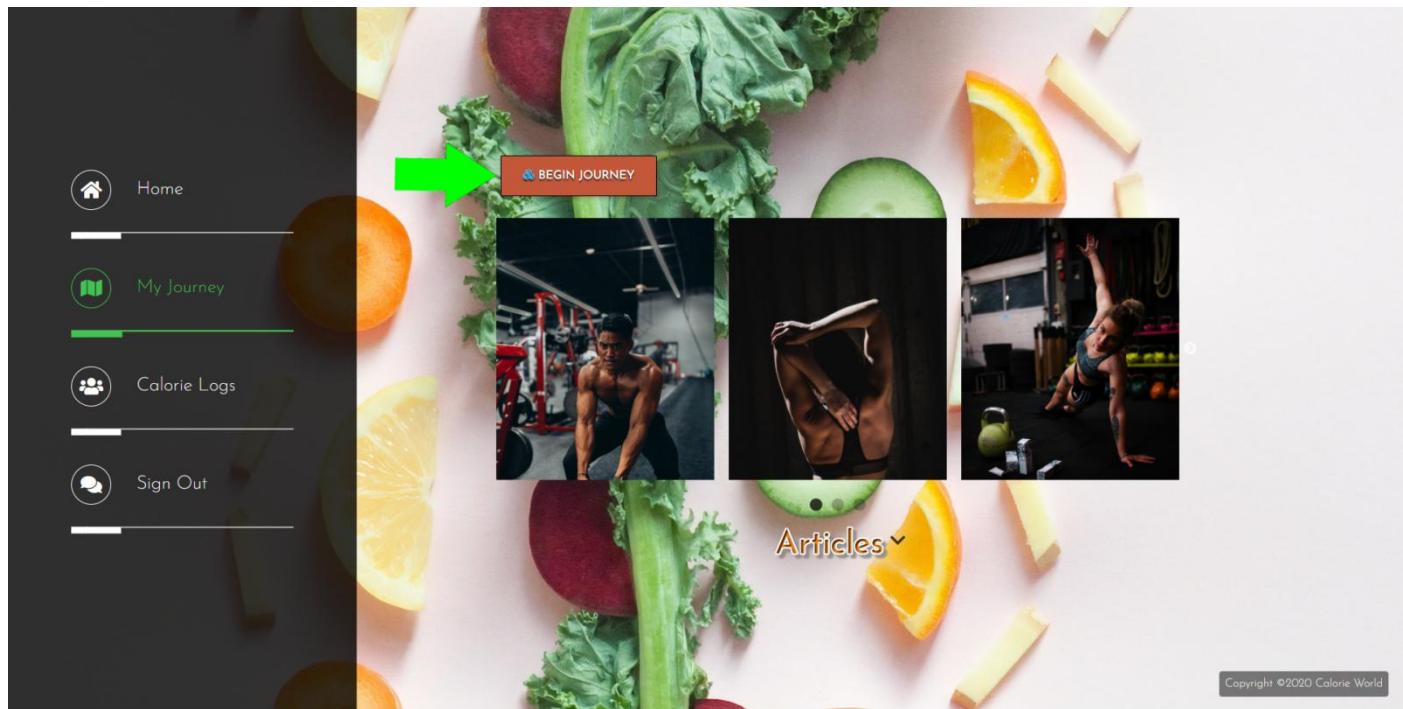
New User Home



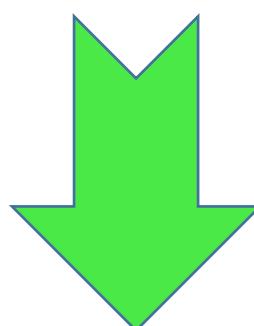
- Once the user is logged in, he/she is greeted with a welcome message

- Clicking the “Get Started” button will direct the user to the “My Journey tab” where the user can provide personal details in order to fully utilize the applications features

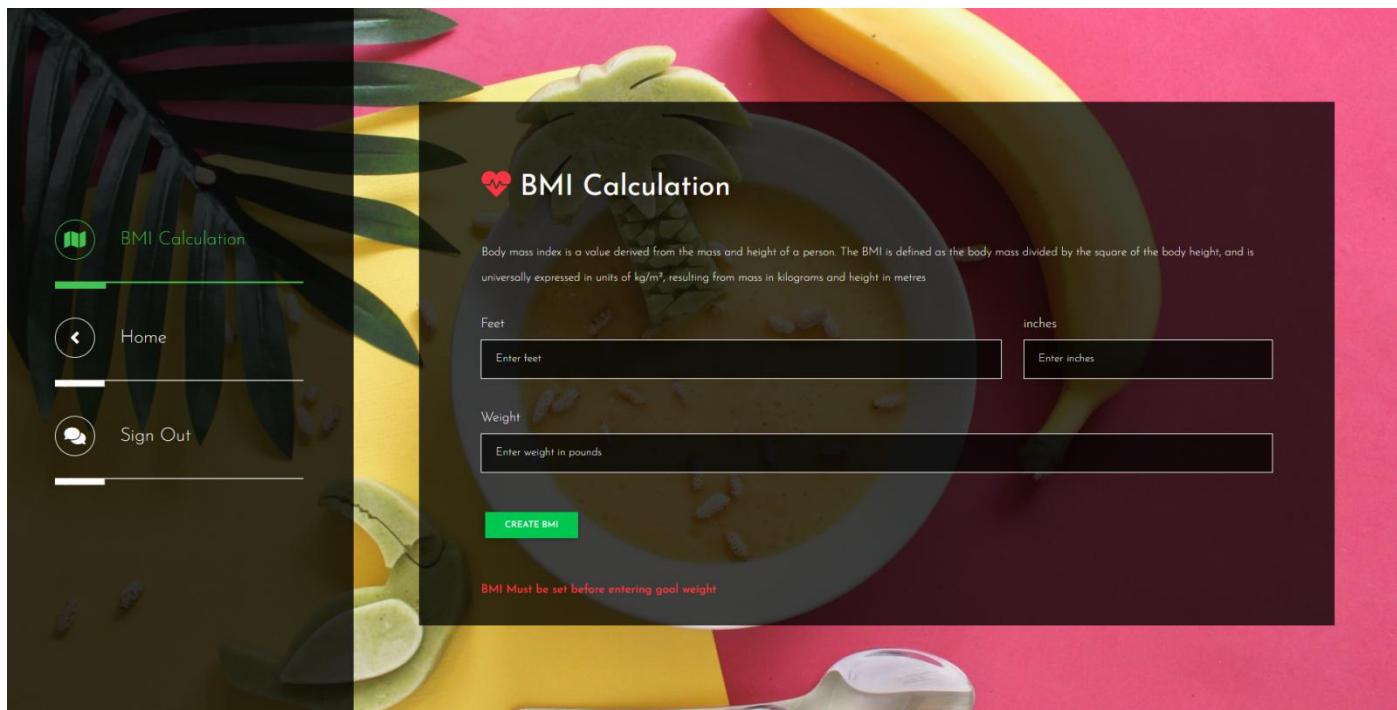
New User My Journey



- My Journey is part of the applications info page which displays helpful articles which can educate the user on weight loss and also registers the users bmi, bmr and goals
- Clicking the “Begin Journey” button will direct to the users first step which is the bmi page
- Articles tab can be expanded to reveal numerous hand picked articles and videos which can assist the user on their weight loss journey

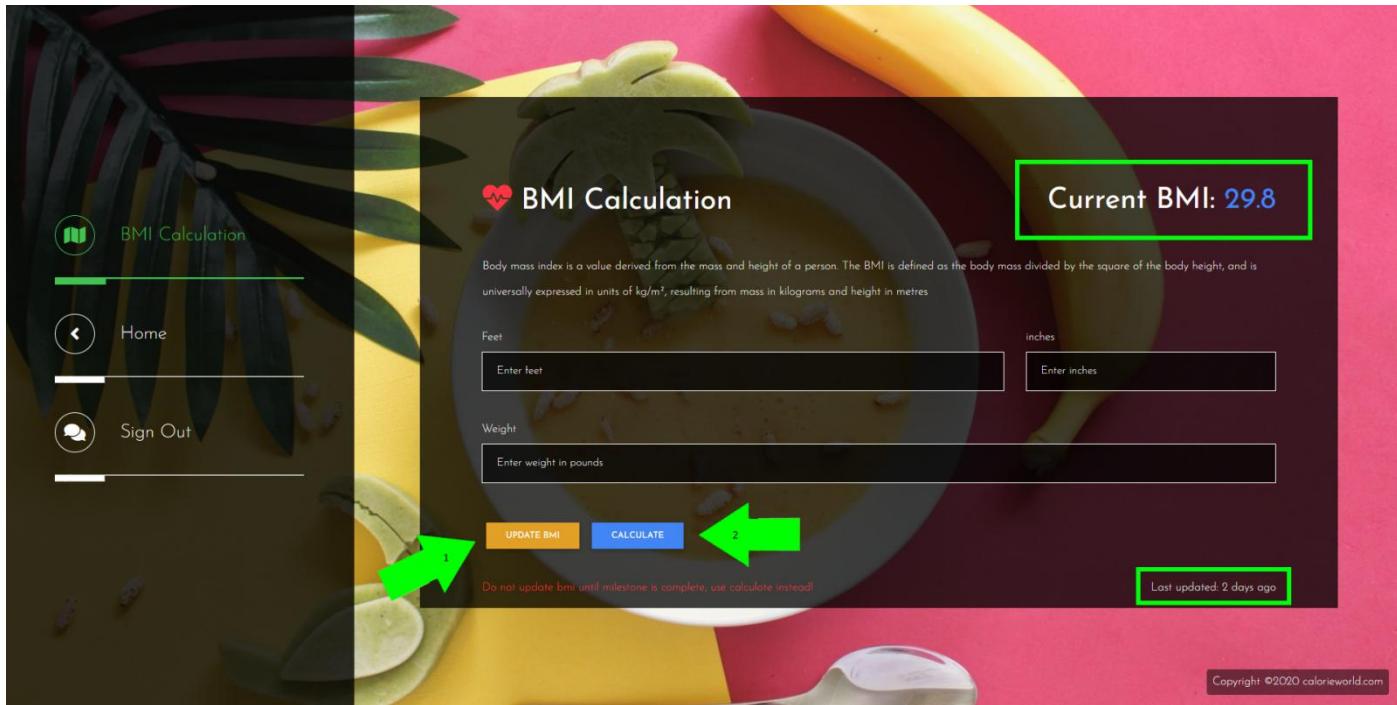


New User BMI



- Within the BMI page the user can enter their height in feet and inches as well as their current weight

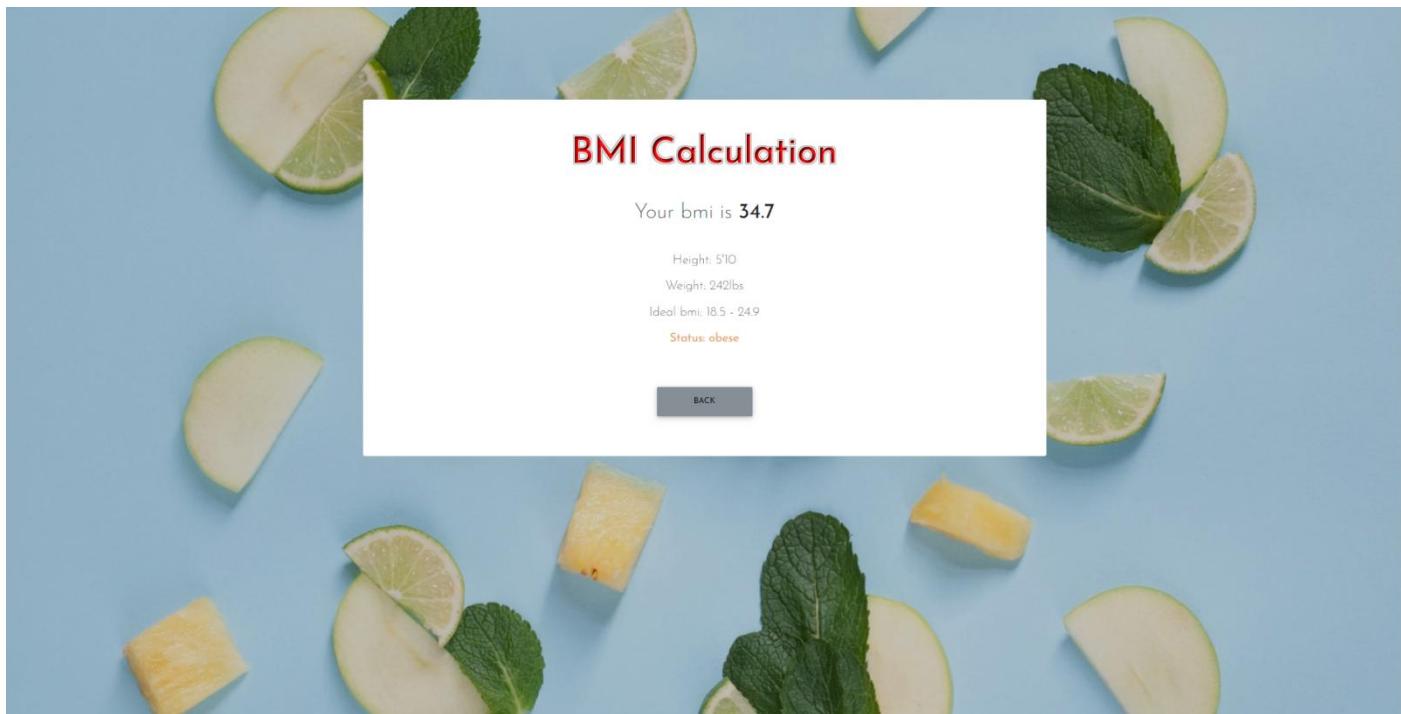
BMI Entered



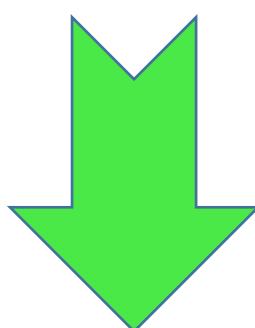
- Users registered bmi can be seen on the upper right corner of the screen
- Date that user registered their bmi can also be view on the bottom right corner of the screen

1. “Update BMI” manipulates the current users bmi data into newly entered data
2. “Calculate” similar to “Update BMI” does not modify any data within the database, rather it redirects to a new page displaying new bmi results

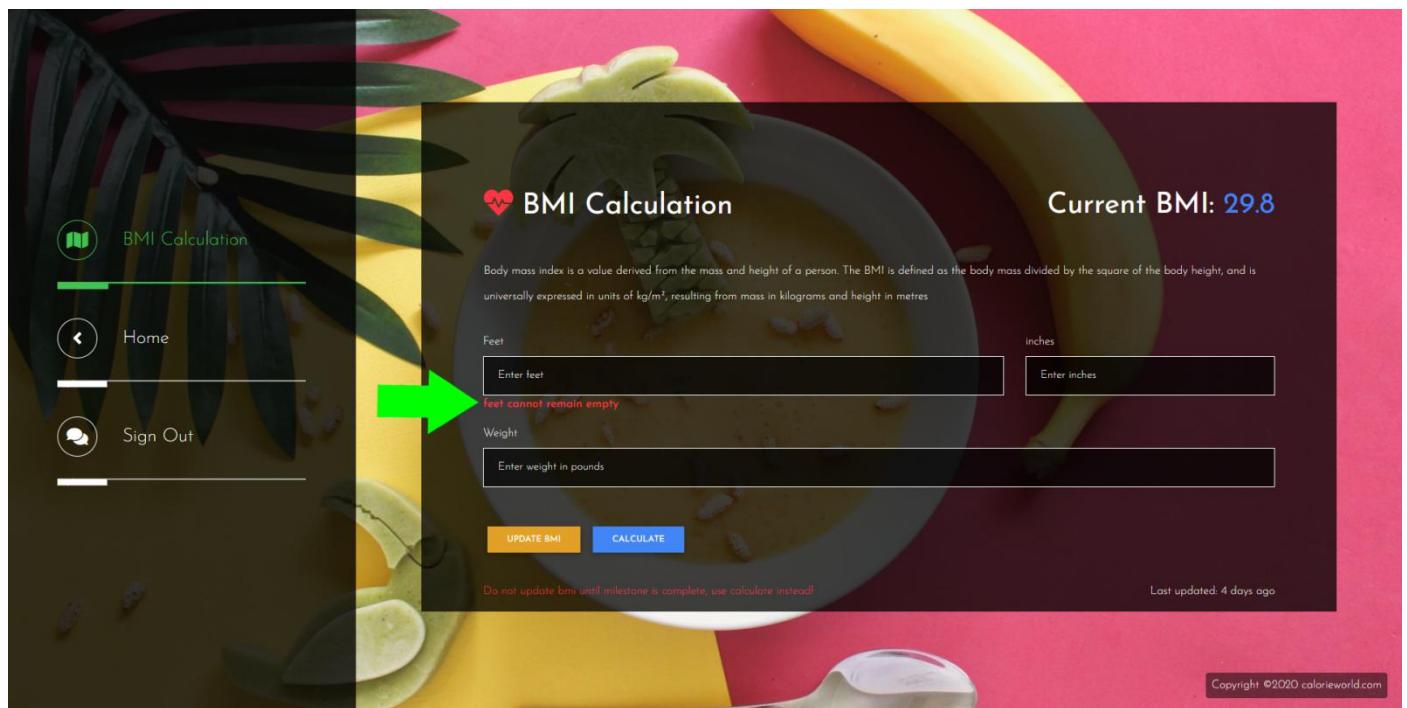
BMI Calculate



- Bmi, height, weight, ideal bmi and users bmi status is displayed on the bmi calculate page

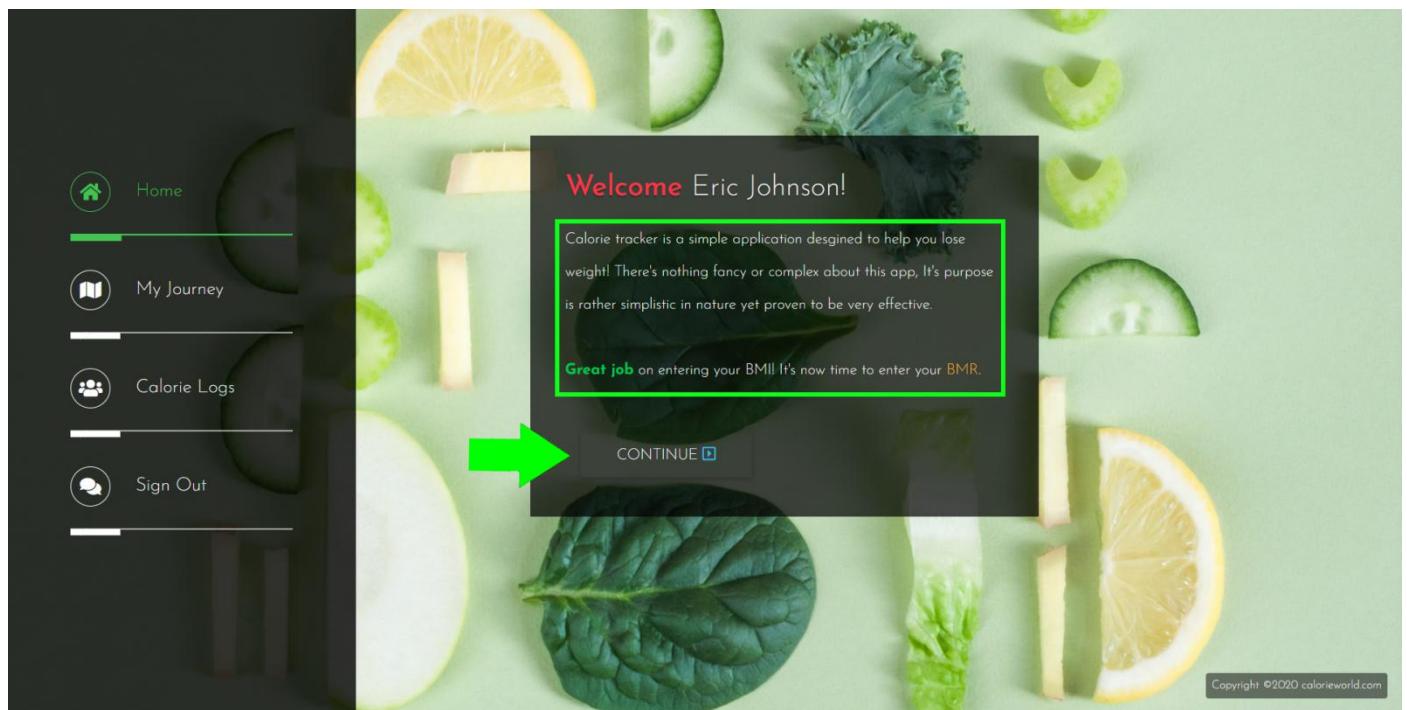


BMI input Errors



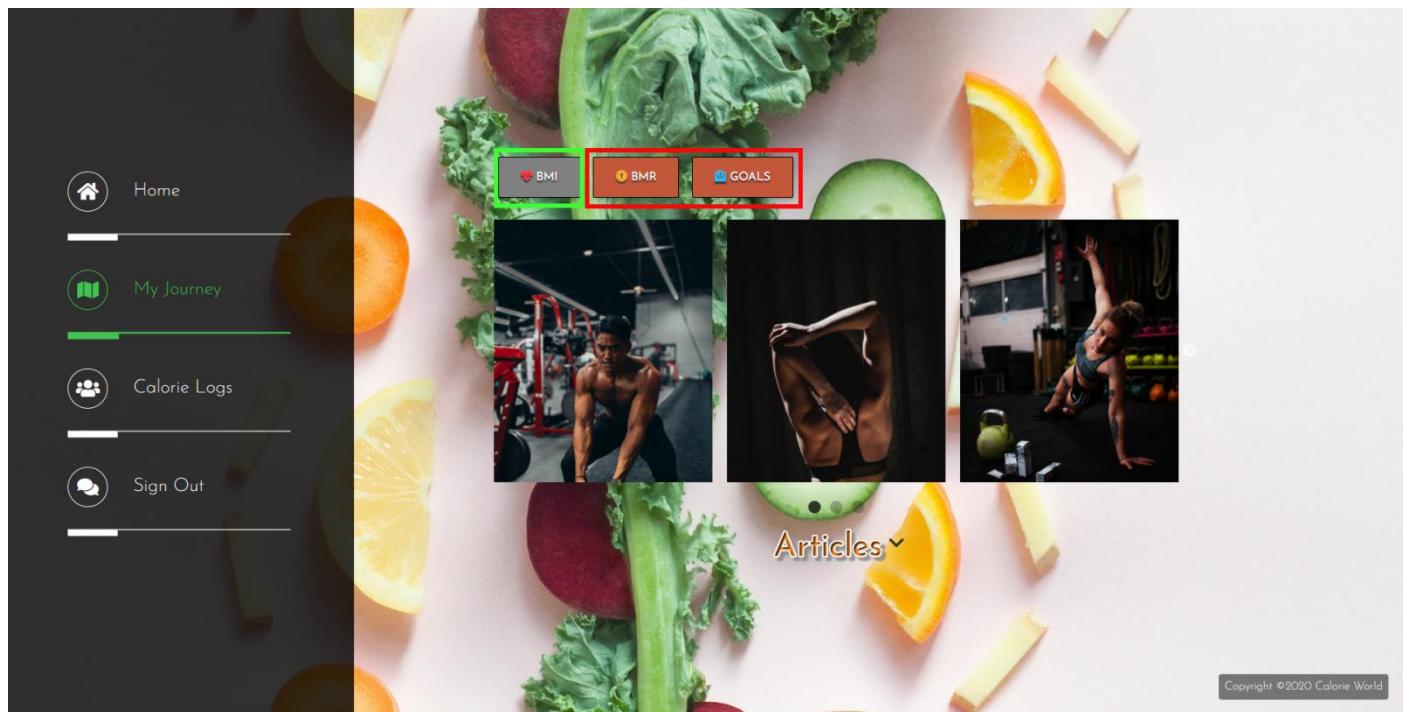
- All inputs entered incorrectly are properly validated upon clicking any of the two buttons on the bottom left corner of the screen

Home (BMI Completed)

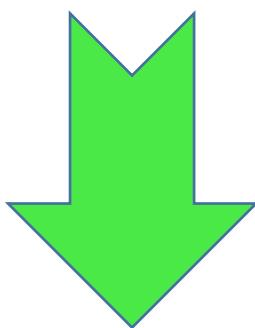


- Once the user has entered their bmi successfully, he/she will have a different home page reflecting the changes made

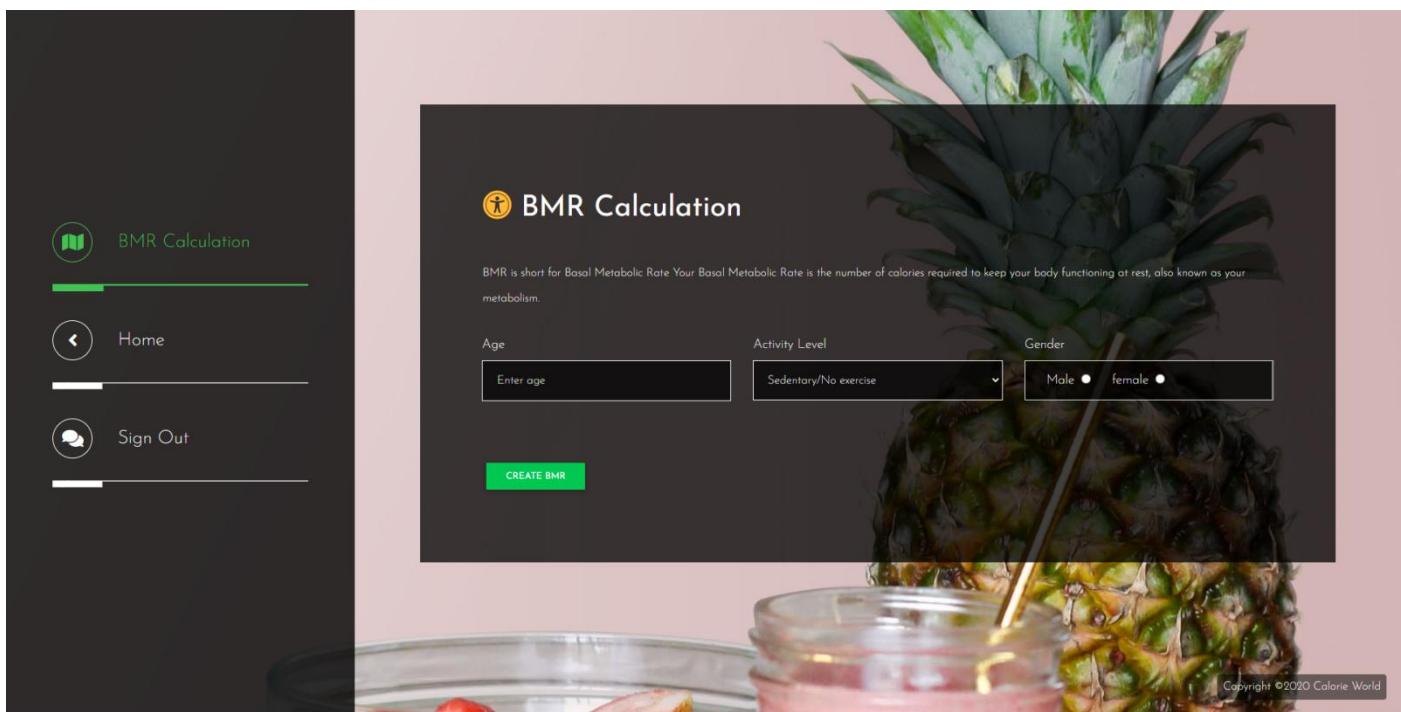
My Journey (BMI Completed)



- Once the user has successfully entered their bmi, all button will unlock accordingly
- Grey buttons indicate the user has already completed the corresponding step
- Coloured buttons indicate steps that are still required in order to fully utilize all the applications functionality

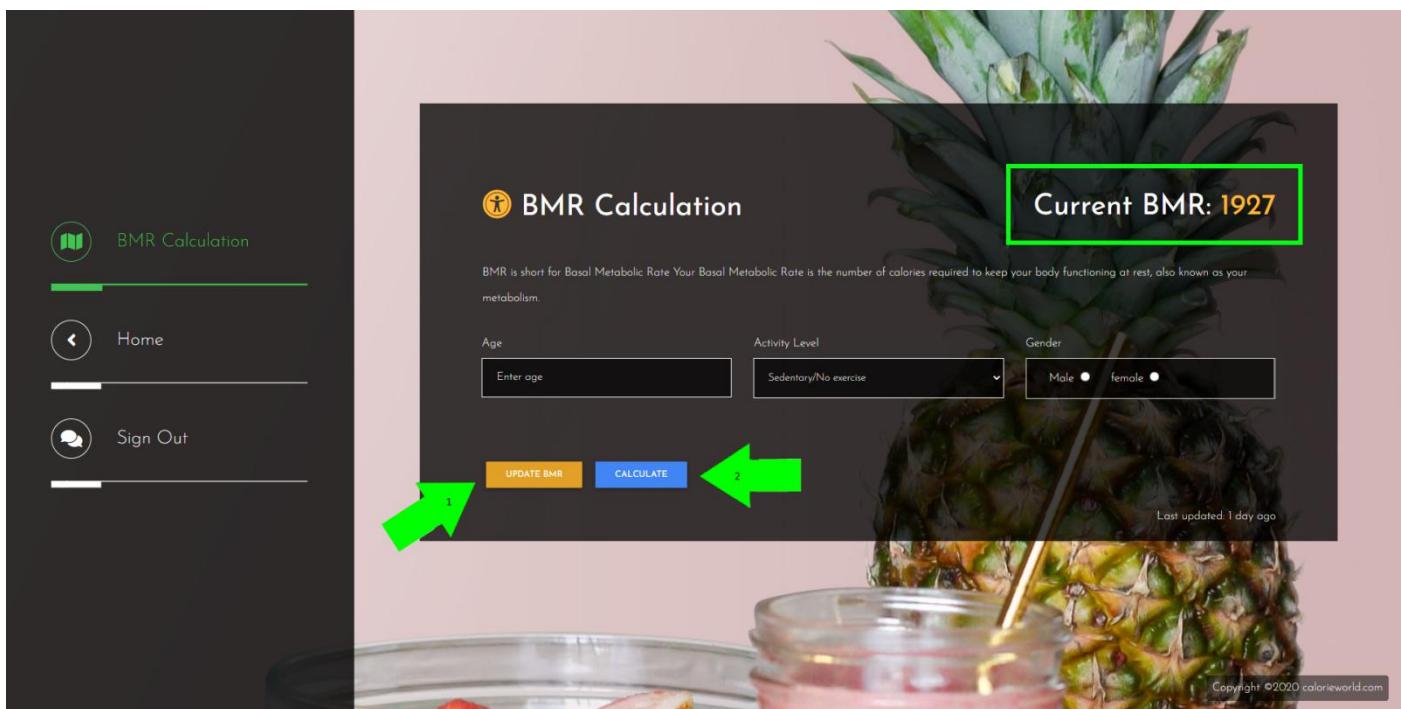


New User BMR



- User can register their bmr once they have entered their bmi on the previous step

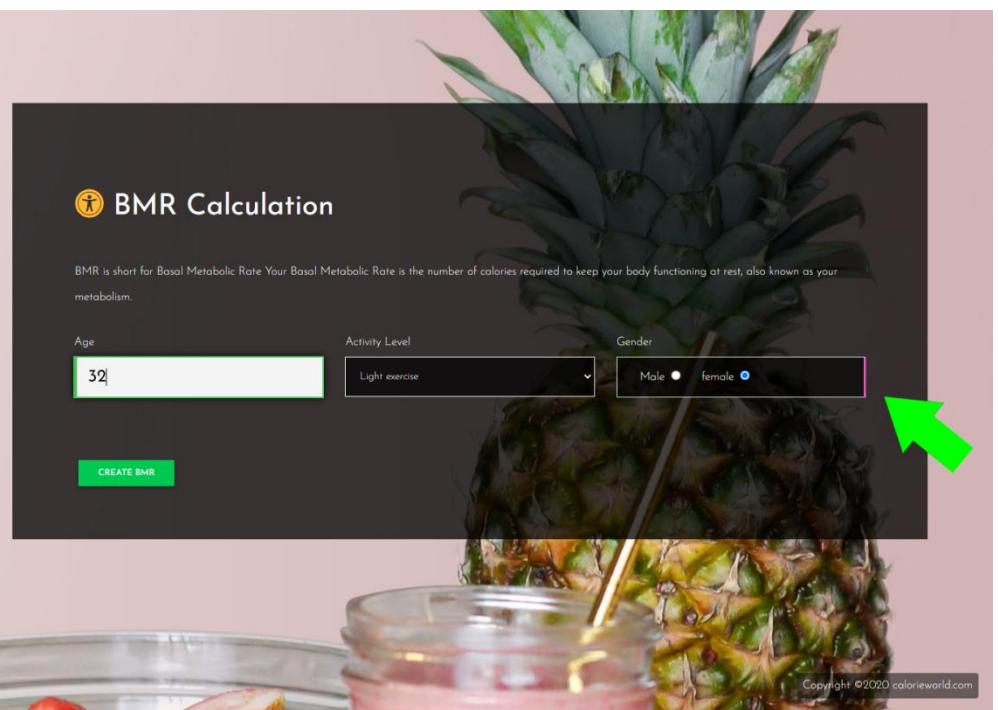
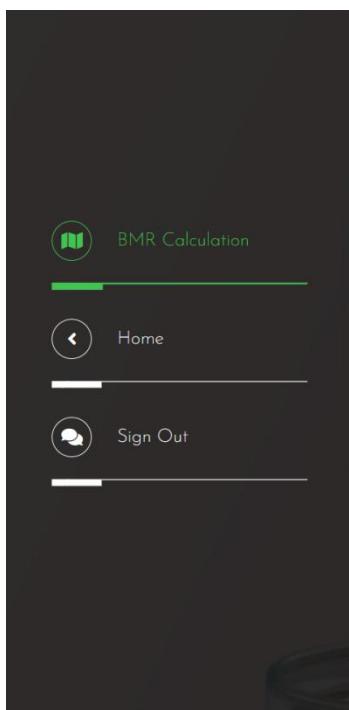
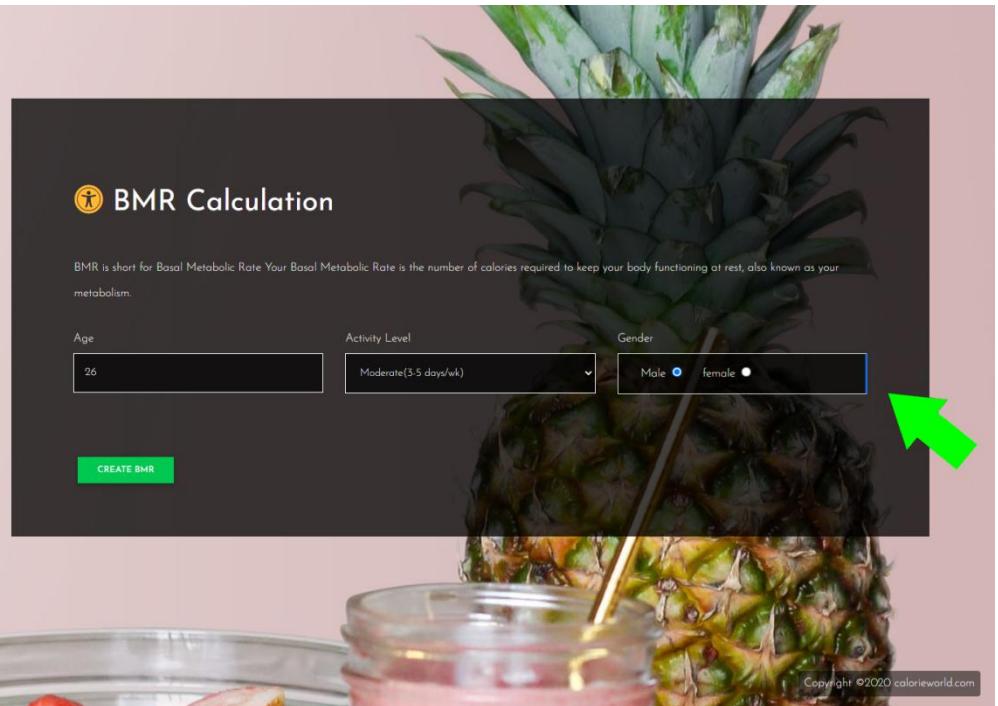
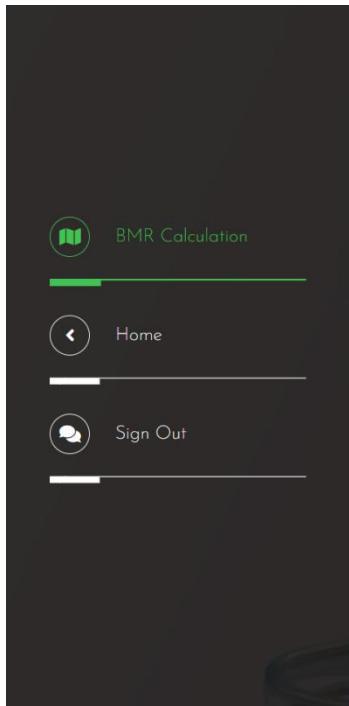
BMR Entered



- Users registered bmr can be seen on the upper right corner of the screen
- Date that user registered their bmi can also be view on the bottom right corner of the screen

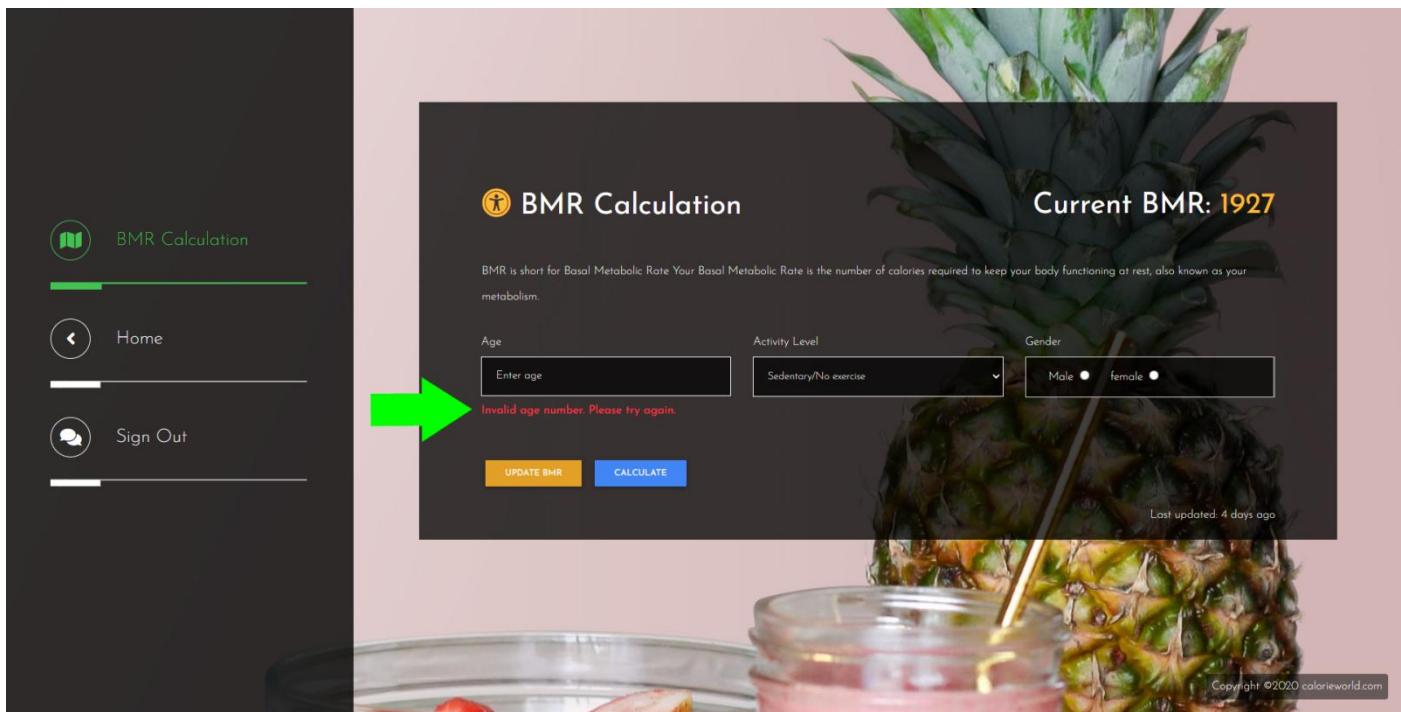
1. “Update BMR” manipulates the current users bmr data into newly entered data
2. “Calculate” similar to “Update BMR” does not modify any data within the database, rather it redirects to a new page displaying new bmr results

BMR Gender Change



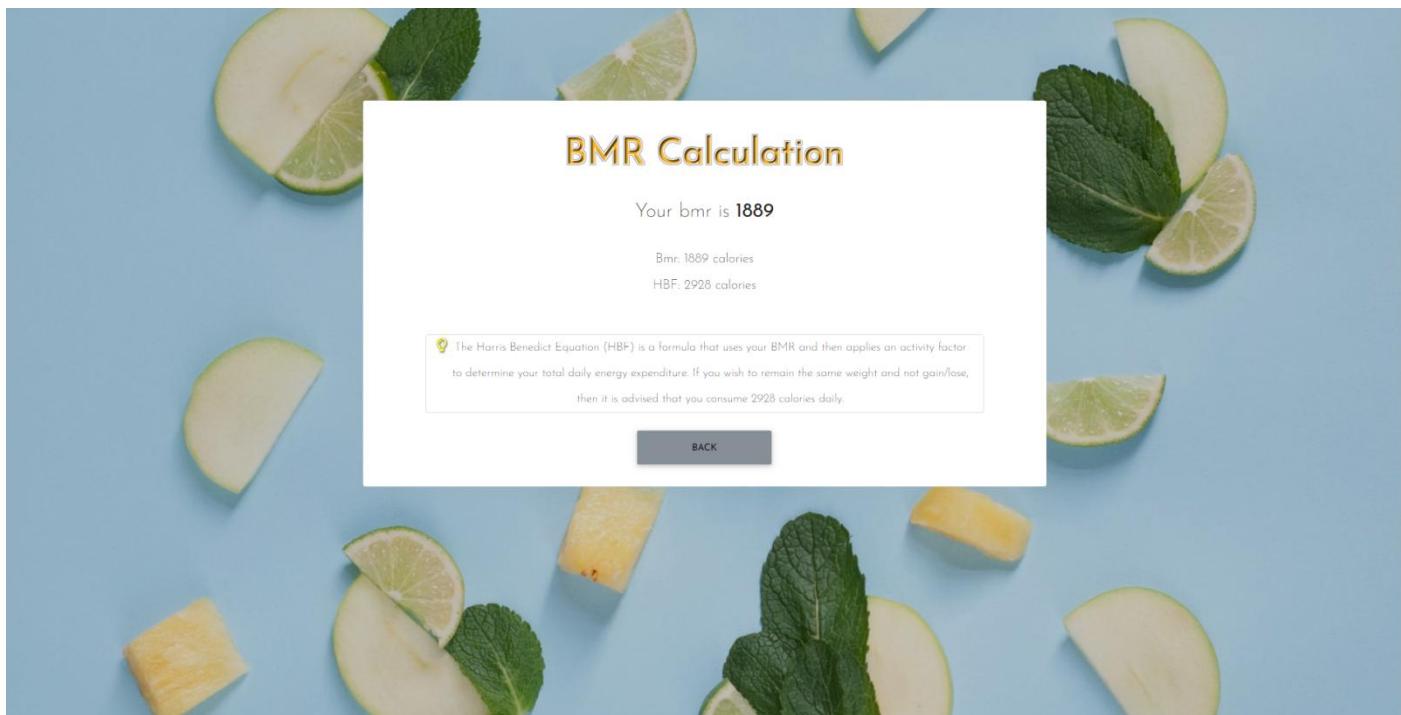
- Clicking a radio button will change colours depending on the gender that's chosen

BMR Input Error



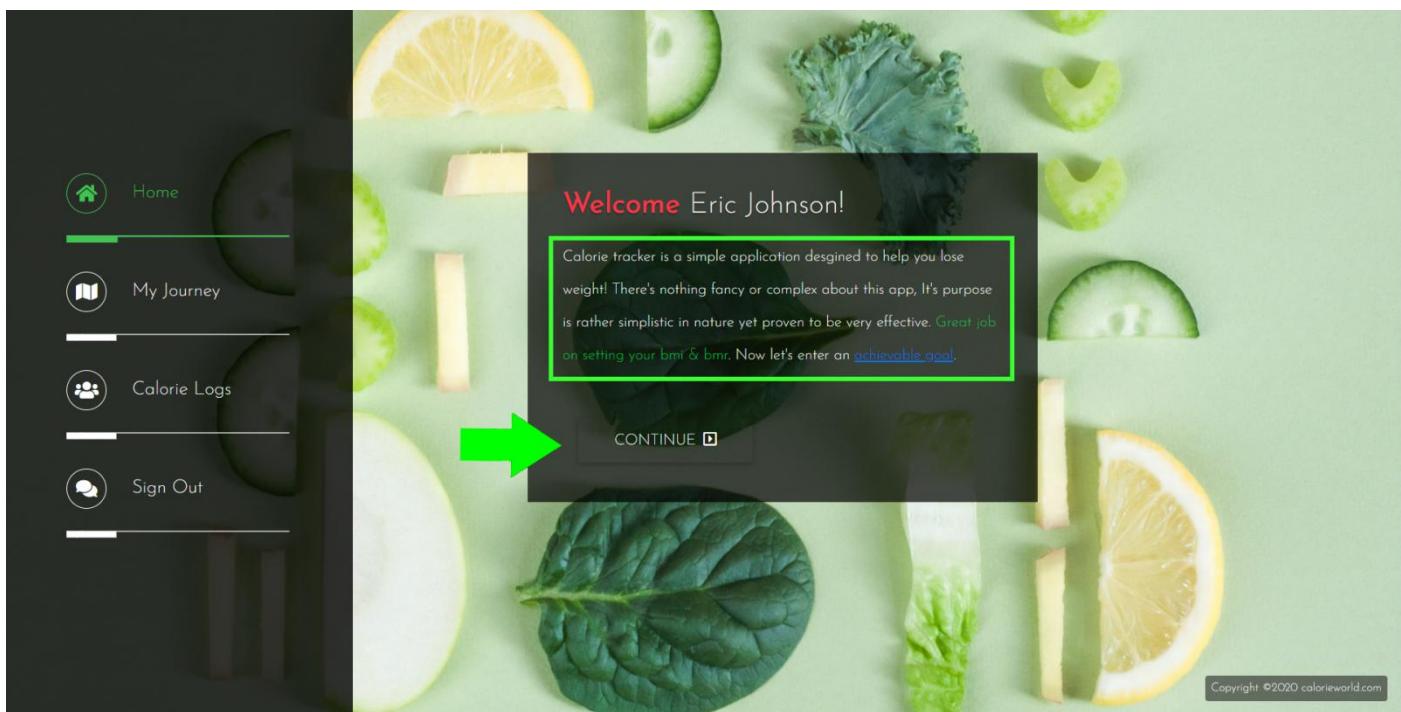
- All inputs entered incorrectly are properly validated upon clicking any of the two buttons on the bottom left corner of the screen

BMR Calculate Page



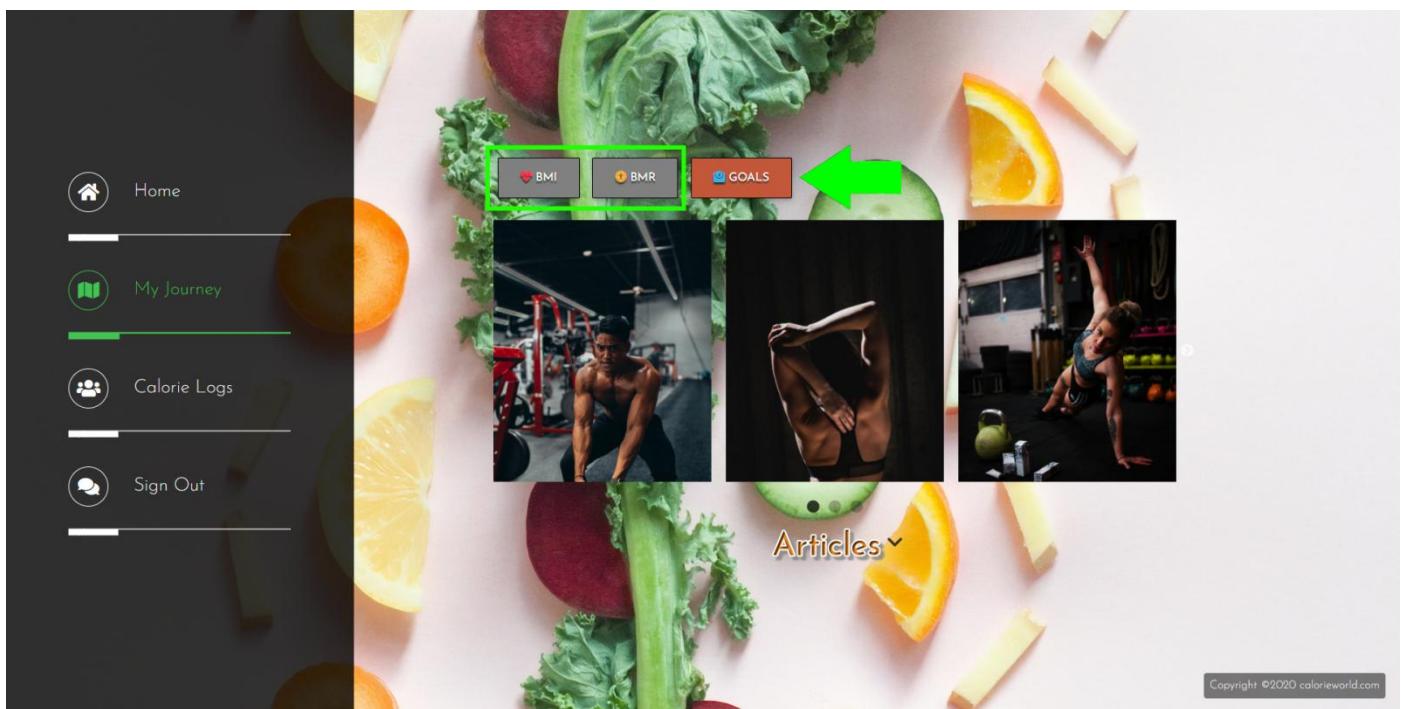
- Bmr and hbf (The Harris Benedict Equation) is displayed on the bmr calculate page

Home BMR Set



- Once the user has entered their bmi and bmr successfully, he/she will have a different home page reflecting the changes made

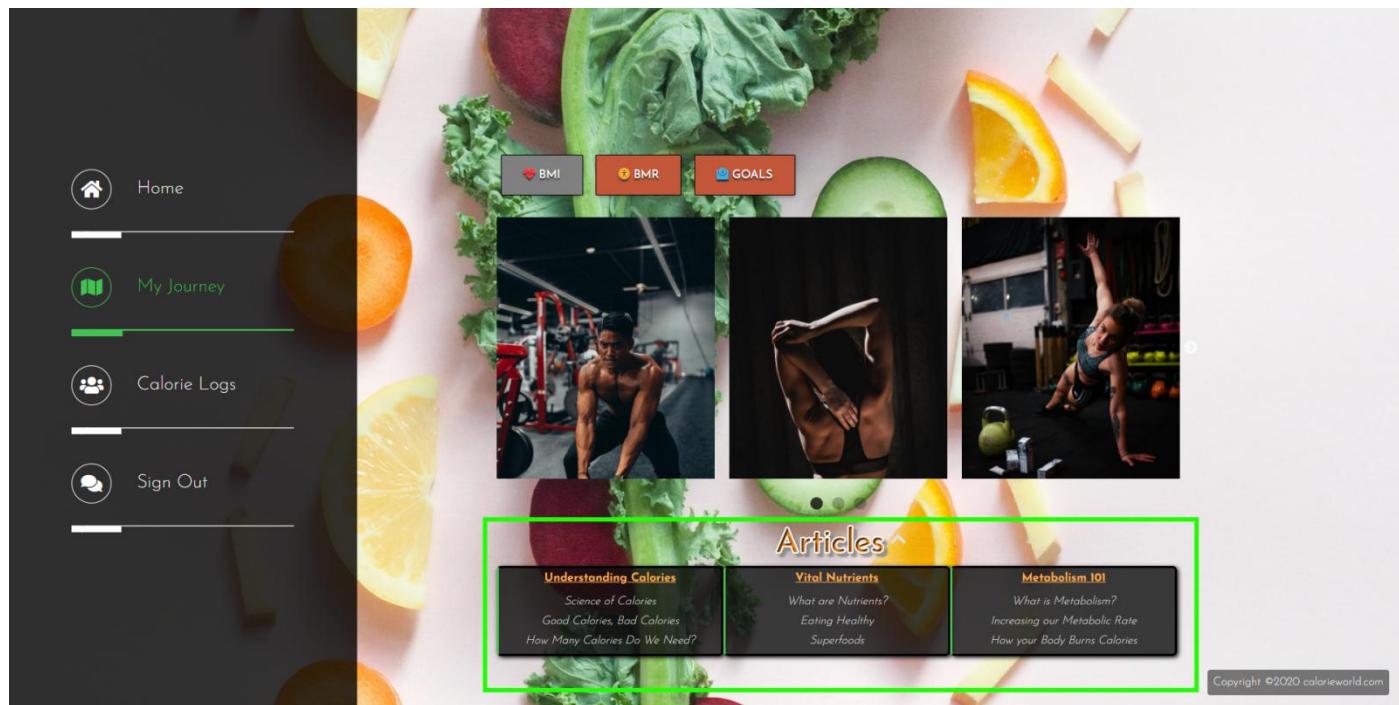
My Journey (BMR Completed)



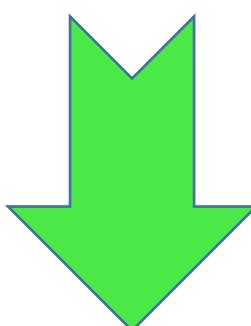
- Grey buttons indicate the user has already completed the corresponding step

- Coloured buttons indicate steps that are still required in order to fully utilize all the applications functionality

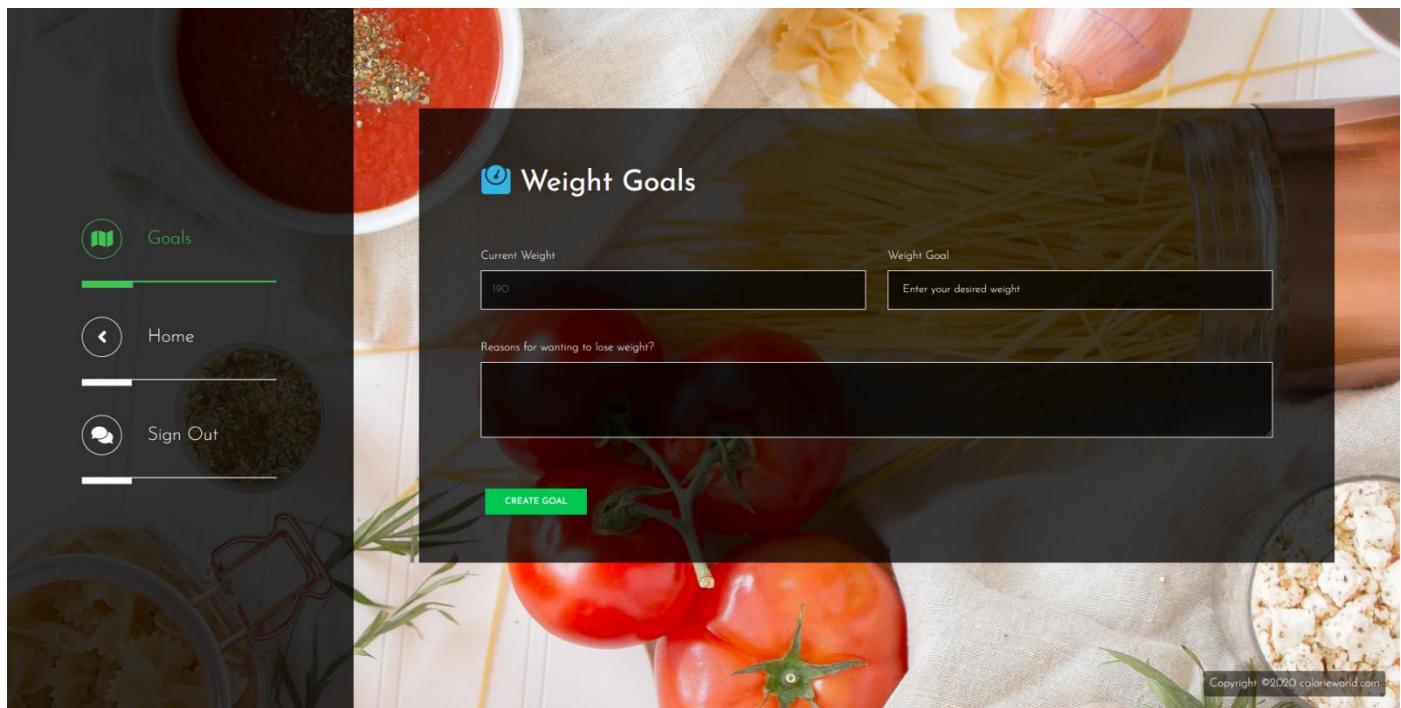
Articles



- User will have access to articles at any personalization stage even without ever completing their first step

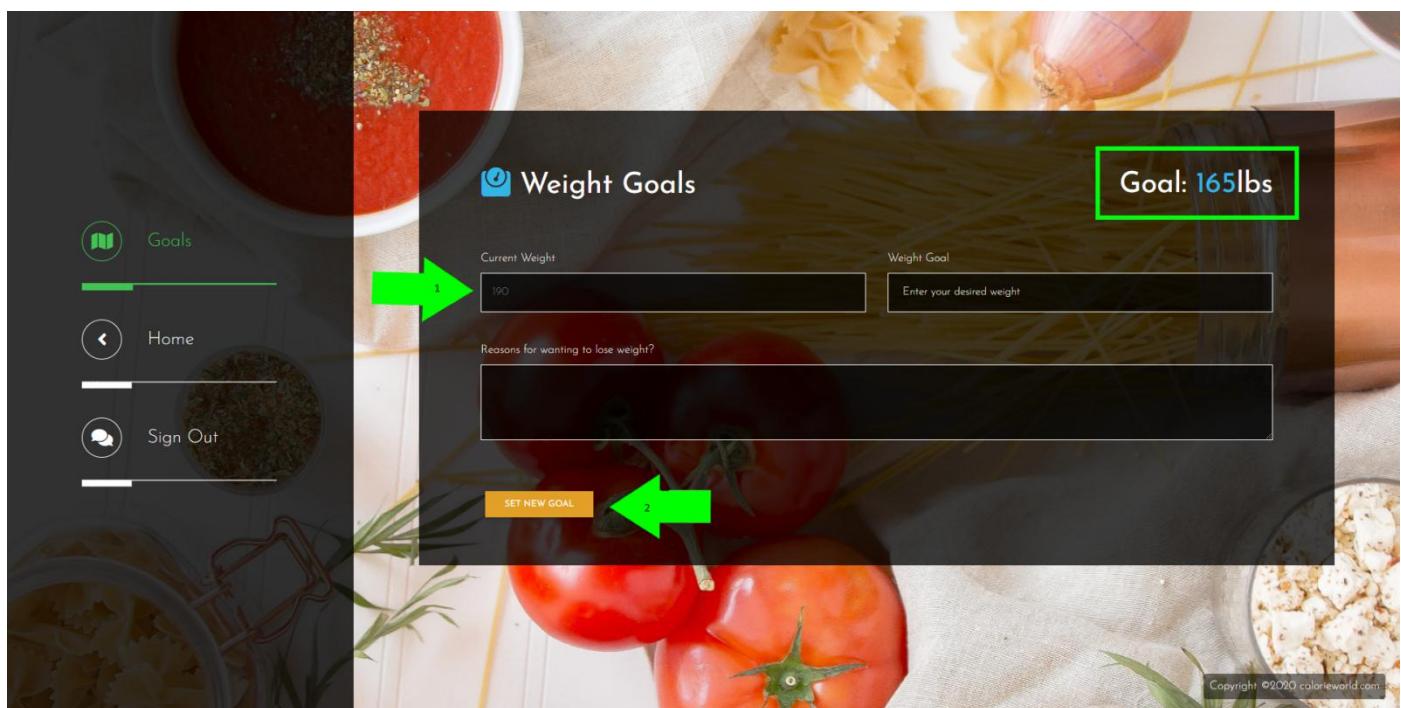


New User Goal



- Once bmi and bmr have been set, the user can continue to the third and final step which is to enter a weight goal and the reason for a lifestyle change
- Current weight is displayed and can only be modified on the bmi page

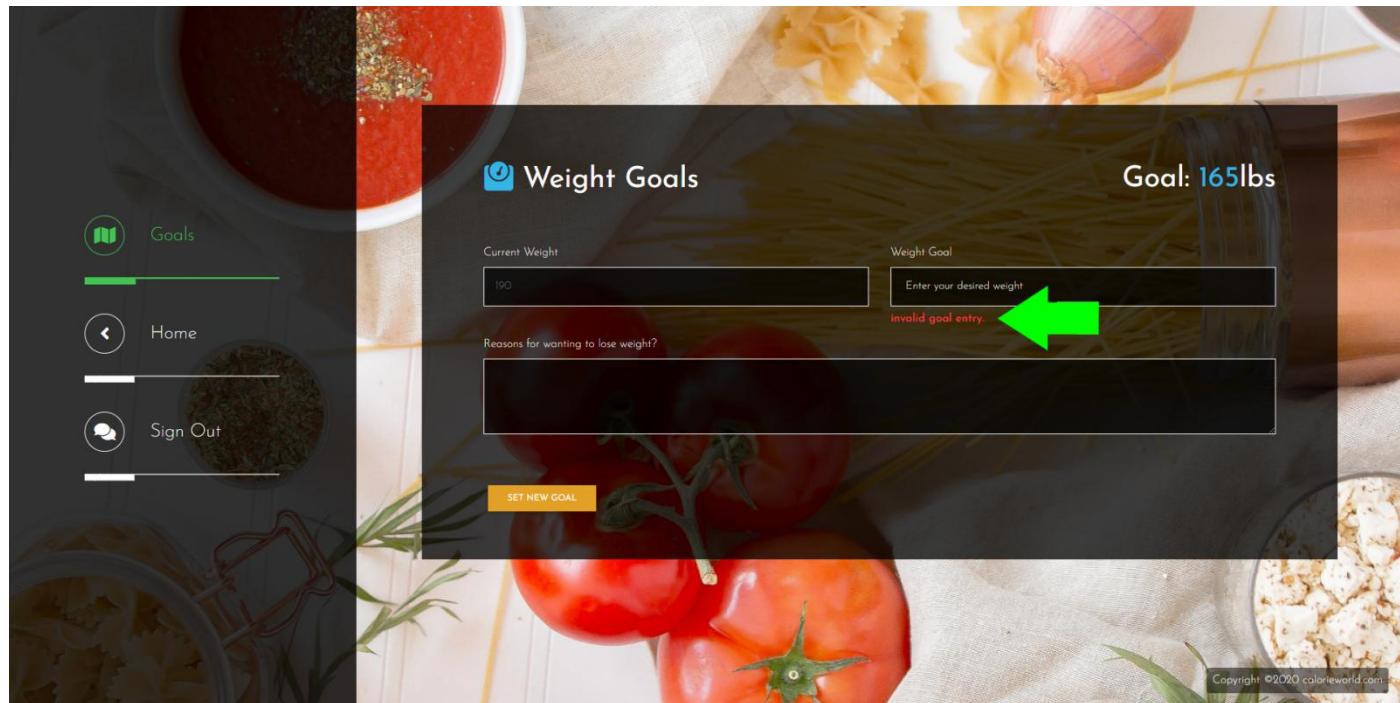
Goal Entered



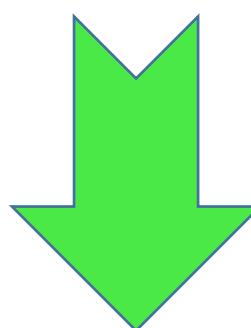
- Users registered goal can be seen on the upper right corner of the screen

- Date that user registered their goal can also be view on the bottom right corner of the screen
- 1. Current weight will be automatically displayed inside the input field (disabled)
- 2. “Set New Goal” manipulates the current users goal data into newly entered data and stores the new information inside the goals table within the database

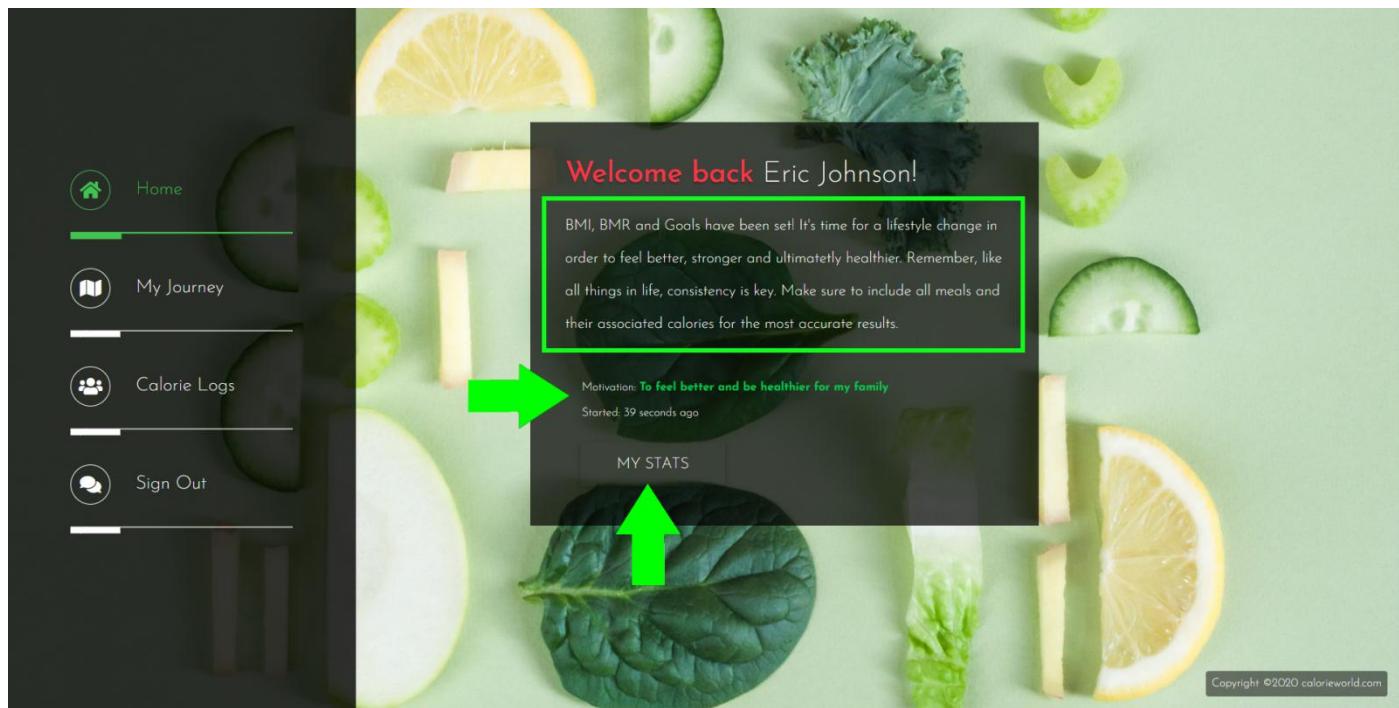
Goal Input Errors



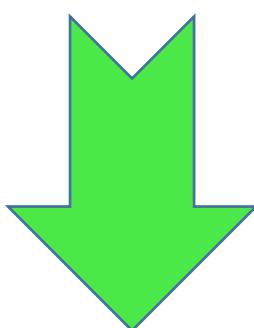
- All inputs entered incorrectly are properly validated upon clicking “Create Goal” or “Set New Goal”



Home (*Steps Completed*)



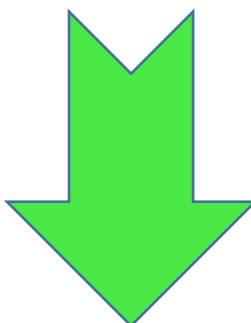
- Completing every step (bmi, bmr & goal form) will finally alter the home page accordingly
- The users motivation will remain a constant reminder on their home page until goal has been achieved
- “My Stats” button will direct the user to their personal statistic page displaying all users essential information (‘see image below’)



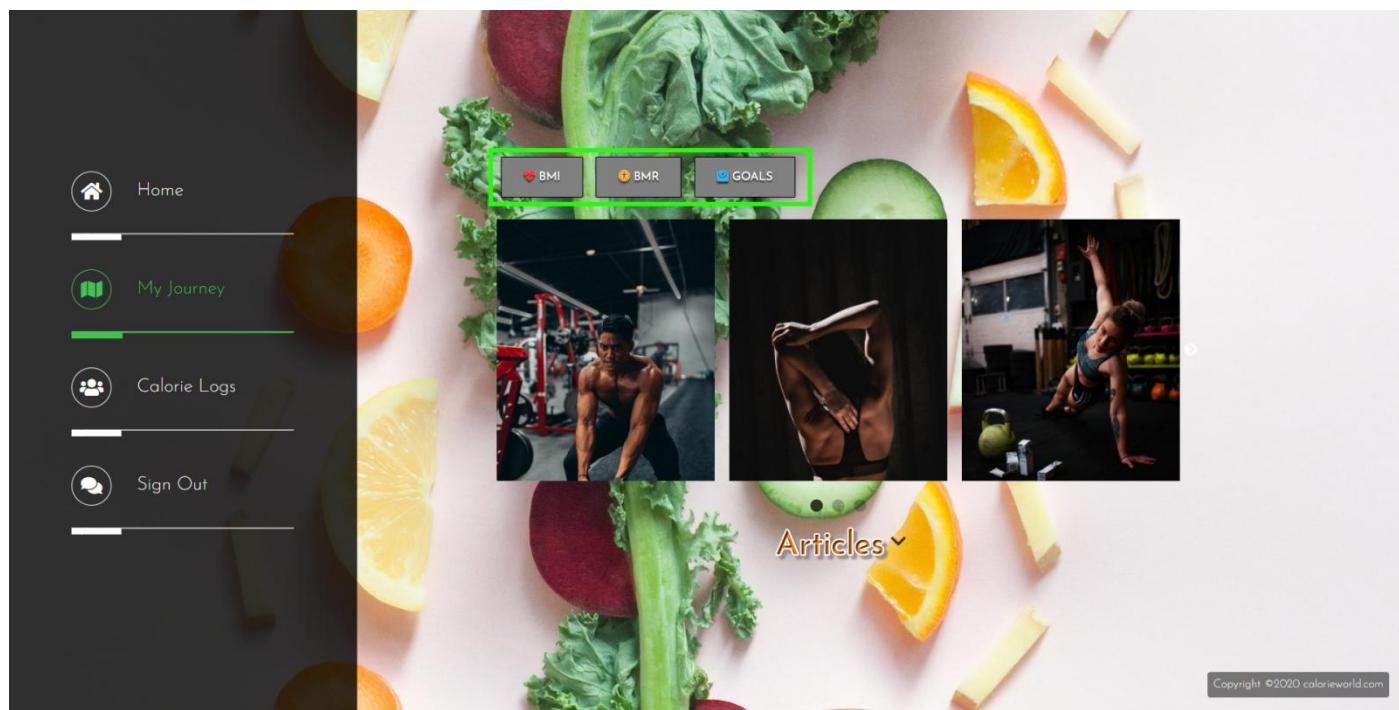
User Statistics



1. The users height, weight and the ideal BMI range.
2. The users initial BMI, image ('gender specific') and BMI status.
3. The users age, gender and activity level.
4. Calorie limit required to maintain current weight, image ('gender specific') and minimum calories required to keep metabolic rate functioning 100%.



My Journey (*steps completed*)



- Grey buttons indicate the user has already completed the corresponding steps ('bmi, bmr and goal all can be modified at any time by clicking the associated button')

What's next?

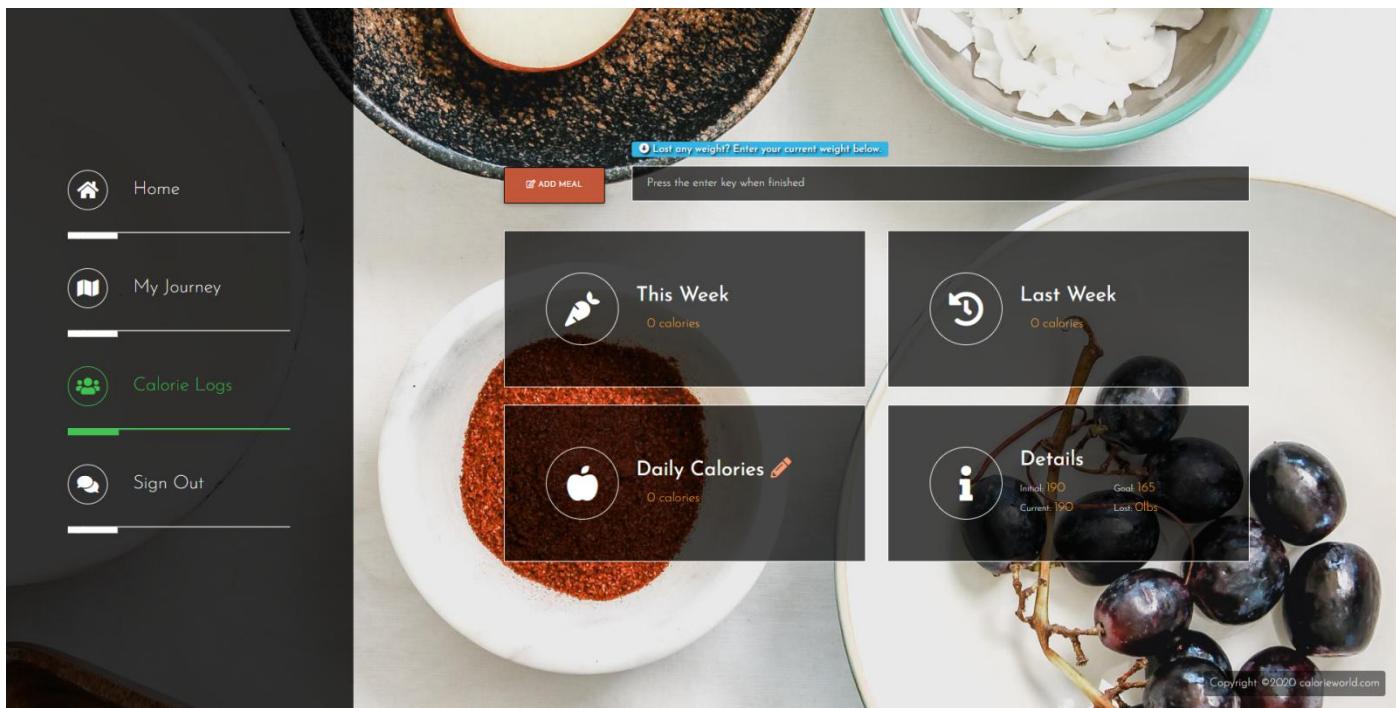
After the user completes all three steps, the entire application becomes readily available. Images seen below demonstrate various tools in order to properly calculate calories consumed within a timed threshold.

“Add meal” is a function which allows the user to insert a meal/s and calories associated with that meal/s. Creating individual meals stores data into the logs table. These calories are displayed on the “Calorie Logs” page and is specifically categorized to “daily”, “this week” and “last week”.

In addition, there is also an option to view the entire history of meals already entered by the user. These meals can be used as a library of sorts to add meals quickly with a single click of a button. Doing so, removes the tendency to constantly repeat meals and their associated calories, which would otherwise take up unnecessary time.

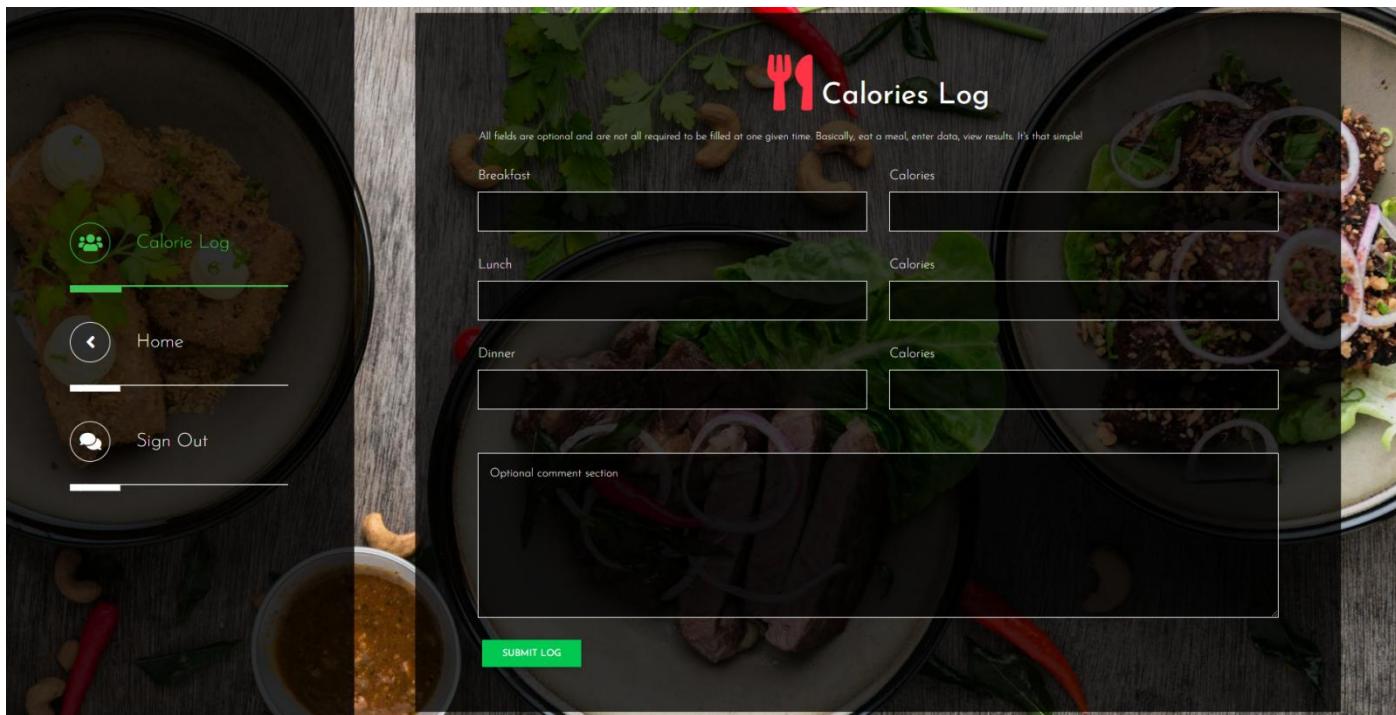
Lastly, the creation of meals is not the only tools at the users disposal. Editing and deleting is also an appealing option that can be used to modify/remove mistyped meal names and/or calorie total. Continue reading this documentation to view the applications functionality as per mentioned above.

New User Calorie Logs



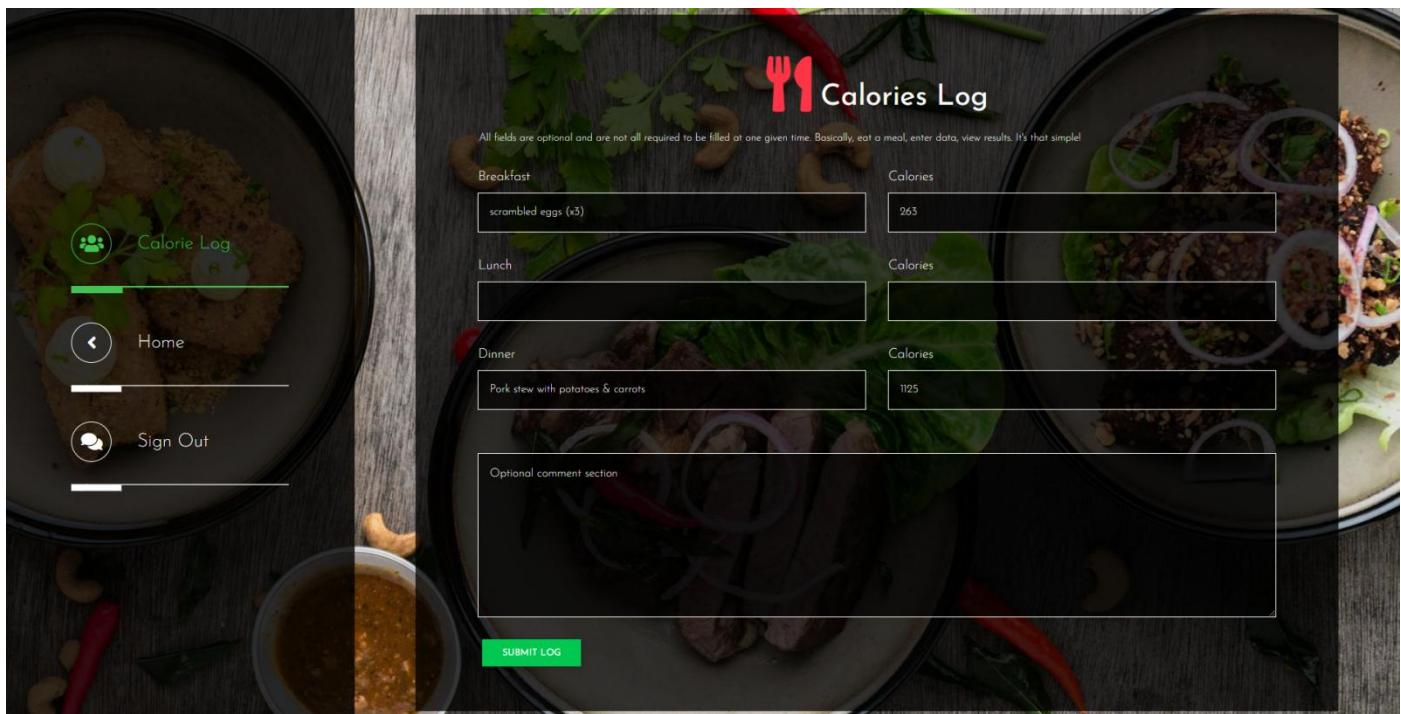
- New users begin entering their meals by clicking on the “Add Meal” button. Information such as current weight, goal and total weight loss can be viewed in the details panel

Add Meal pt. 1



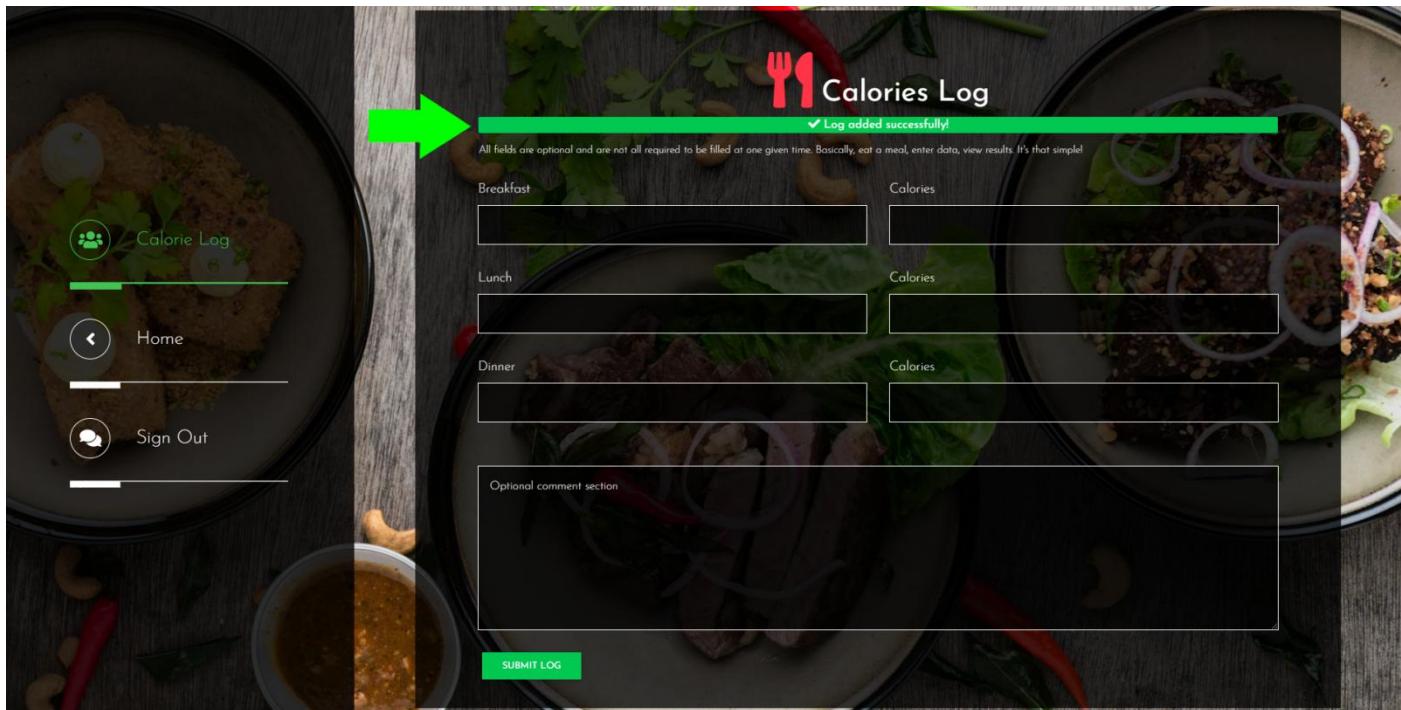
- Inputs are divided into three common meal hours and all are not required to be entered at the same time

Add Meal pt.2



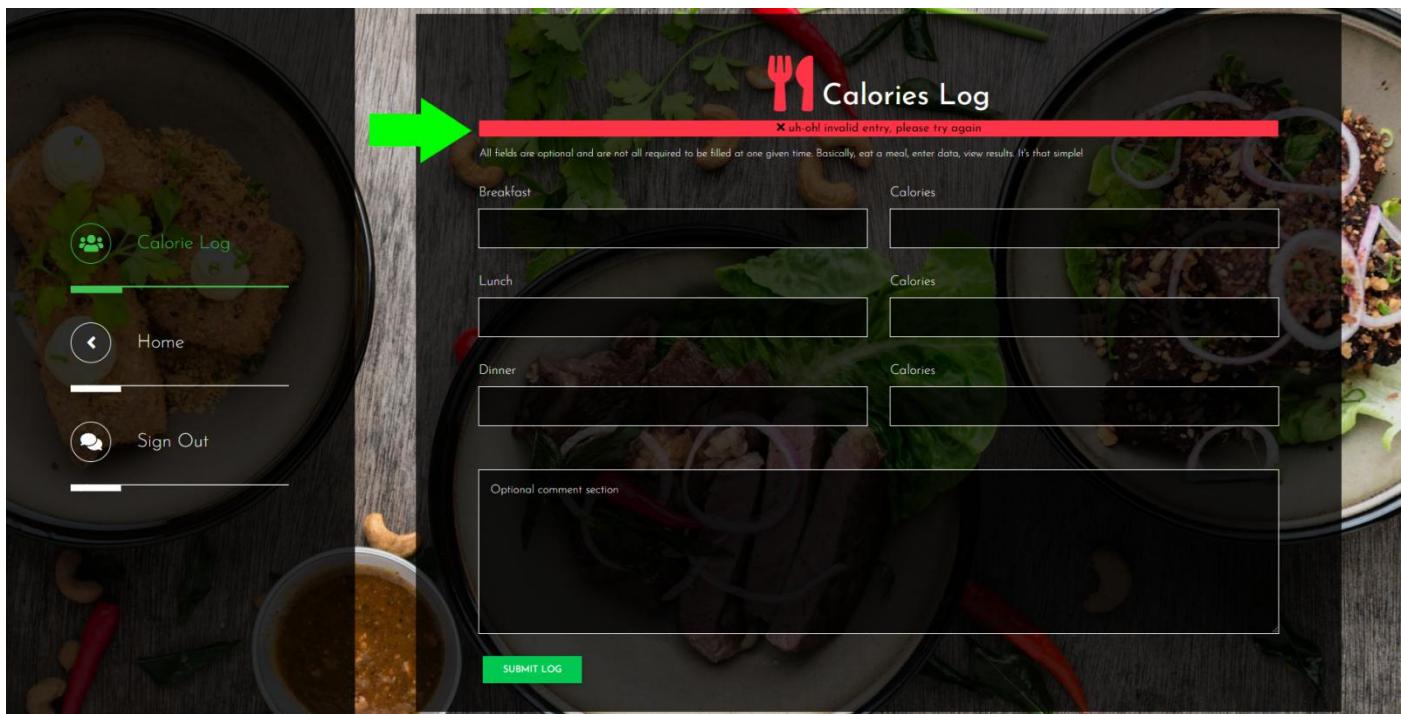
- In this instance, two meals with their associated calories are entered without comments

Meal Added Successfully

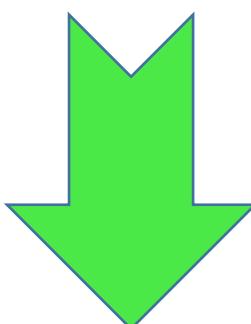


- Upon entering a meal/s and their associated calories successfully, a green alert message will appear on top of the form, ultimately confirming the users recent addition

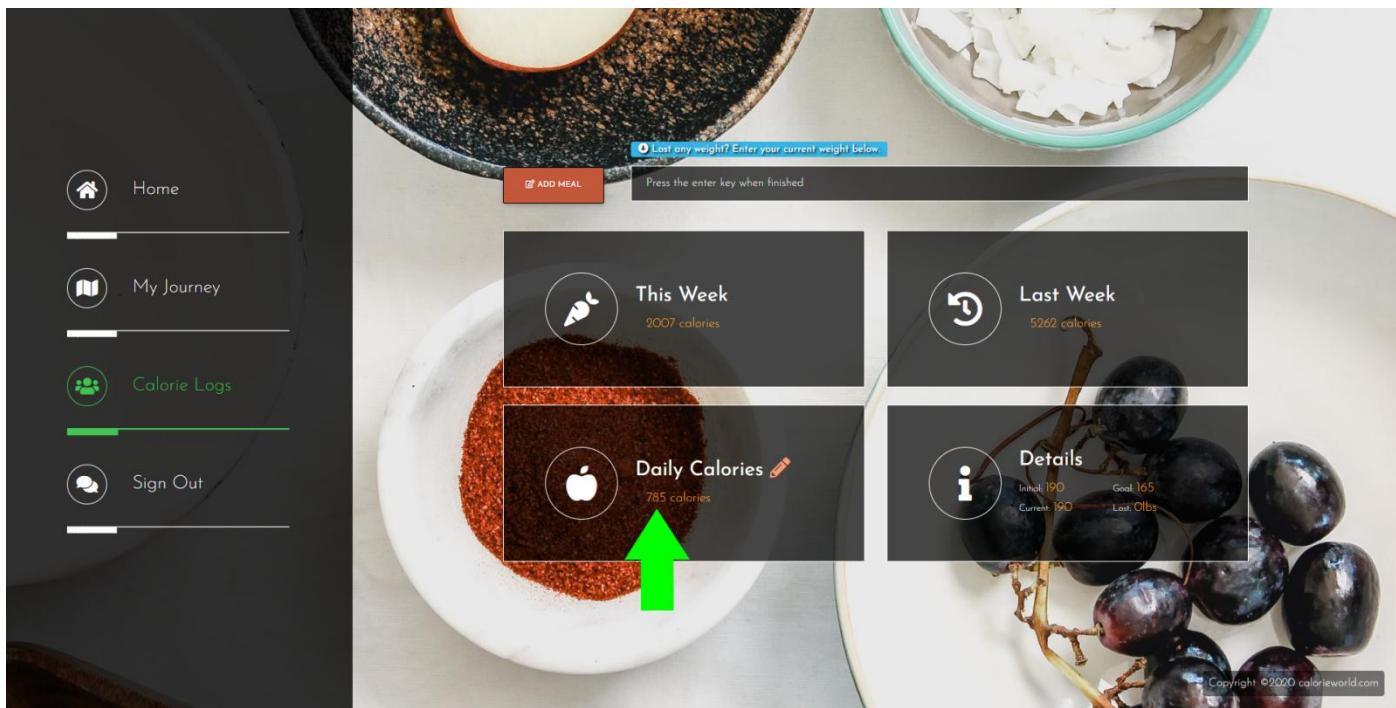
Meal Add Errors



- Contrary to adding a meal successfully, a red alert message will appear on the top of the form confirming an error has occurred
- Validation is used for every form input field. This particular validation includes character lengths, relative input fields missing, special characters and negative float/integer numbers
- Although input fields are optional, all fields cannot remain empty upon clicking “Submit Log”

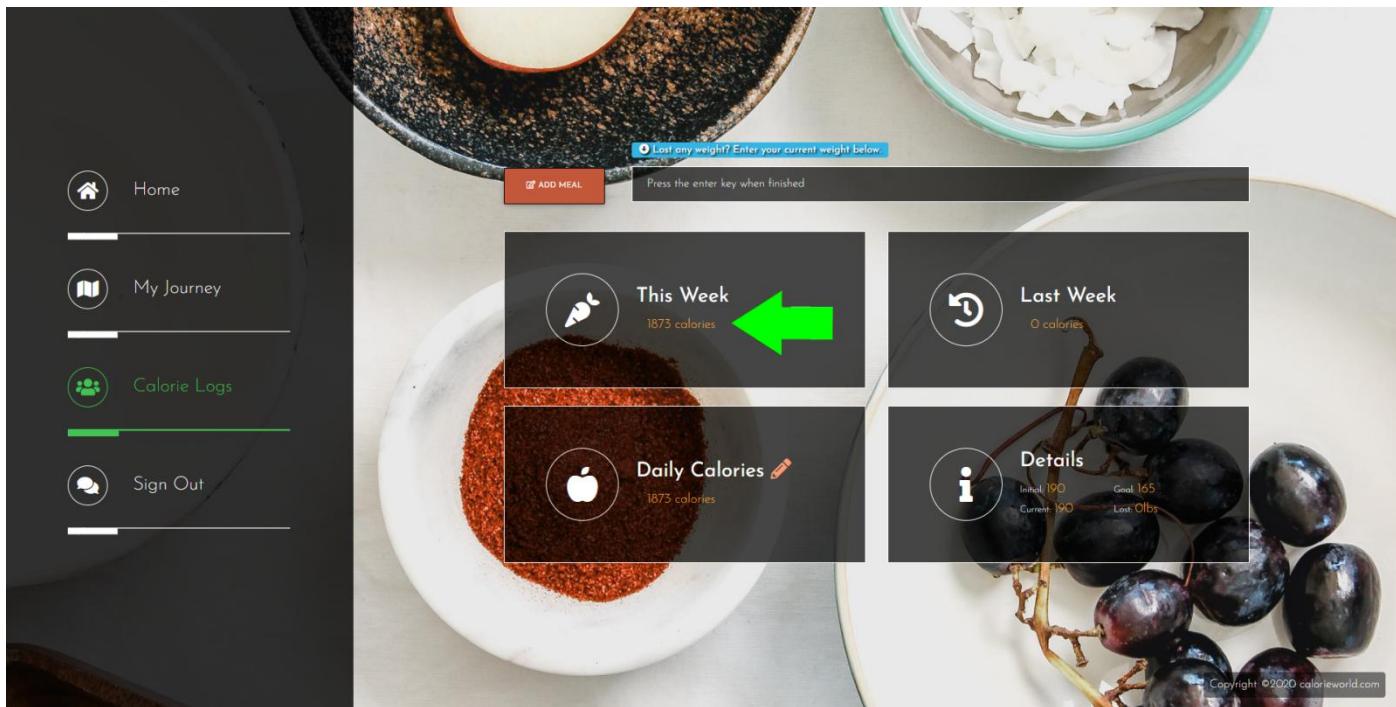


Calorie Logs (daily)



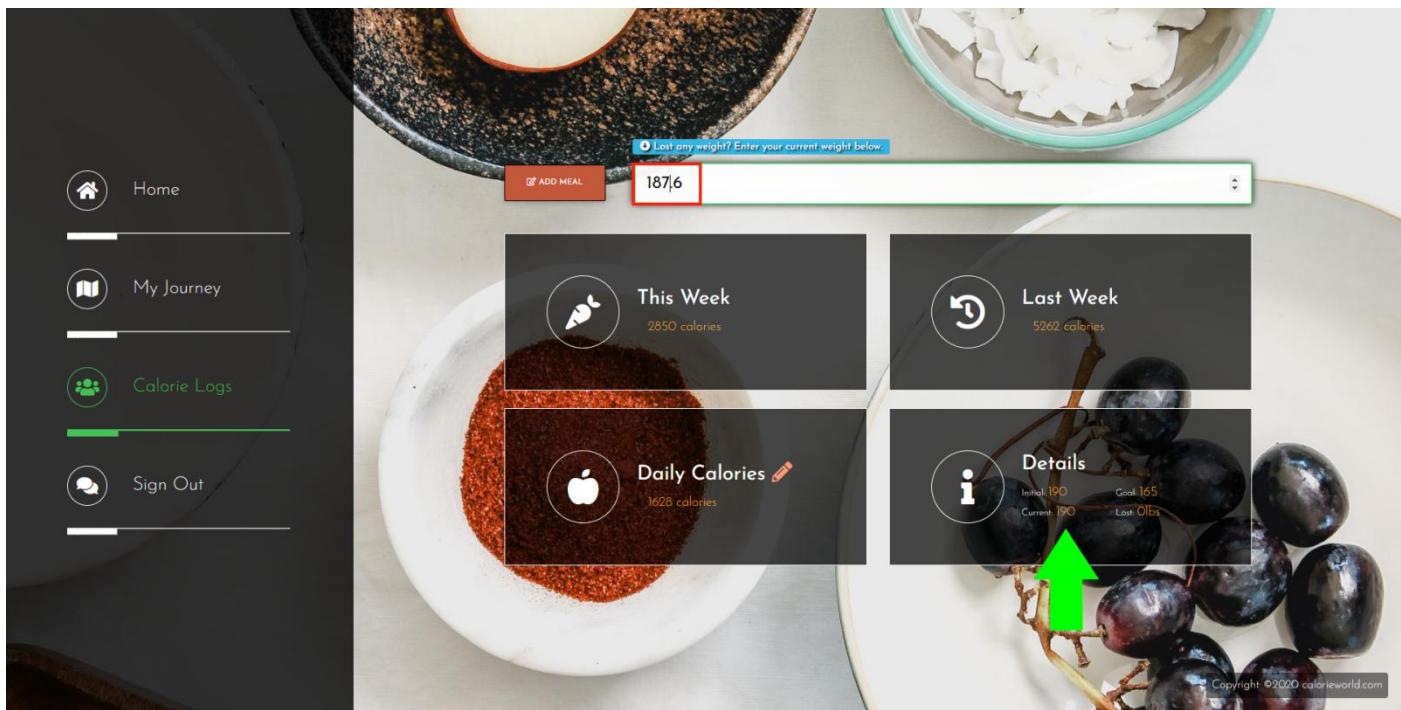
- Entering a meal and their associated calories for the day will dynamically alter the total amassed calories in “this week” and “Daily Calories” panel

Calorie Logs (this week)



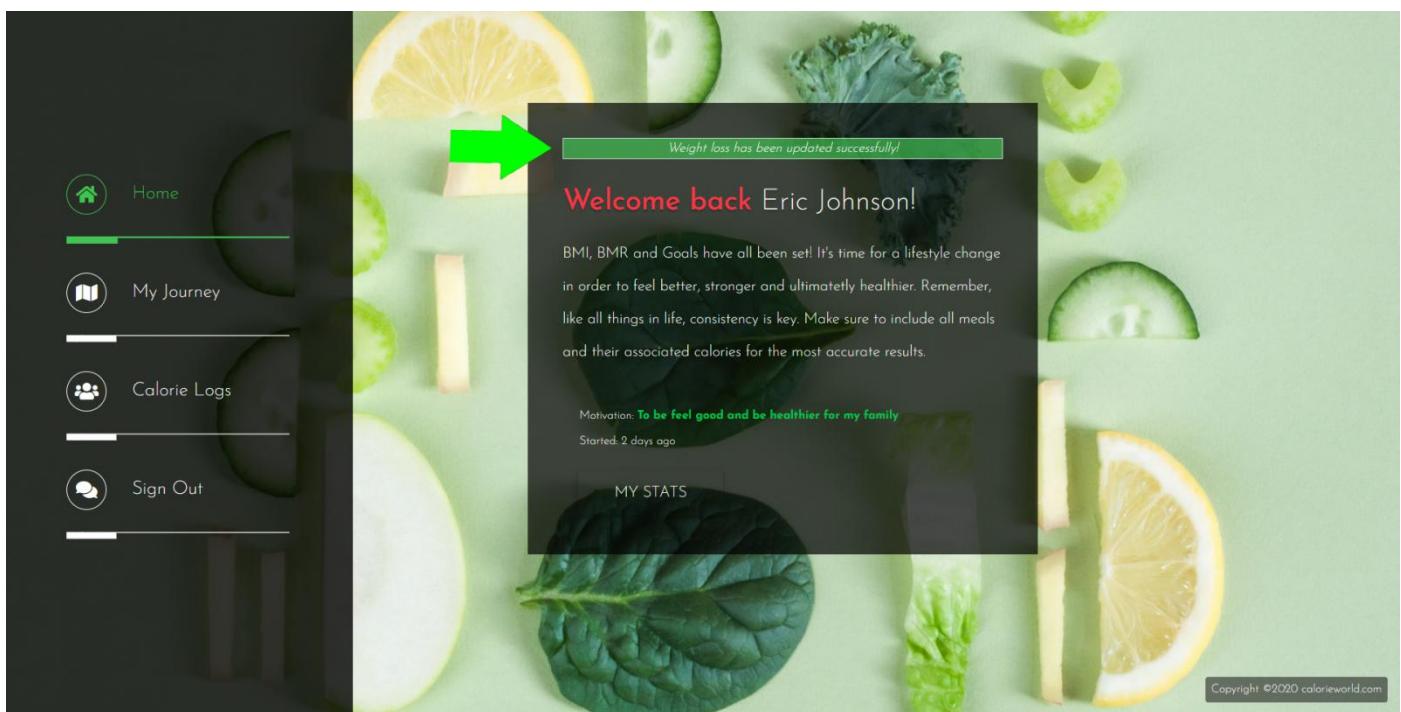
- Calories accumulated are displayed on the “This Week” panel stretching out from Sunday to Saturday

Weight Loss



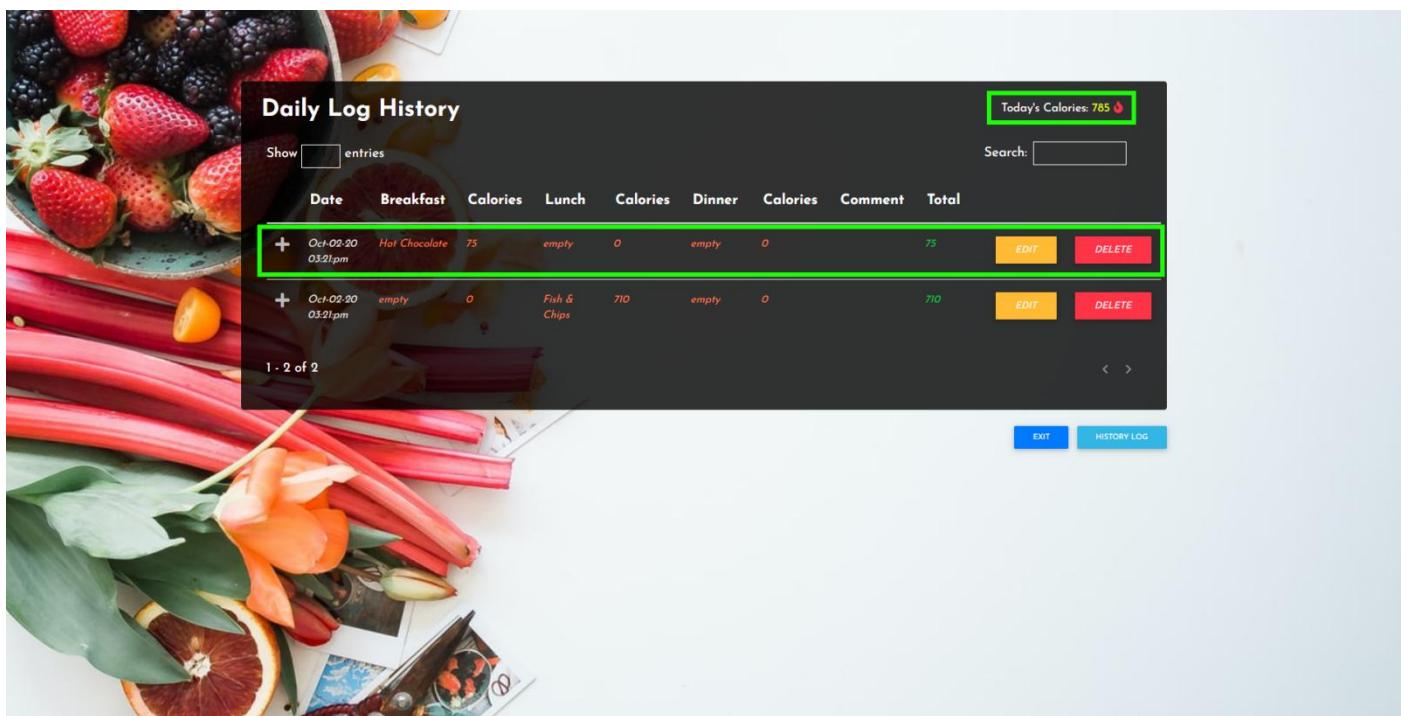
- Users weight loss can be entered on the “calorie logs” page identified in the above image marked in red
- Changes made to the users weight will dynamically change upon pressing enter

Weight Loss Successful



- Upon entering a new current weight, the user is then redirected to the home page prompted by an alert message

Details (daily)



Daily Log History

Today's Calories: 785

Show entries

Search:

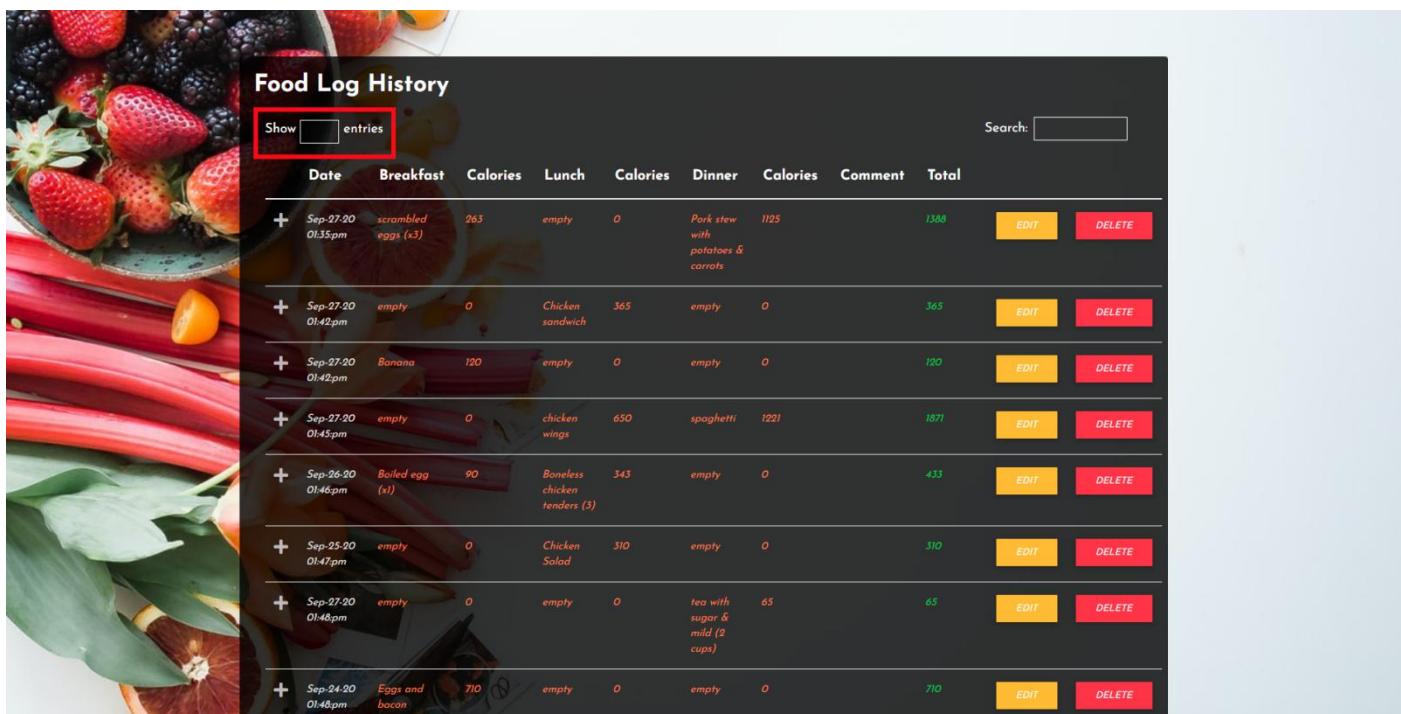
Date	Breakfast	Calories	Lunch	Calories	Dinner	Calories	Comment	Total		
+ Oct-02-20 03:21pm	Hot Chocolate	75	empty	0	empty	0		75	EDIT	DELETE
+ Oct-02-20 03:21pm	empty	0	Fish & Chips	710	empty	0		710	EDIT	DELETE

1 - 2 of 2

EXIT HISTORY LOG

- Clicking “Daily Calories” seen on the previous illustration will direct the user to the daily log history page
- User can view his/her daily meal entries as well as his/her total calories on the upper right corner

Details (History)



Food Log History

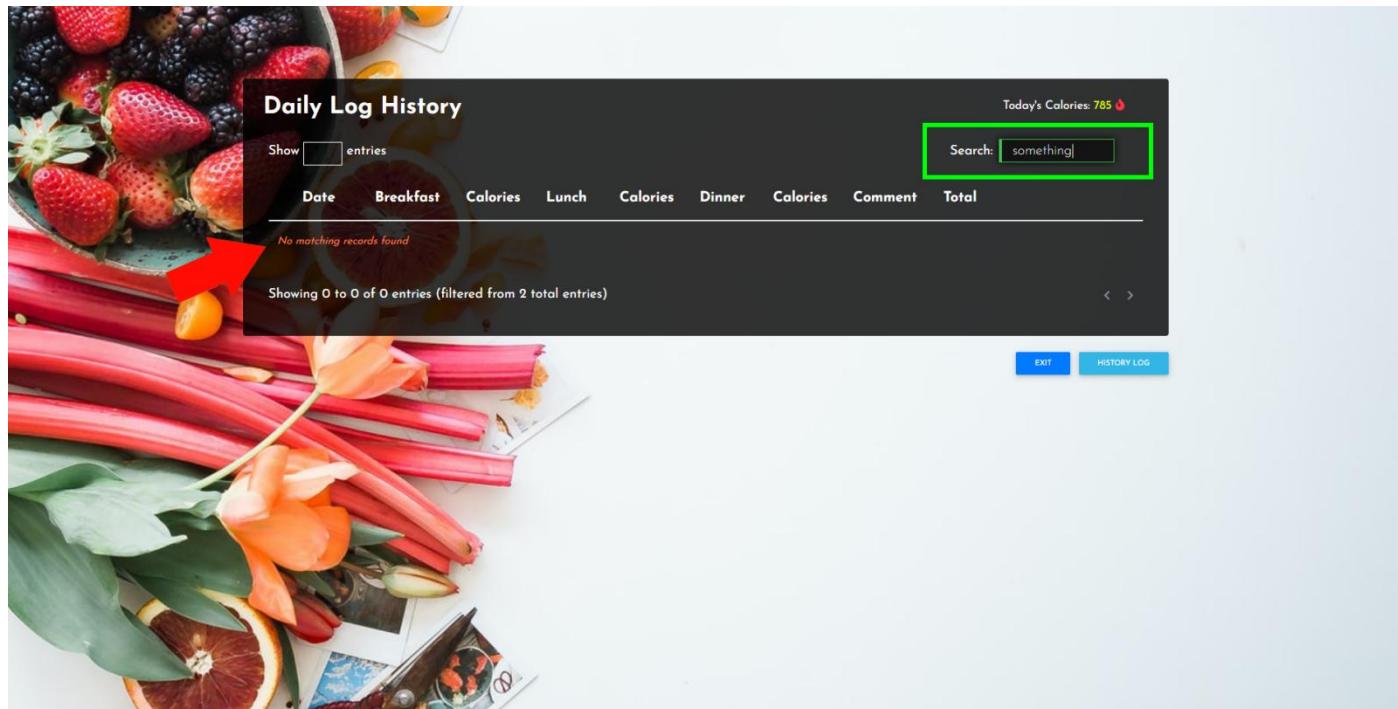
Show entries

Search:

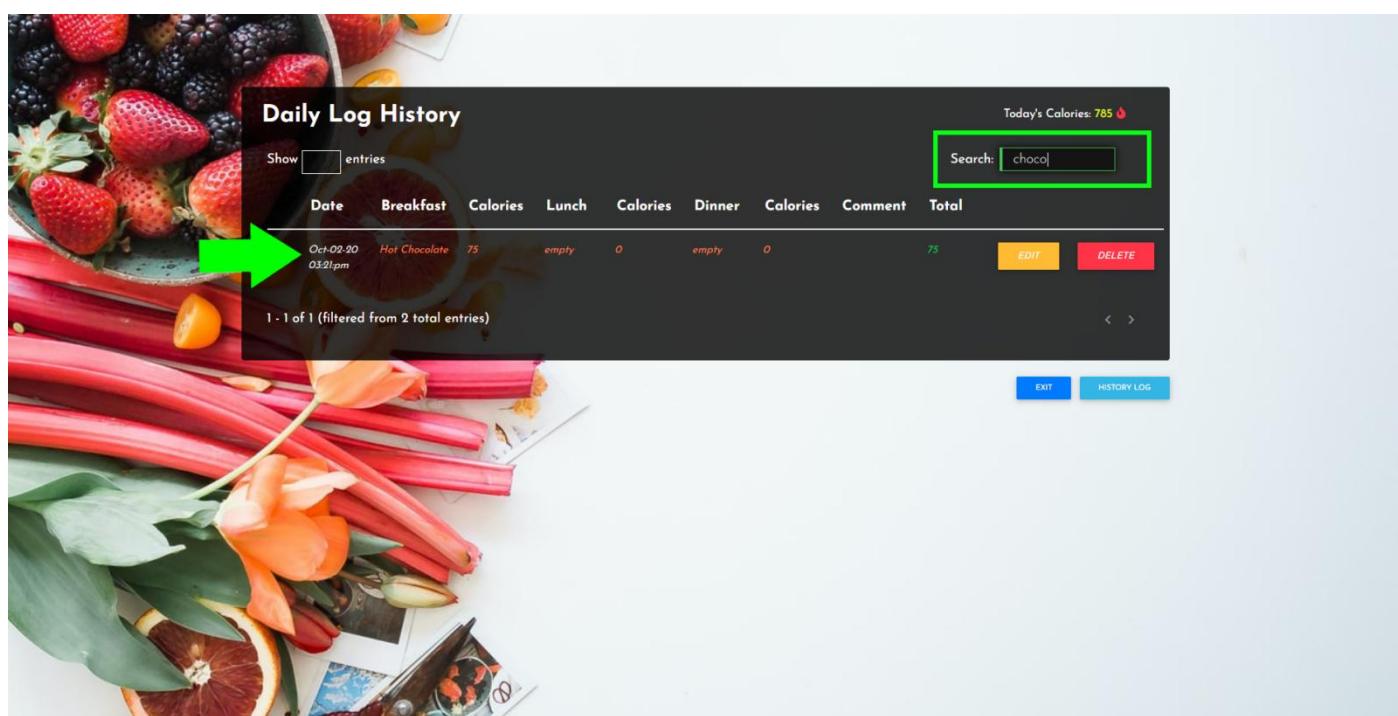
Date	Breakfast	Calories	Lunch	Calories	Dinner	Calories	Comment	Total		
+ Sep-27-20 01:35pm	scrambled eggs (1/3)	265	empty	0	Pork stew with potatoes & carrots	1125		1388	EDIT	DELETE
+ Sep-27-20 01:42pm	empty	0	Chicken sandwich	365	empty	0		365	EDIT	DELETE
+ Sep-27-20 01:42pm	Banana	120	empty	0	empty	0		120	EDIT	DELETE
+ Sep-27-20 01:45pm	empty	0	chicken wings	650	spaghetti	1221		1871	EDIT	DELETE
+ Sep-26-20 01:46pm	Boiled egg (1/1)	90	Boneless chicken tenders (3)	343	empty	0		433	EDIT	DELETE
+ Sep-25-20 01:47pm	empty	0	Chicken Salad	310	empty	0		310	EDIT	DELETE
+ Sep-27-20 01:48pm	empty	0	empty	0	tea with sugar & milk (2 cups)	65		65	EDIT	DELETE
+ Sep-24-20 01:48pm	Eggs and bacon	710	empty	0	empty	0		710	EDIT	DELETE

- Clicking “Details” seen on the previous illustration will direct the user to the Food log history page where all meal entries are stored
- “Show Entries” can limit the total rows visible on the “Food Log History” page
- Pagination is also available (“not seen in this image”) at the bottom right corner of the screen

Details Search pt.1

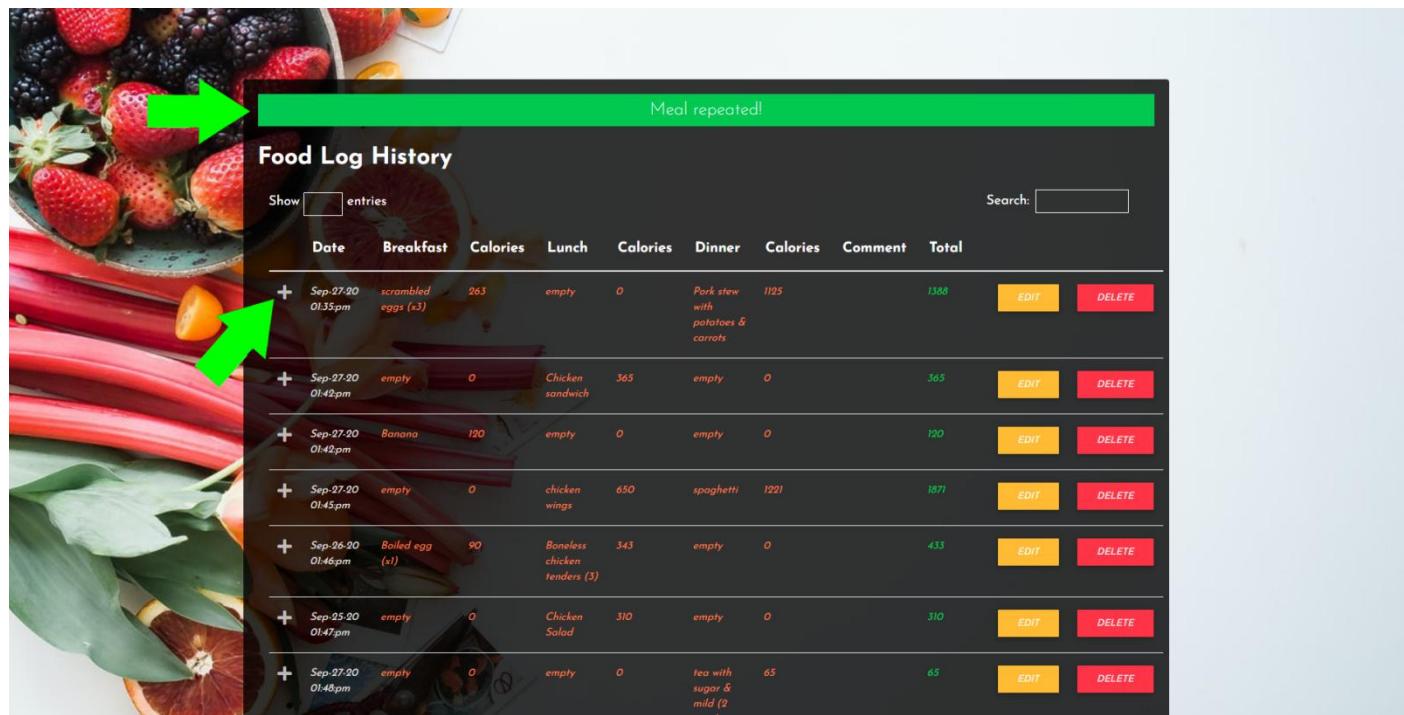


Details Search pt.2



- Incorrect search values display a “No matching record found” while matching records will display rows respectively ordered by chronological order

Details Meal Repeat



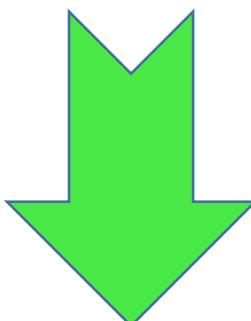
Meal repeated!

Food Log History

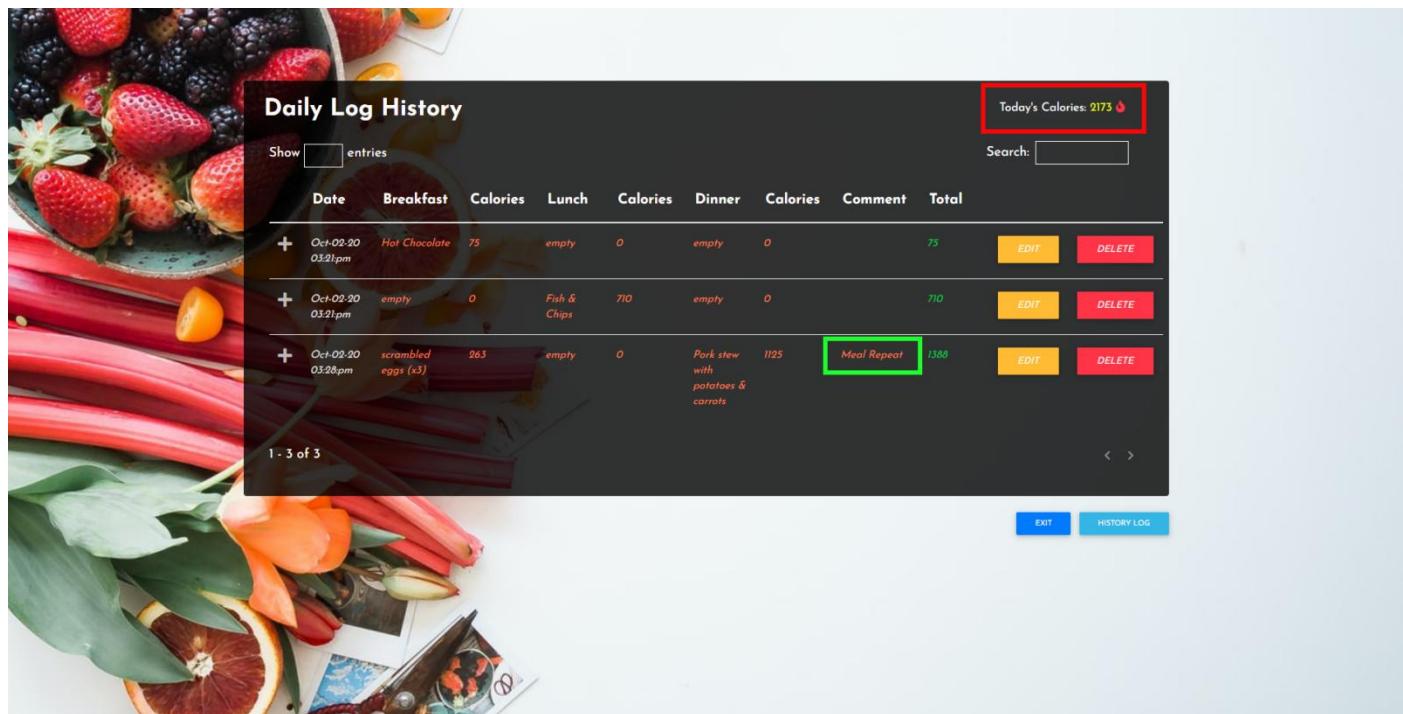
Show entries Search

Date	Breakfast	Calories	Lunch	Calories	Dinner	Calories	Comment	Total		
+ Sep-27-20 01:35pm	scrambled eggs (1/3)	263	empty	0	Pork stew with potatoes & carrots	1125		1388	EDIT	DELETE
+ Sep-27-20 01:42pm	empty	0	Chicken sandwich	365	empty	0		365	EDIT	DELETE
+ Sep-27-20 01:45pm	Banana	120	empty	0	empty	0		120	EDIT	DELETE
+ Sep-26-20 01:46pm	empty	0	chicken wings	650	spaghetti	1221		1871	EDIT	DELETE
+ Sep-26-20 01:47pm	Boiled egg (1/1)	90	Boneless chicken tenders (3)	343	empty	0		433	EDIT	DELETE
+ Sep-25-20 01:47pm	empty	0	Chicken Salad	310	empty	0		310	EDIT	DELETE
+ Sep-27-20 01:48pm	empty	0	empty	0	tea with sugar & milk (2)	65		65	EDIT	DELETE

- User can click on the “+” symbol to instantly repeat a specific meal. Meal is then added to the users daily log in addition to their history logs
- Once the meal is repeated, an alert confirming the change is displayed at the top of the page



Meal Repeat Indicated

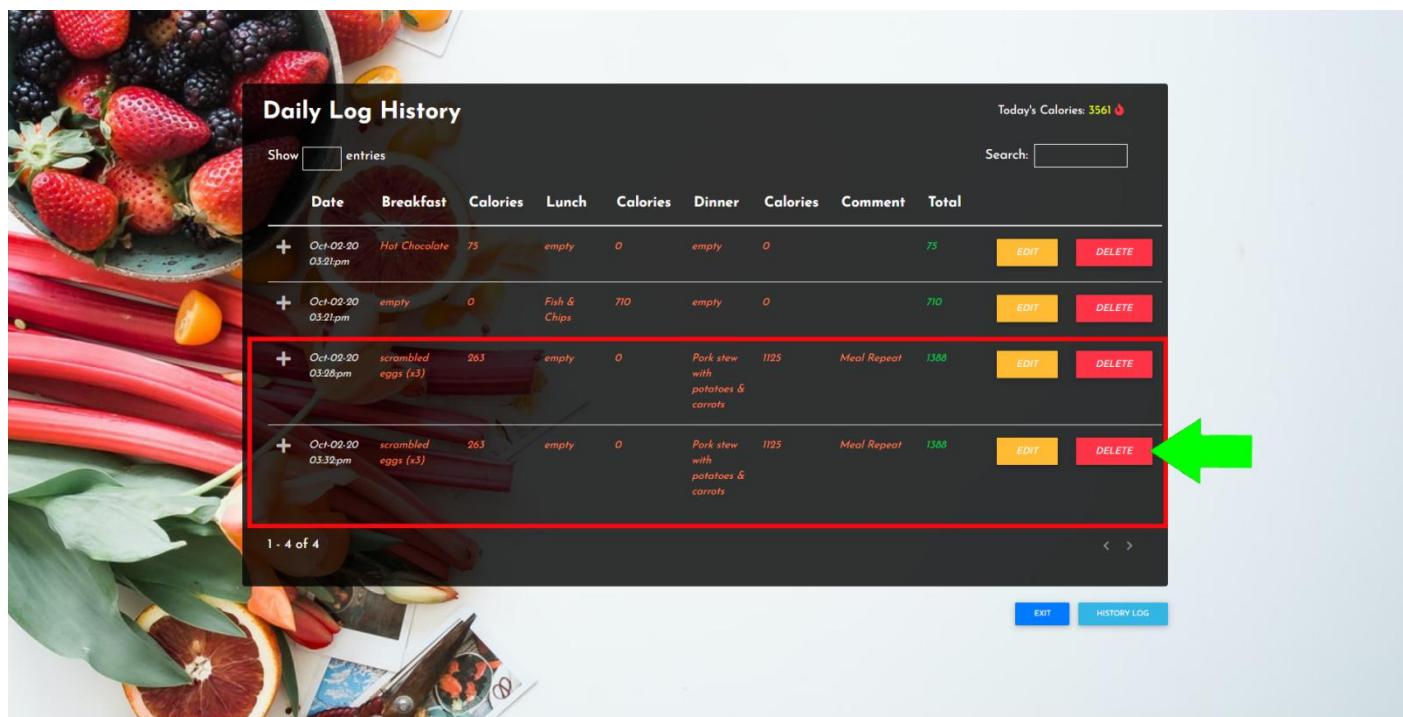


The screenshot shows a meal log for October 2, 2020. The log includes entries for Breakfast, Lunch, and Dinner. The first two entries are for breakfast: "Hot Chocolate" at 75 calories and "empty" at 0 calories. The third entry is for dinner: "scrambled eggs (x3)" at 263 calories, "empty" at 0 calories, and "Pork stew with potatoes & carrots" at 1125 calories. The total for the day is 1368 calories. The "Meal Repeat" note is highlighted with a green box. The "Total" column shows the cumulative total for each meal type: Breakfast (75), Lunch (0), Dinner (1125), and Total (1368). The "Comment" column contains the meal details and the "Meal Repeat" note. The "Search" bar at the top right is empty.

Date	Breakfast	Calories	Lunch	Calories	Dinner	Calories	Comment	Total
+ Oct-02-20 03:21pm	Hot Chocolate	75	empty	0	empty	0		75
+ Oct-02-20 03:21pm	empty	0	Fish & Chips	710	empty	0		710
+ Oct-02-20 03:28pm	scrambled eggs (x3)	263	empty	0	Pork stew with potatoes & carrots	1125	Meal Repeat	1368

- Once a meal is repeated the message “*Meal Repeat*” will be displayed under the comment column
- Users total calories will dynamically change once a meal is successfully repeated

Duplicate Entries (delete)

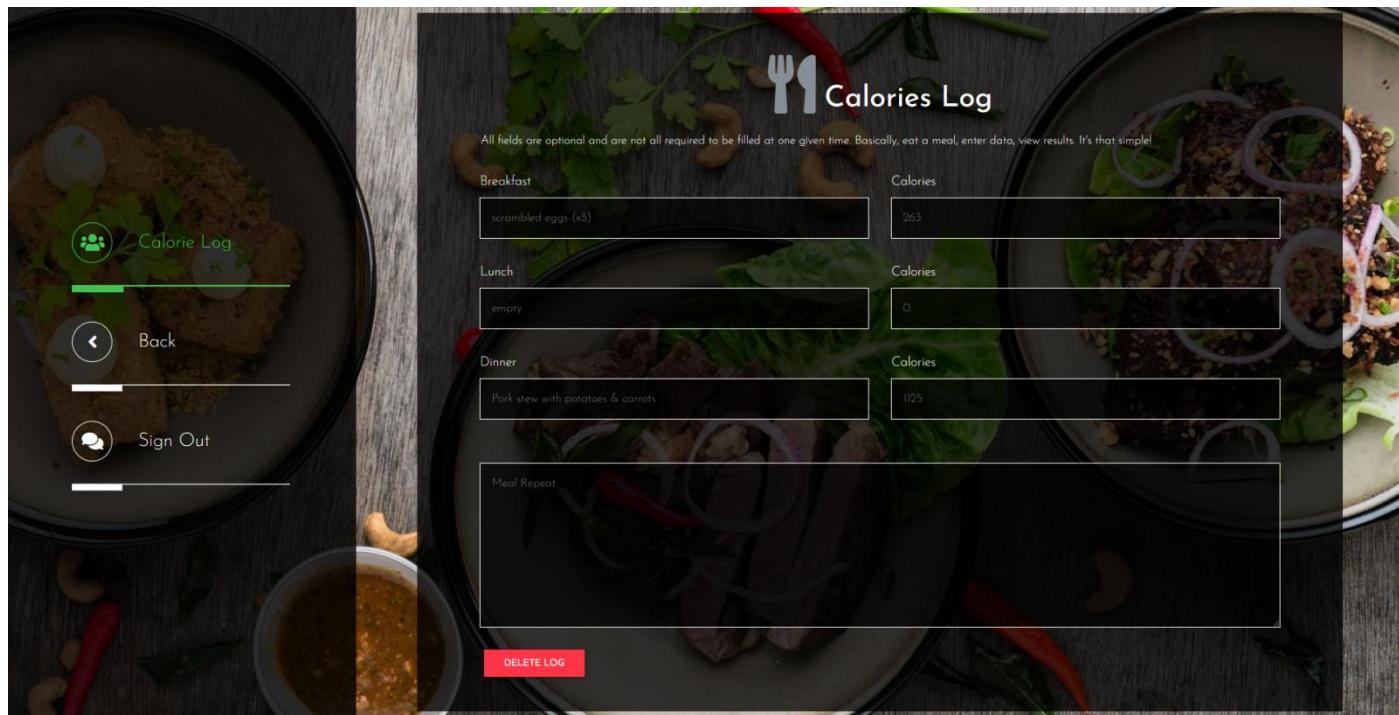


The screenshot shows a meal log for October 2, 2020. The log includes entries for Breakfast, Lunch, and Dinner. The first two entries are for breakfast: "Hot Chocolate" at 75 calories and "empty" at 0 calories. The third entry is for dinner: "scrambled eggs (x3)" at 263 calories, "empty" at 0 calories, and "Pork stew with potatoes & carrots" at 1125 calories. The total for the day is 1368 calories. The "Meal Repeat" note is highlighted with a green box. The "Total" column shows the cumulative total for each meal type: Breakfast (75), Lunch (0), Dinner (1125), and Total (1368). The "Comment" column contains the meal details and the "Meal Repeat" note. The "Search" bar at the top right is empty. A green arrow points to the "DELETE" button for the second dinner entry.

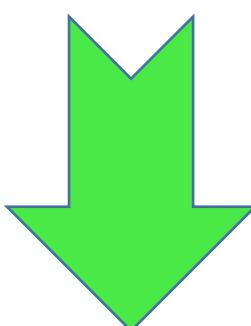
Date	Breakfast	Calories	Lunch	Calories	Dinner	Calories	Comment	Total
+ Oct-02-20 03:21pm	Hot Chocolate	75	empty	0	empty	0		75
+ Oct-02-20 03:21pm	empty	0	Fish & Chips	710	empty	0		710
+ Oct-02-20 03:28pm	scrambled eggs (x3)	263	empty	0	Pork stew with potatoes & carrots	1125	Meal Repeat	1368
+ Oct-02-20 03:32pm	scrambled eggs (x3)	263	empty	0	Pork stew with potatoes & carrots	1125	Meal Repeat	1368

- At times, duplicate entries as a form of mistakes can occur. These entries can unwilling increase the users calorie total
- Clicking the “Delete” button will direct the user to the follow page below

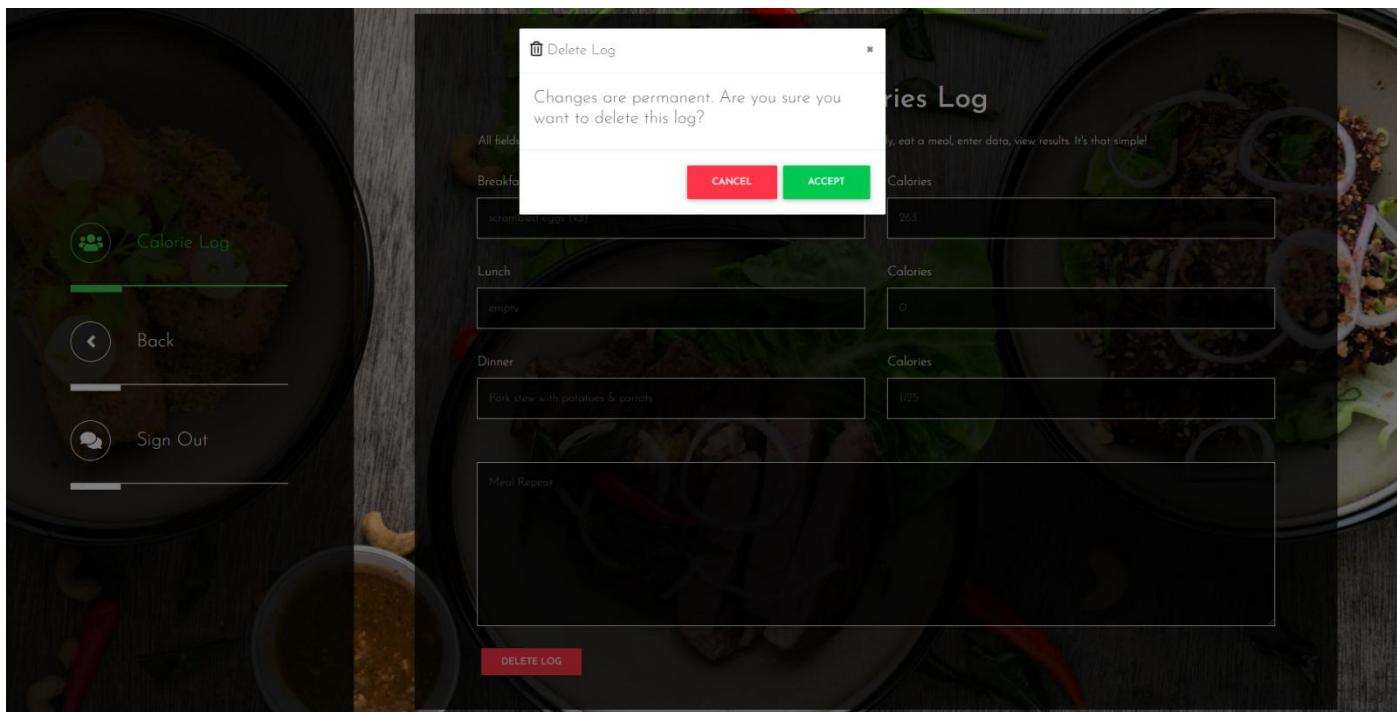
Delete Log



- Input fields are auto-filled with the corresponding data pre-selected by the user on the previous page

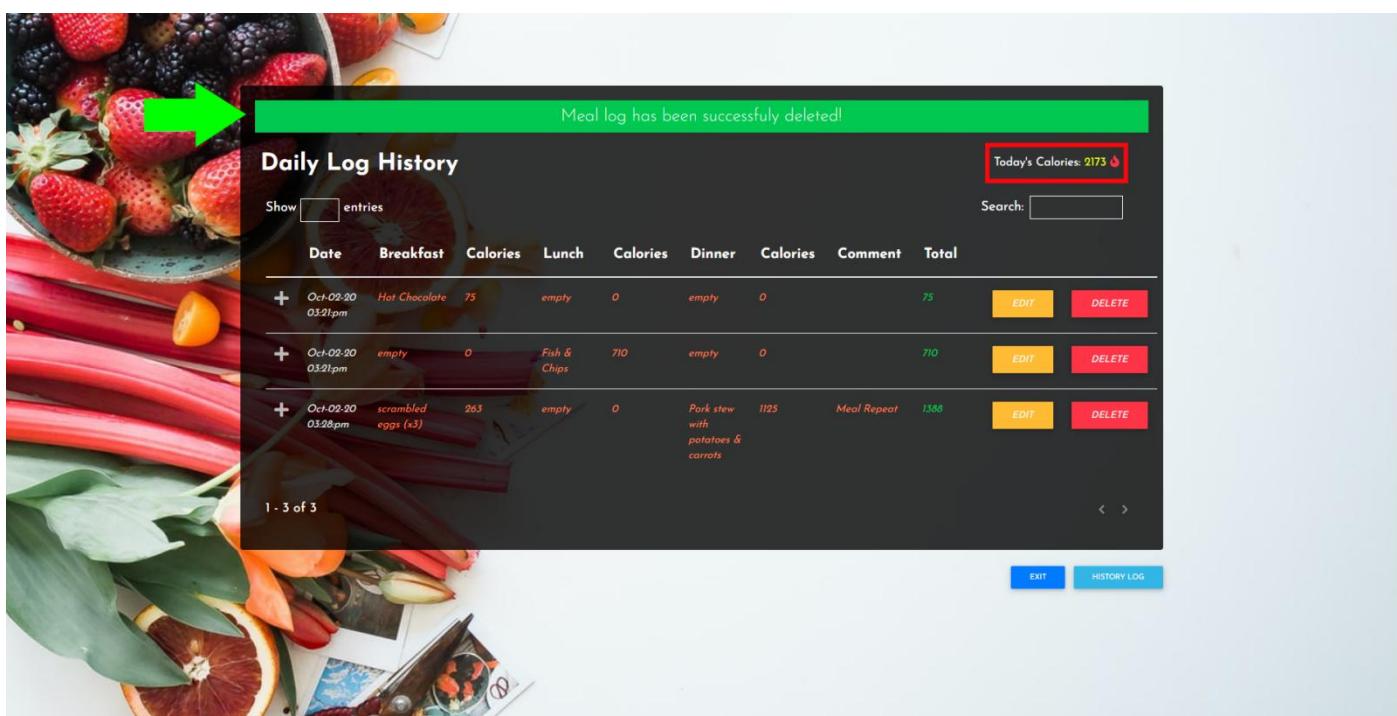


Delete Confirmation



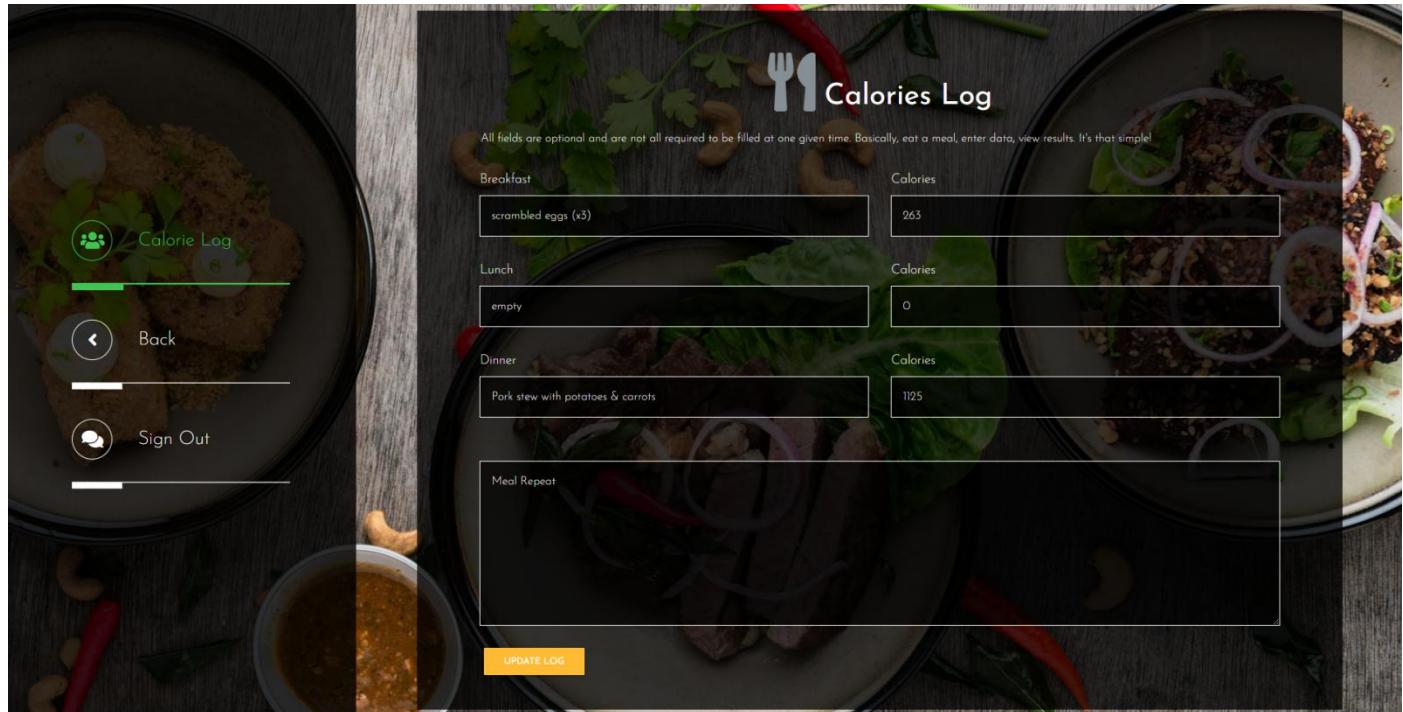
- Upon clicking the “Delete Log” button, the user is prompted by a confirmation message
- Clicking “Accept” will permanently delete the current food log and redirect the user to the previous page
- Clicking “Cancel” will close the confirmation window and disregard any changes made

Duplicate Meal Deleted

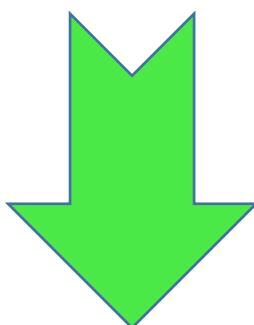


- Successfully deleting a meal will prompt an alert message in green indicating the changes made
- Deleted row will be removed entirely and total calories will be deducted accordingly

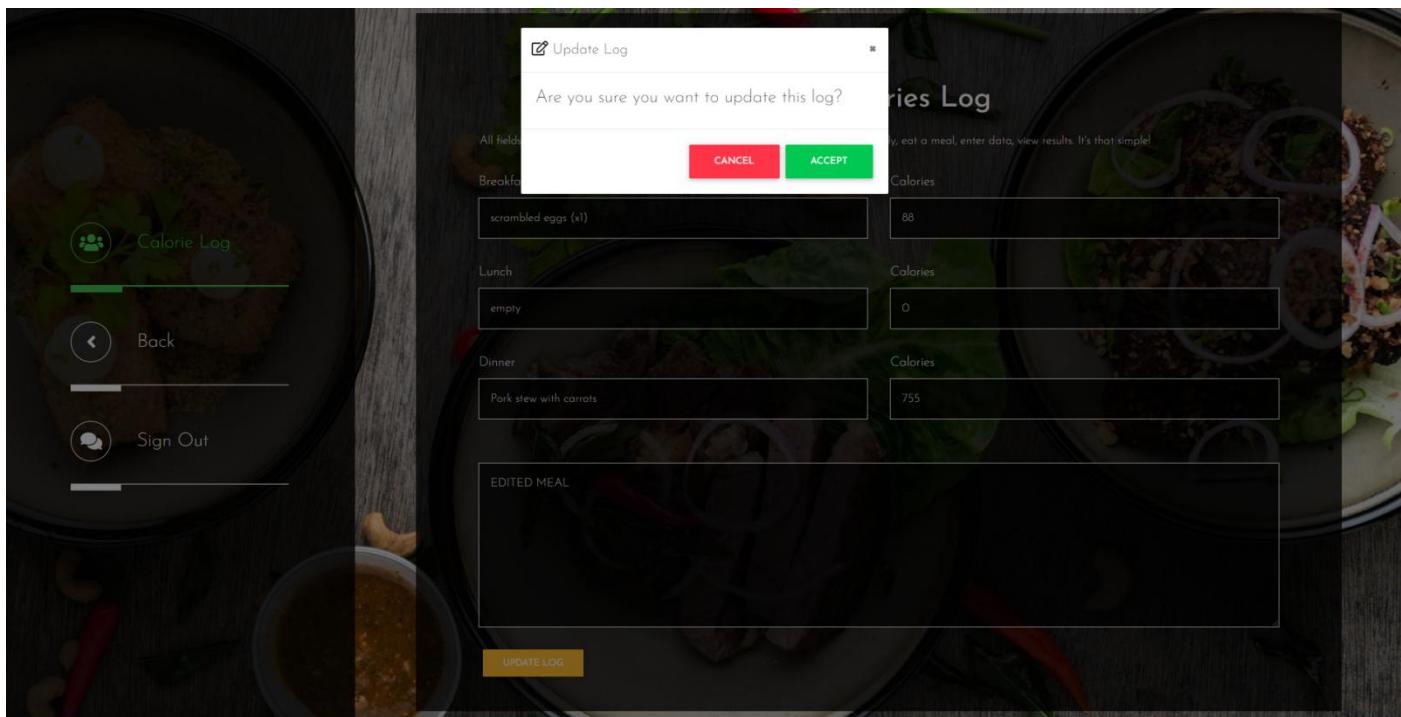
Update Log



- In addition to deleting a meal log, updating a log is also a viable option
- Clicking “edit” on the daily/history log page will direct the user to the “Calories Log” edit page
- Input fields are automatically auto-filled and can be modified freely

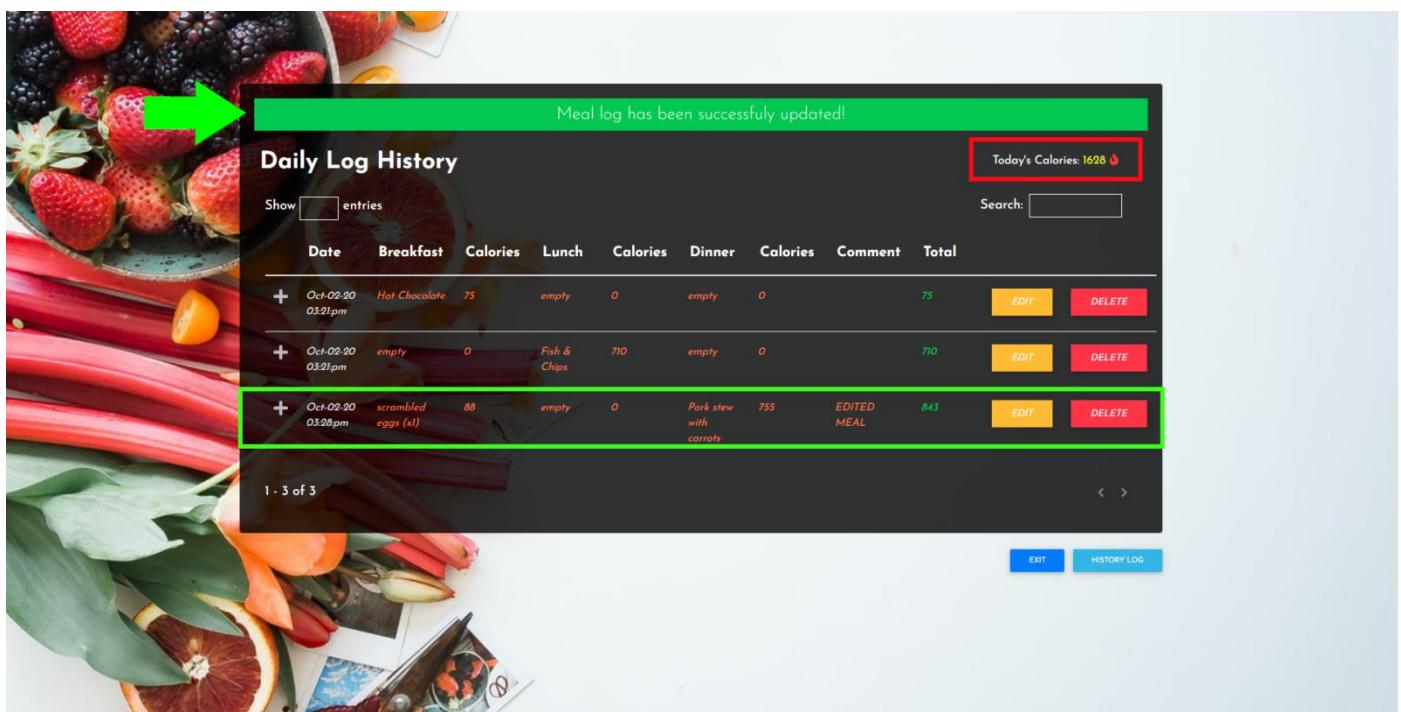


Update Confirmation



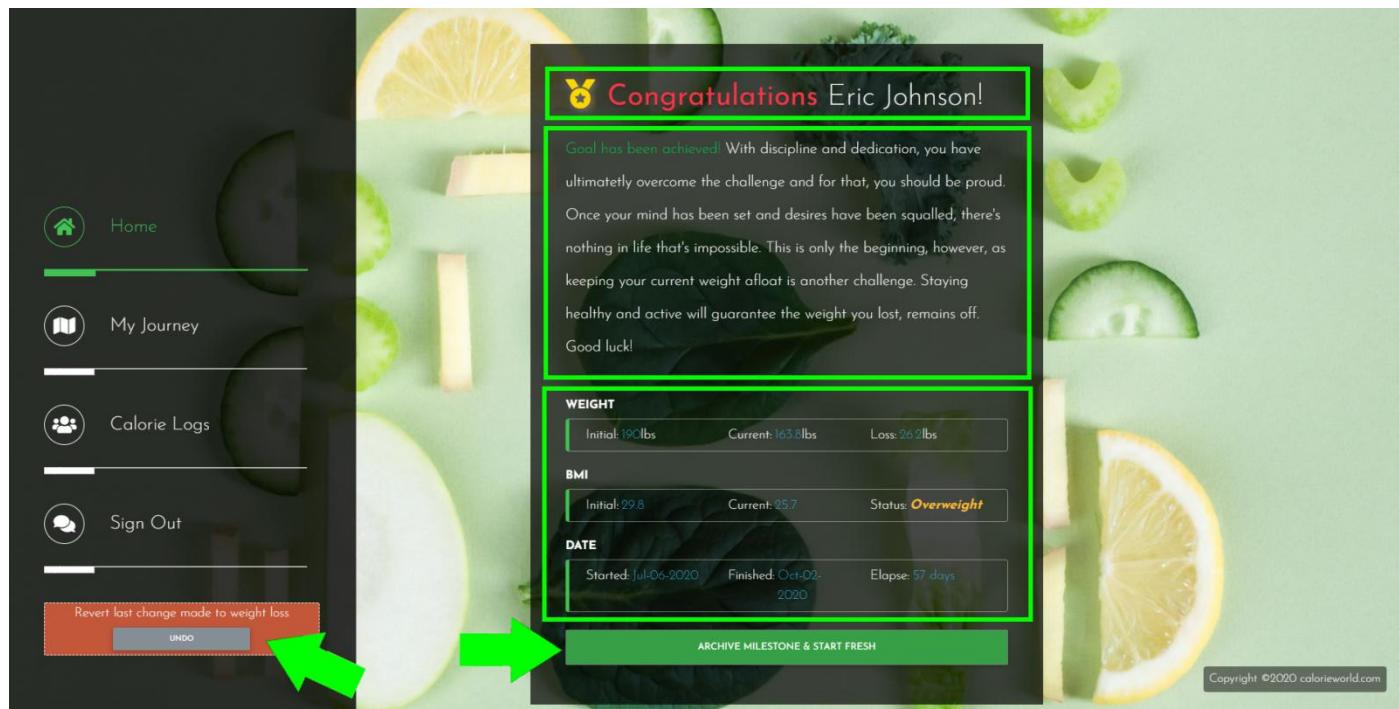
- Upon clicking the “Update Log” button, the user is prompted by a confirmation message
- Clicking “Accept” will permanently update the current food log and redirect the user to the previous page
- Clicking “Cancel” will close the confirmation window and disregard any changes made

Log Updated

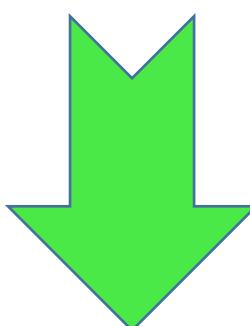


- Updating a log successfully dynamically adjusts the row data and recalculates “Today’s Calories” only if log was entered that same day
- Successfully updating a meal will prompt an alert message in green indicating the changes was made

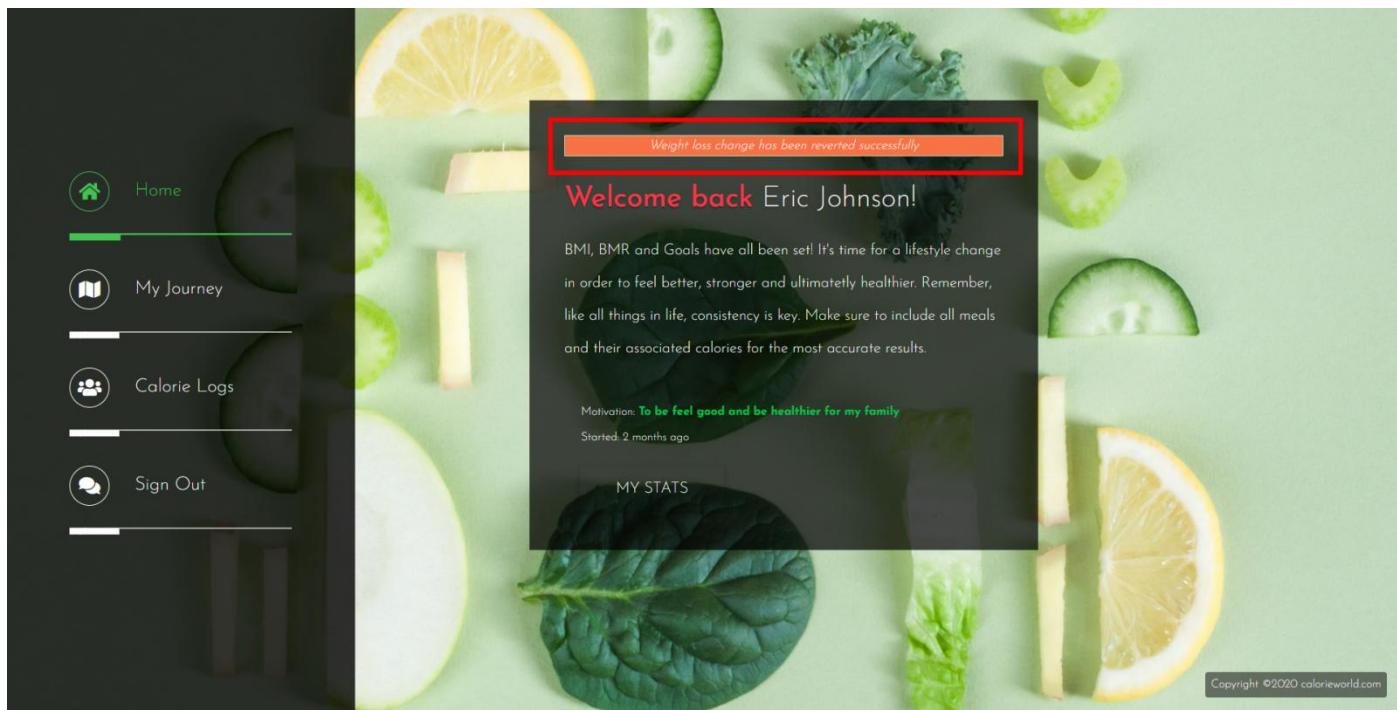
Reaching Goal



- Upon reaching his/her goal the user is redirected to the home page where new head text and information regarding his/her weight loss journey is displayed
- Various badges are also awarded to the user based on the number of total pounds loss (“bronze, silver, gold and platinum”)
- “Archive Milestone & Start Fresh” will direct the user to the confirmation page (*see illustration below*)
- The “Undo” button located at the bottom left corner of the image will conversely undo any previous weight change entered by the user

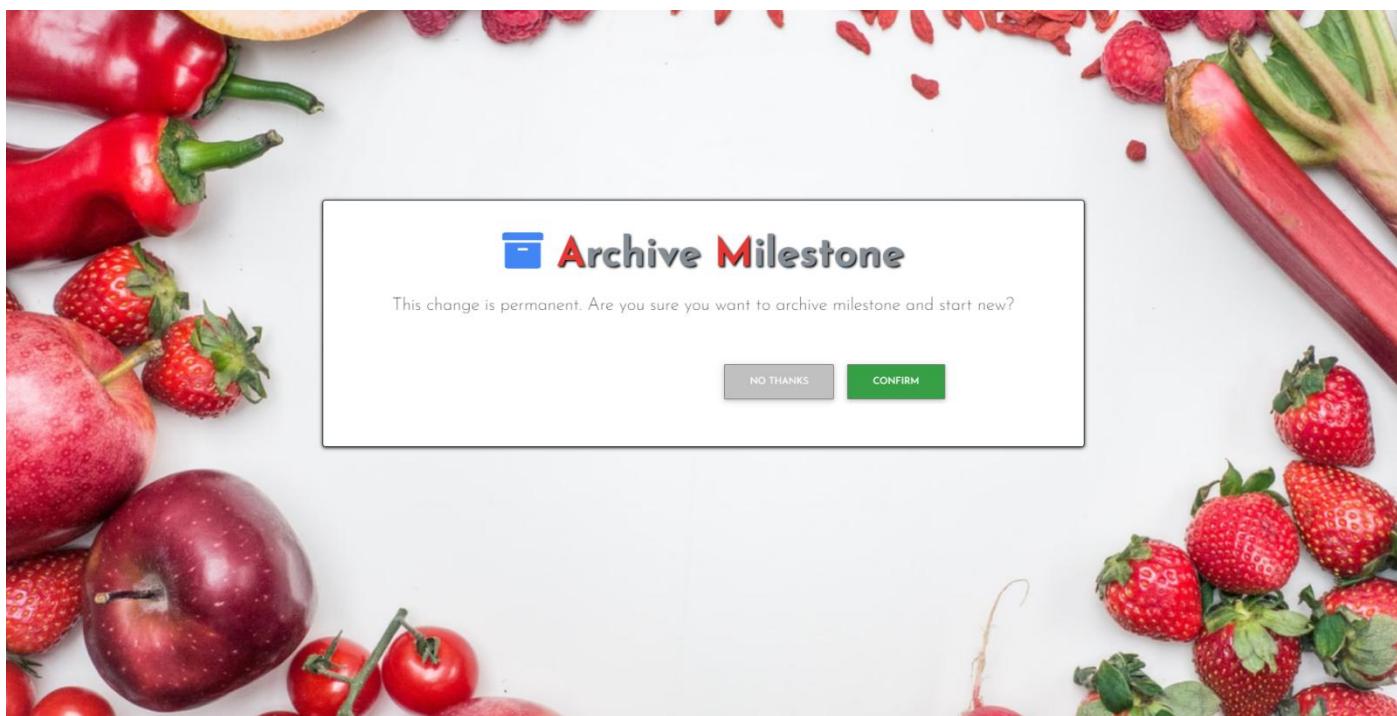


Undo Changes



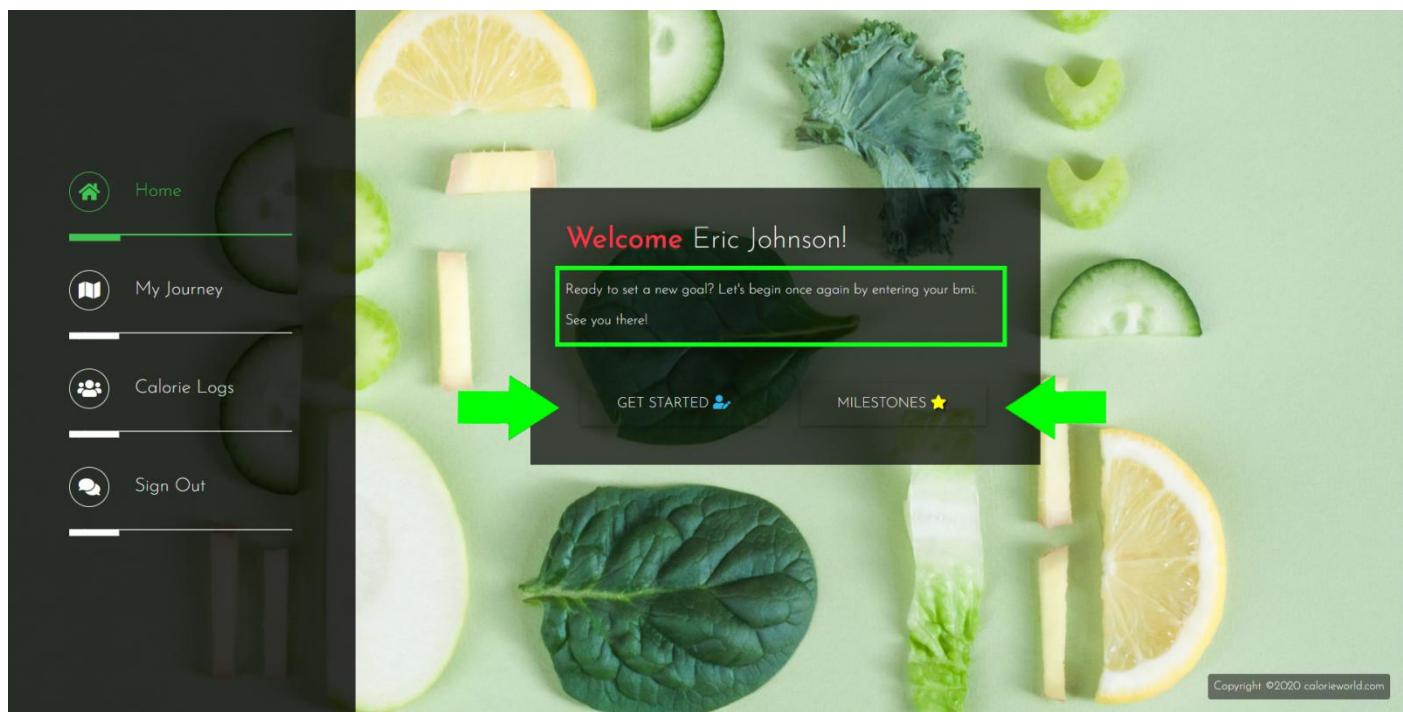
- Users weight gets reverted to the last change made and respectively receives an alert message declaring so

Archive Milestone Confirmation



- Clicking "confirm" will archive the users goal and redirect him/her back to their account specific home page where new features such as view "Milestones" becomes available

Home Page (goal/s achieved)



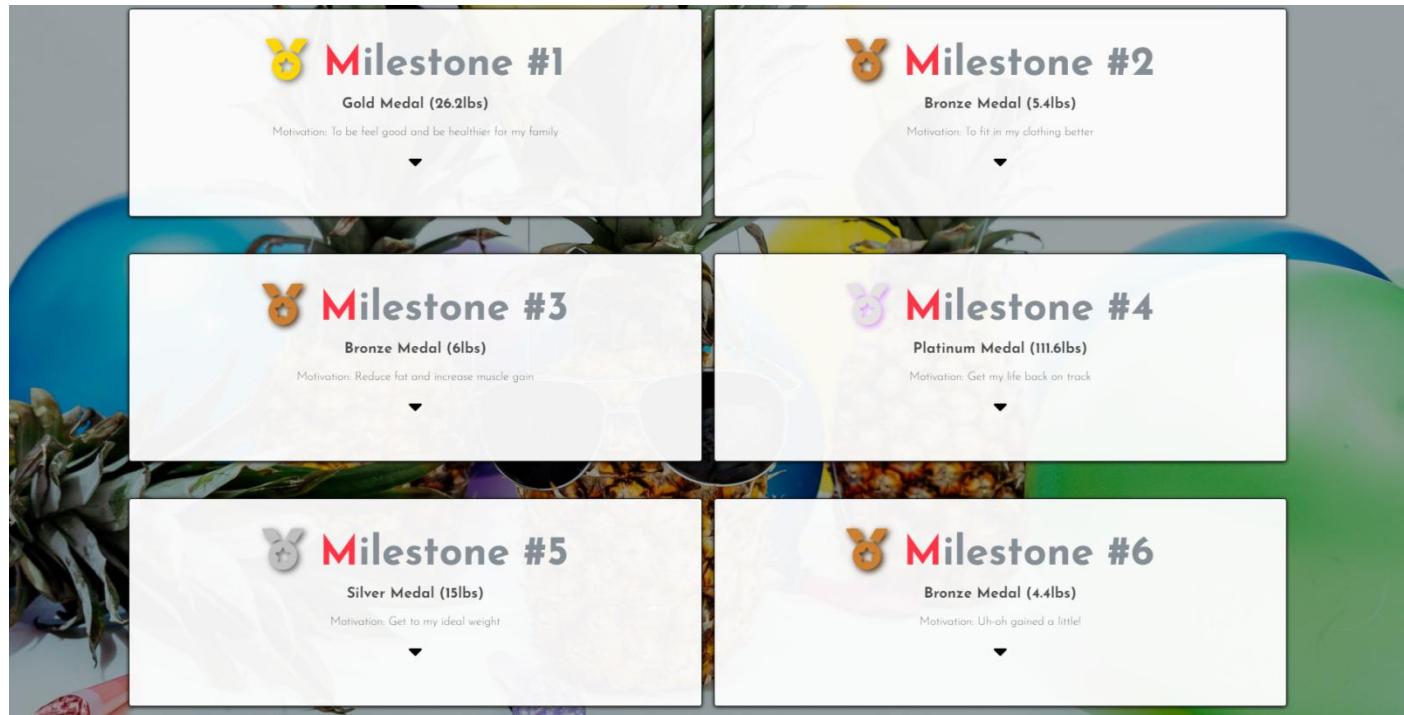
- Upon reaching a goal and archiving a milestone, the user may now have access to the “Milestone” button. This button is a feature which will direct the user to their account based milestone library containing all information regarding their weight loss journey from beginning to end
- An option to begin a new goal without losing access to the users milestone feature is also available as well

Milestone & Badges



- Detailed information pertaining the users achieved goal can be viewed at any time
- Badges are also viewable and display further details upon hovering over them

Multiple Milestones & Badges



- Information can be toggled by clicking onto the downward arrow
- The entire application including this page is fully responsive for popular resolutions used on desktop, laptop, tablet and mobile respectively

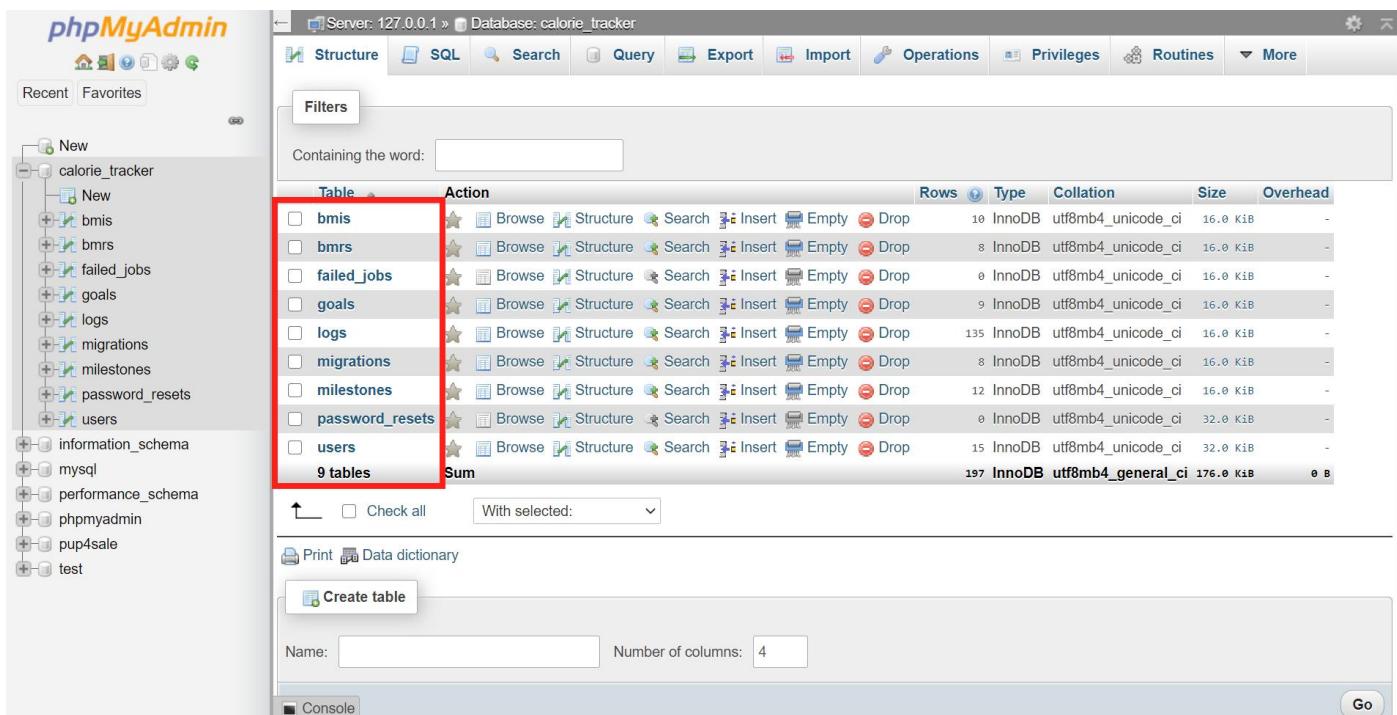
Anything else?

This application wouldn't be possible without the use of a database. The relational database chosen for the task was MySQL. The remaining documentation will now showcase the use of various database tables constructed in order to make this website operational. Relationships include many-to-many, one-to-many and one-to-one.

Code for this project although private on my Github repository can and in fact will be shared upon request only. Thank you for viewing my work and hope you can find the value in using it yourself!

END

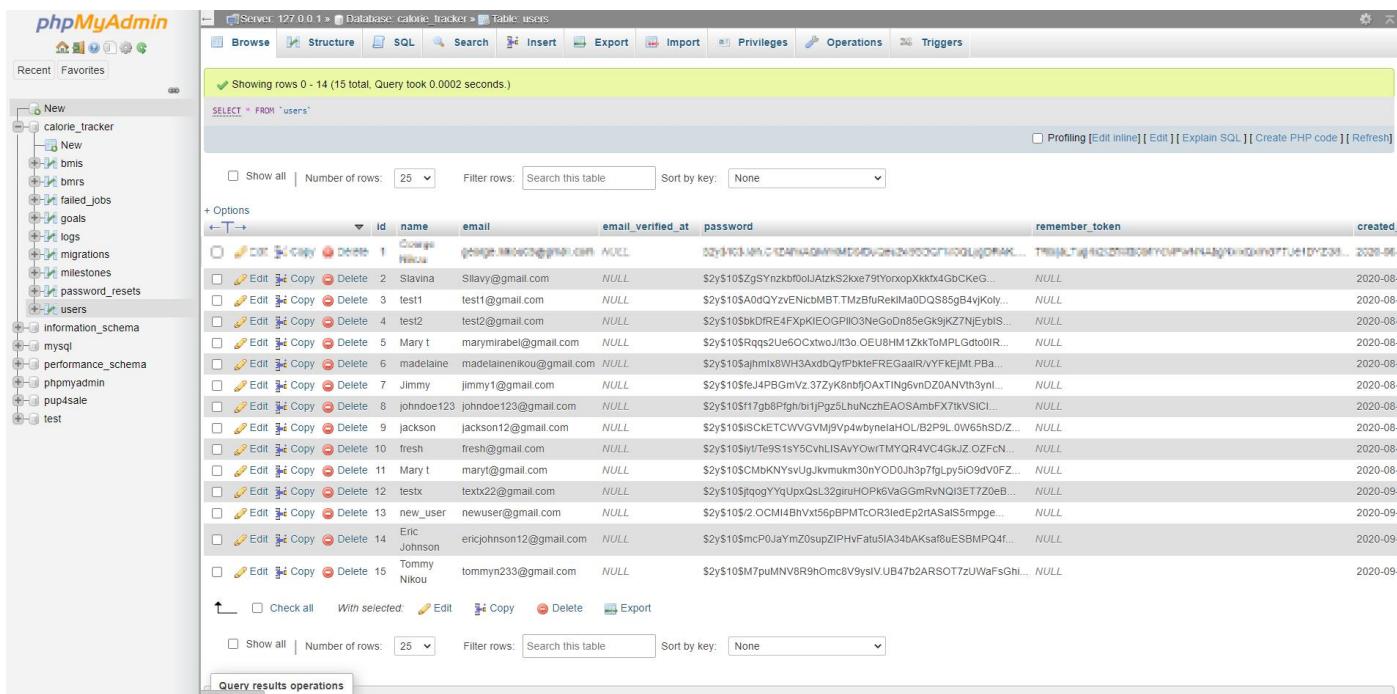
Database



The screenshot shows the phpMyAdmin interface for the 'calorie_tracker' database. The left sidebar lists various databases and their tables. The main area displays a table of 9 tables in the 'calorie_tracker' database. A red box highlights the 'users' table in the list. The table has columns: Table, Action, Rows, Type, Collation, Size, and Overhead. The 'users' table has 15 rows, is of type InnoDB, and uses utf8mb4_unicode_ci collation. The total size is 32.0 KiB.

Table	Action	Rows	Type	Collation	Size	Overhead
bmis	Browse Structure Search Insert Empty Drop	10	InnoDB	utf8mb4_unicode_ci	16.0 KiB	-
bmrs	Browse Structure Search Insert Empty Drop	8	InnoDB	utf8mb4_unicode_ci	16.0 KiB	-
failed_jobs	Browse Structure Search Insert Empty Drop	0	InnoDB	utf8mb4_unicode_ci	16.0 KiB	-
goals	Browse Structure Search Insert Empty Drop	9	InnoDB	utf8mb4_unicode_ci	16.0 KiB	-
logs	Browse Structure Search Insert Empty Drop	135	InnoDB	utf8mb4_unicode_ci	16.0 KiB	-
migrations	Browse Structure Search Insert Empty Drop	8	InnoDB	utf8mb4_unicode_ci	16.0 KiB	-
milestones	Browse Structure Search Insert Empty Drop	12	InnoDB	utf8mb4_unicode_ci	16.0 KiB	-
password_resets	Browse Structure Search Insert Empty Drop	0	InnoDB	utf8mb4_unicode_ci	32.0 KiB	-
users	Browse Structure Search Insert Empty Drop	15	InnoDB	utf8mb4_unicode_ci	32.0 KiB	-
9 tables	Sum	197	InnoDB	utf8mb4_general_ci	176.0 KiB	0 B

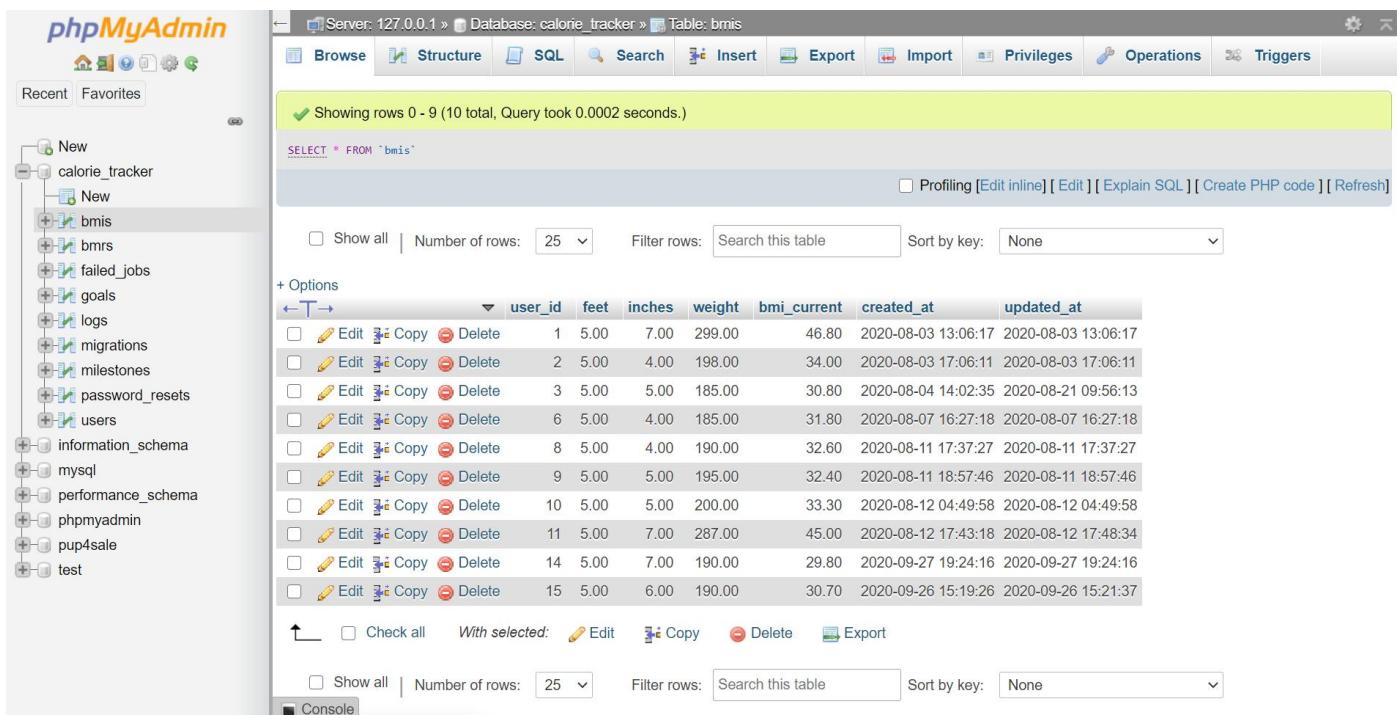
Users



The screenshot shows the phpMyAdmin interface for the 'users' table in the 'calorie_tracker' database. The table has 15 rows. The columns are: id, name, email, email_verified_at, password, remember_token, and created. The 'name' column shows various user names like George Nikou, Slavina, test1, test2, etc. The 'email' column shows their respective email addresses. The 'password' column contains hashed passwords. The 'remember_token' column contains tokens. The 'created' column shows the date of creation for each user.

id	name	email	email_verified_at	password	remember_token	created
1	George Nikou	george.nikou@gmail.com	2020-08-10 12:00:00	\$2y\$10\$ZgSYnzkbfb0JUitzkS2kxe79tYorxopXkktx4GbCKeG...	TTWJLTHZCQDQHJLJLJLJLJLJLJLJLJLJLJLJLJLJLJLJLJLJLJL...	2020-08-10 12:00:00
2	Slavina	Slavina@gmail.com	2020-08-10 12:00:00	\$2y\$10\$A00QYzvENicbMBT.TMzbflReklMa0DQS85gB4vJkoly...	NULL	2020-08-10 12:00:00
3	test1	test1@gmail.com	2020-08-10 12:00:00	\$2y\$10\$50kDlRE4FXpK1E0GPll03Ncg0dn85eG9pkZ7Njebyb1S...	NULL	2020-08-10 12:00:00
4	test2	test2@gmail.com	2020-08-10 12:00:00	\$2y\$10\$50kDlRE4FXpK1E0GPll03Ncg0dn85eG9pkZ7Njebyb1S...	NULL	2020-08-10 12:00:00
5	Mary t	marymirabel@gmail.com	2020-08-10 12:00:00	\$2y\$10\$Rqq2Ue6CxtwoJl3oOEU8HM1ZkrToMLGd00IR...	NULL	2020-08-10 12:00:00
6	madelaine	madelainenikou@gmail.com	2020-08-10 12:00:00	\$2y\$10\$ajhmx8WfH3AxdbQyfPbktFRGaaIR/YYKEfjMLPBa...	NULL	2020-08-10 12:00:00
7	Jimmy	jimmy1@gmail.com	2020-08-10 12:00:00	\$2y\$10\$feJ4PBGmVz37ZyK8nbfljOAxTING6vnDZ0ANVth3ynl...	NULL	2020-08-10 12:00:00
8	johndoe123	johndoe123@gmail.com	2020-08-10 12:00:00	\$2y\$10\$fl7gbPfghbrfjPgzLlhtNczhEA0\$AmbfX7XkVSiC...	NULL	2020-08-10 12:00:00
9	jackson	jackson12@gmail.com	2020-08-10 12:00:00	\$2y\$10\$ISCKeTCWVGVMj9Vp4wbynelaH0LB2P9L0W65hSD/Z...	NULL	2020-08-10 12:00:00
10	fresh	fresh@gmail.com	2020-08-10 12:00:00	\$2y\$10\$yfTe9S1sYSCVhLISAvYOrwFTMYQR4VCA4KjZ0ZFCN...	NULL	2020-08-10 12:00:00
11	Mary t	maryt@gmail.com	2020-08-10 12:00:00	\$2y\$10\$CMbKNYsvUg.ikvumk30nYODOJh3p7gLpy5iO9dv0FZ...	NULL	2020-08-10 12:00:00
12	testx	textx2@gmail.com	2020-08-10 12:00:00	\$2y\$10\$jqgYQUpxQSL32gruhOPk6VaGGMvRvNQj3ET7ZoeB...	NULL	2020-08-10 12:00:00
13	new_user	newuser@gmail.com	2020-08-10 12:00:00	\$2y\$10\$2.OCMi4Bnvxt56pBPMTcOR3ledEp2rtASa15mpge...	NULL	2020-08-10 12:00:00
14	Eric Johnson	ericjohnson12@gmail.com	2020-08-10 12:00:00	\$2y\$10\$mcP0JaYmZ0supZlPHvFatu5lA34bAKsa8uESBMPQ4f...	NULL	2020-08-10 12:00:00
15	Tommy Nikou	tommynikou233@gmail.com	2020-08-10 12:00:00	\$2y\$10\$SM7puMNv8R9h0mcBV9yIV.UB47b2ARSOT7UWaFghi...	NULL	2020-08-10 12:00:00

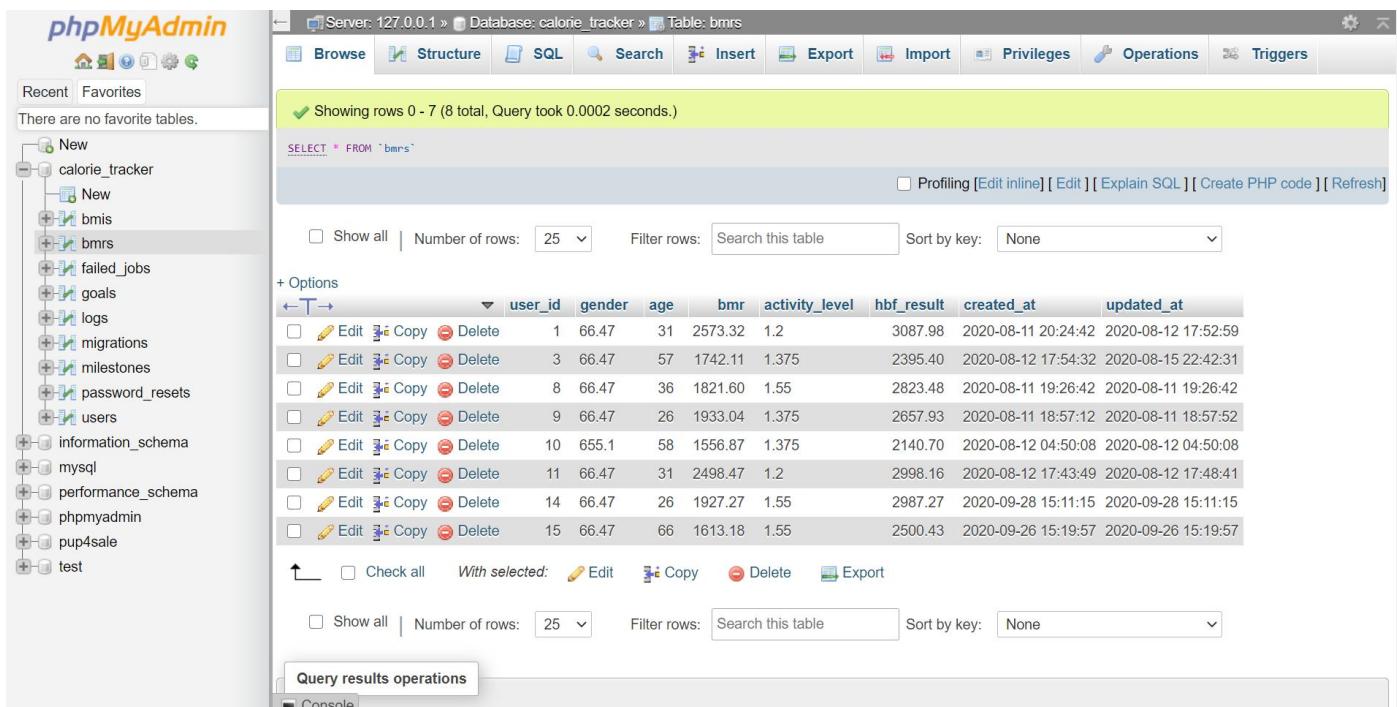
BMI



The screenshot shows the phpMyAdmin interface for the 'calorie_tracker' database. The left sidebar shows the database structure with the 'bmis' table selected. The main area displays the 'bmis' table data with 15 rows. The columns are: user_id, feet, inches, weight, bmi_current, created_at, and updated_at. The data is as follows:

	user_id	feet	inches	weight	bmi_current	created_at	updated_at
1	1	5.00	7.00	299.00	46.80	2020-08-03 13:06:17	2020-08-03 13:06:17
2	2	5.00	4.00	198.00	34.00	2020-08-03 17:06:11	2020-08-03 17:06:11
3	3	5.00	5.00	185.00	30.80	2020-08-04 14:02:35	2020-08-21 09:56:13
4	6	5.00	4.00	185.00	31.80	2020-08-07 16:27:18	2020-08-07 16:27:18
5	8	5.00	4.00	190.00	32.60	2020-08-11 17:37:27	2020-08-11 17:37:27
6	9	5.00	5.00	195.00	32.40	2020-08-11 18:57:46	2020-08-11 18:57:46
7	10	5.00	5.00	200.00	33.30	2020-08-12 04:49:58	2020-08-12 04:49:58
8	11	5.00	7.00	287.00	45.00	2020-08-12 17:43:18	2020-08-12 17:48:34
9	14	5.00	7.00	190.00	29.80	2020-09-27 19:24:16	2020-09-27 19:24:16
10	15	5.00	6.00	190.00	30.70	2020-09-26 15:19:26	2020-09-26 15:21:37

BMR



The screenshot shows the phpMyAdmin interface for the 'calorie_tracker' database. The left sidebar shows the database structure with the 'bmrs' table selected. The main area displays the 'bmrs' table data with 15 rows. The columns are: user_id, gender, age, bmr, activity_level, hbf_result, created_at, and updated_at. The data is as follows:

	user_id	gender	age	bmr	activity_level	hbf_result	created_at	updated_at
1	1	66.47	31	2573.32	1.2	3087.98	2020-08-11 20:24:42	2020-08-12 17:52:59
2	3	66.47	57	1742.11	1.375	2395.40	2020-08-12 17:54:32	2020-08-15 22:42:31
3	8	66.47	36	1821.60	1.55	2823.48	2020-08-11 19:26:42	2020-08-11 19:26:42
4	9	66.47	26	1933.04	1.375	2657.93	2020-08-11 18:57:12	2020-08-11 18:57:52
5	10	655.1	58	1556.87	1.375	2140.70	2020-08-12 04:50:08	2020-08-12 04:50:08
6	11	66.47	31	2498.47	1.2	2998.16	2020-08-12 17:43:49	2020-08-12 17:48:41
7	14	66.47	26	1927.27	1.55	2987.27	2020-09-28 15:11:15	2020-09-28 15:11:15
8	15	66.47	66	1613.18	1.55	2500.43	2020-09-26 15:19:57	2020-09-26 15:19:57

Goals

phpMyAdmin

Server: 127.0.0.1 » Database: calorie_tracker » Table: goals

Browse Structure SQL Search Insert Export Import Privileges Operations Triggers

Current selection does not contain a unique column. Grid edit, checkbox, Edit, Copy and Delete features are not available.

Showing rows 0 - 8 (9 total, Query took 0.0002 seconds.)

SELECT * FROM `goals`

Show all Number of rows: 25 Filter rows: Search this table

+ Options

user_id	start_weight	current_weight	goal_weight	comment	created_at	updated_at
1	299.00	271.00	175.00	To feel and be healthy under my own skin. To fit i...	2020-08-03 13:07:23	2020-09-29 11:36:10
2	198.00	155.00	150.00	To be Thinnny!!!	2020-08-03 17:07:16	2020-08-03 17:07:16
3	185.00	185.00	175.00	qwdq w	2020-08-04 14:02:43	2020-09-29 12:34:22
9	200.00	200.00	190.00	feel good	2020-08-11 17:50:19	2020-08-11 18:47:12
8	190.00	190.00	170.00	feel good	2020-08-11 19:26:59	2020-08-11 19:26:59
10	200.00	200.00	150.00	feel good	2020-08-11 19:30:29	2020-08-12 04:50:25
11	205.00	205.00	150.00	to feel good	2020-08-12 17:44:02	2020-08-12 17:44:02
15	185.00	185.00	165.00	to be healthier!!!	2020-09-26 15:20:26	2020-09-26 15:20:26
14	190.00	190.00	165.00	To be feel good and be healthier for my family	2020-09-30 13:41:26	2020-09-30 13:41:26

Show all Number of rows: 25 Filter rows: Search this table

Query results operations

Console Export Display chart Create view

Logs

phpMyAdmin

Server: 127.0.0.1 » Database: calorie_tracker » Table: logs

Browse Structure SQL Search Insert Export Import Privileges Operations Triggers

There are no favorite tables.

+ Options

id	user_id	breakfast_meal	breakfast_calories	lunch_meal	lunch_calories	dinner_meal	dinner_calories	comment	goal	created_at	updated_at
1	1	coffee	10.00	empty	0.00	empty	0.00	NULL	NULL	2020-08-03 13:08:15	2020-08-03 13:08:15
2	1	Nature Valley Bar (chocolate)	190.00	empty	0.00	empty	0.00	NULL	NULL	2020-08-03 13:08:47	2020-08-03 13:08:47
3	1	coffee	10.00	empty	0.00	empty	0.00	NULL	NULL	2020-08-03 16:20:47	2020-08-03 16:20:47
4	1	lipton noodle soup (3 cups)	240.00	empty	0.00	empty	0.00	NULL	NULL	2020-08-03 16:39:27	2020-08-03 16:39:27
5	1	lipton noodle soup (2 cups)	160.00	empty	0.00	empty	0.00	NULL	NULL	2020-08-03 16:48:23	2020-08-03 16:48:23
6	1	empty	0.00	empty	0.00	tuna sandwich	414.00	NULL	NULL	2020-08-03 19:35:03	2020-08-03 19:35:03
7	1	empty	0.00	empty	0.00	earl gray tea	12.00	NULL	NULL	2020-08-03 19:35:34	2020-08-03 19:35:34
8	1	empty	0.00	empty	0.00	Nutri Grain bar	140.00	NULL	NULL	2020-08-03 19:36:02	2020-08-03 19:36:02
9	1	coffee	10.00	empty	0.00	empty	0.00	NULL	NULL	2020-08-04 12:14:26	2020-08-04 12:14:26
10	1	Nature Valley Bar (chocolate)	190.00	empty	0.00	empty	0.00	NULL	NULL	2020-08-04 12:14:35	2020-08-04 12:14:35
11	1	coffee	10.00	empty	0.00	empty	0.00	NULL	NULL	2020-08-04 15:36:02	2020-08-04 15:36:02
12	1	empty	0.00	cheese omelette & hotdog with peas	1078.00	empty	0.00	Finished eating for today	NULL	2020-08-04 16:51:36	2020-08-04 16:51:36
16	1	empty	0.00	empty	0.00	orange juice	111.00	NULL	NULL	2020-08-04 19:09:40	2020-08-04 19:09:40
17	1	empty	0.00	empty	0.00	tea (2 cups)	24.00	NULL	NULL	2020-08-04 19:10:22	2020-08-04 19:10:22
18	1	empty	0.00	empty	0.00	red apple	89.00	NULL	NULL	2020-08-04 21:37:09	2020-08-04 21:37:09
19	1	coffee	10.00	empty	0.00	empty	0.00	NULL	NULL	2020-08-05 13:27:33	2020-08-05 13:27:33
20	1	Nature Valley Bar (chocolate)	190.00	empty	0.00	empty	0.00	NULL	NULL	2020-08-05 13:27:41	2020-08-05 13:27:41
21	1	empty	0.00	coffee	10.00	empty	0.00	NULL	NULL	2020-08-05 18:18:51	2020-08-05 18:18:51
22	1	empty	0.00	empty	0.00	Pork stew with potatoes & carrots	1051.00	Supper eaten, finished meals for today	NULL	2020-08-05 18:19:49	2020-08-05 18:19:49
23	1	empty	0.00	empty	0.00	Orange juice	111.00	NULL	NULL	2020-08-05 22:34:18	2020-08-05 22:34:18
24	1	empty	0.00	empty	0.00	Red apple	69.00	NULL	NULL	2020-08-05 22:34:46	2020-08-05 22:34:46
25	1	empty	0.00	empty	0.00	Orange	47.00	NULL	NULL	2020-08-05 22:35:39	2020-08-05 22:35:39
26	1	empty	0.00	empty	0.00	tea (2 cups)	24.00	Finished	NULL	2020-08-05 22:36:24	2020-08-05 22:36:24
27	1	Coffee(2)	20.00	empty	0.00	empty	0.00	NULL	NULL	2020-08-06 16:14:22	2020-08-06 16:14:22
28	1	Nature Valley Bar (chocolate)	190.00	empty	0.00	empty	0.00	NULL	NULL	2020-08-06 16:14:30	2020-08-06 16:14:30

Console Export Display chart Create view

Milestones

phpMyAdmin

Server: 127.0.0.1 > Database: calorie_tracker > Table: milestones

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Showing rows 0 - 11 (12 total. Query took 0.0002 seconds.)

SELECT * FROM `milestones`

Profiling [Edit inline](#) [Edit](#) [Explain SQL](#) [Create PHP code](#) [Refresh](#)

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+ Options [Edit](#) [Copy](#) [Delete](#) id user_id start_weight goal_weight current_weight feet inches start_bmi finished_bmi reason medal created updated days created_at updated

	Edit	Copy	Delete	id	user_id	start_weight	goal_weight	current_weight	feet	inches	start_bmi	finished_bmi	reason	medal	created	updated	days	created_at	updated
<input type="checkbox"/>	Edit	Copy	Delete	1	3	250.00	245.00	244.00	5.00	5.00	41.60	40.60	Feel good	bronze	2020-08-03 17:13:32	2020-08-03 17:13:36	0	2020-08-03 17:13:53	2020-08-03 17:13:53
<input type="checkbox"/>	Edit	Copy	Delete	2	3	244.00	240.00	238.00	5.00	5.00	40.60	39.60	feel better	bronze	2020-08-03 17:18:03	2020-08-03 17:18:07	0	2020-08-03 17:18:10	2020-08-03 17:18:10
<input type="checkbox"/>	Edit	Copy	Delete	3	4	250.00	230.00	230.00	5.00	5.00	41.60	38.30	feel good	silver	2020-08-03 18:16:23	2020-08-03 18:16:31	0	2020-08-03 18:16:37	2020-08-03 18:16:37
<input type="checkbox"/>	Edit	Copy	Delete	4	4	230.00	150.00	150.00	5.00	5.00	38.30	25.00	feel good	platinum	2020-08-03 18:17:21	2020-08-03 18:17:31	0	2020-08-03 18:17:36	2020-08-03 18:17:36
<input type="checkbox"/>	Edit	Copy	Delete	5	4	145.00	130.00	129.00	5.00	5.00	24.10	21.50	feel good	silver	2020-08-03 18:18:13	2020-08-03 18:18:17	0	2020-08-03 18:18:20	2020-08-03 18:18:20
<input type="checkbox"/>	Edit	Copy	Delete	6	4	200.00	170.00	169.00	5.00	5.00	33.30	28.10	feel good	gold	2020-08-03 19:56:25	2021-06-10 19:43:28	95	2020-08-03 19:44:51	2020-08-03 19:44:51
<input type="checkbox"/>	Edit	Copy	Delete	7	4	170.00	165.00	165.00	5.00	5.00	28.30	27.50	feel good	bronze	2020-08-03 19:45:46	2020-08-03 19:45:52	0	2020-08-03 19:46:03	2020-08-03 19:46:03
<input type="checkbox"/>	Edit	Copy	Delete	8	5	200.00	180.00	180.00	5.00	4.00	34.30	30.90	feel good	silver	2020-08-03 19:54:26	2020-08-03 19:54:32	0	2020-08-03 19:54:45	2020-08-03 19:54:45
<input type="checkbox"/>	Edit	Copy	Delete	9	3	200.00	150.00	150.00	5.00	5.00	33.30	25.00	feel good	gold	2020-08-04 12:18:33	2020-08-04 12:27:45	1	2020-08-04 12:28:51	2020-08-04 12:28:51
<input type="checkbox"/>	Edit	Copy	Delete	10	3	185.00	125.00	125.00	5.00	5.00	30.80	20.80	feel good	gold	2020-08-04 12:33:49	2020-08-04 13:13:14	1	2020-08-04 13:21:02	2020-08-04 13:21:02
<input type="checkbox"/>	Edit	Copy	Delete	11	3	180.00	170.00	168.00	5.00	5.00	30.00	28.00	feel good	silver	2020-08-04 13:21:33	2020-08-04 14:02:04	1	2020-08-04 14:02:10	2020-08-04 14:02:10
<input type="checkbox"/>	Edit	Copy	Delete	12	7	250.00	200.00	190.00	6.00	0.00	33.90	25.80	TO feel good	gold	2020-08-07 20:14:02	2020-08-07 20:16:52	4	2020-08-07 20:17:05	2020-08-07 20:17:05

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