TNPG: Data Divas
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SoftDev
P05
2023-05-31
Time spent: TBD
Project Ship Date: Tuesday, June 13th 2023

Truly Fit

Abstract:

There will be a registration/login system associated with our site. These will be the first pages that the user encounters. After registering and logging in, the user will be brought to a quiz, where they will fill out details like weight, height, and fitness level.

The main page will display a dashboard showing a navigation bar, the current date, a button for users to toggle back to previous days, and two sections containing individual logs corresponding to food and fitness. Scrolling down will display an option for the user to input their updated weight.

Within the food section will be total calories for the day split into four sections (breakfast, lunch, dinner, and snacks/miscellaneous). Below this section will be an "add" button that links to the html pages containing all food/fitness/calorie data pulled from the APIs/datasets that can be logged by the user.

At the bottom of the main page will also be user statistics where the user can see their calorie consumption and recorded weight as graphical trends.

As for our reach goals, we hope to be able to create a separate page for forum like communication (find your local gym bro), discounts, and AI chat interaction.

Program Components:
- HTML
  - Main landing page, login and register pages, food search page, fitness search page, chart page

- ○ Possibly a forum and discount page *(reach goals)
- ● SQLite3
  - ○ Datasets for foods and exercises
  - ○ Stores logins
  - ○ Stores forum content *(reach goal)
- ● Perhaps Flask and Javascript, but very sparingly
  - ○ Application of chart.js
- ● APIS
  - ○ **FOOD APIS**
    - - https://canieatit.co.uk/product-and-barcode-api/
    - - https://fdc.nal.usda.gov/api-guide.html#bkmk-4
- ● Datasets
  - - https://www.kaggle.com/datasets/aadhavvignesh/calories-burned-during-exercise-and-activities
  - - https://fdc.nal.usda.gov/
  - - https://api-ninjas.com/api/exercises

Frontend Framework
Bootstrap!
- - Because there are custom elements like a navigation bar that would flesh out our website in an aesthetically pleasing and simple to understand way
- - Bootstrap also has more responsive design compared to Foundation (in our experiences using both)

How each component relates to each other:

Database Organization:
Users

User_ID	Username	Password	Email	Weight (lbs)	Height (In.)	Fitness_ Level (1-5)
INTEGER	TEXT	TEXT	TEXT	INTEGER	INTEGER	INTEGER

Foods

User_ ID	Times tamp	Name	Servi ng Size	Calor ies	Ingre dient s	Brand	Carbs (g)	Fat (g)	Prote in (g)
INTEG ER		TEXT	TEXT	INTEG ER	TEXT	TEXT	INTEG ER	INTEG ER	INTEG ER

Exercises

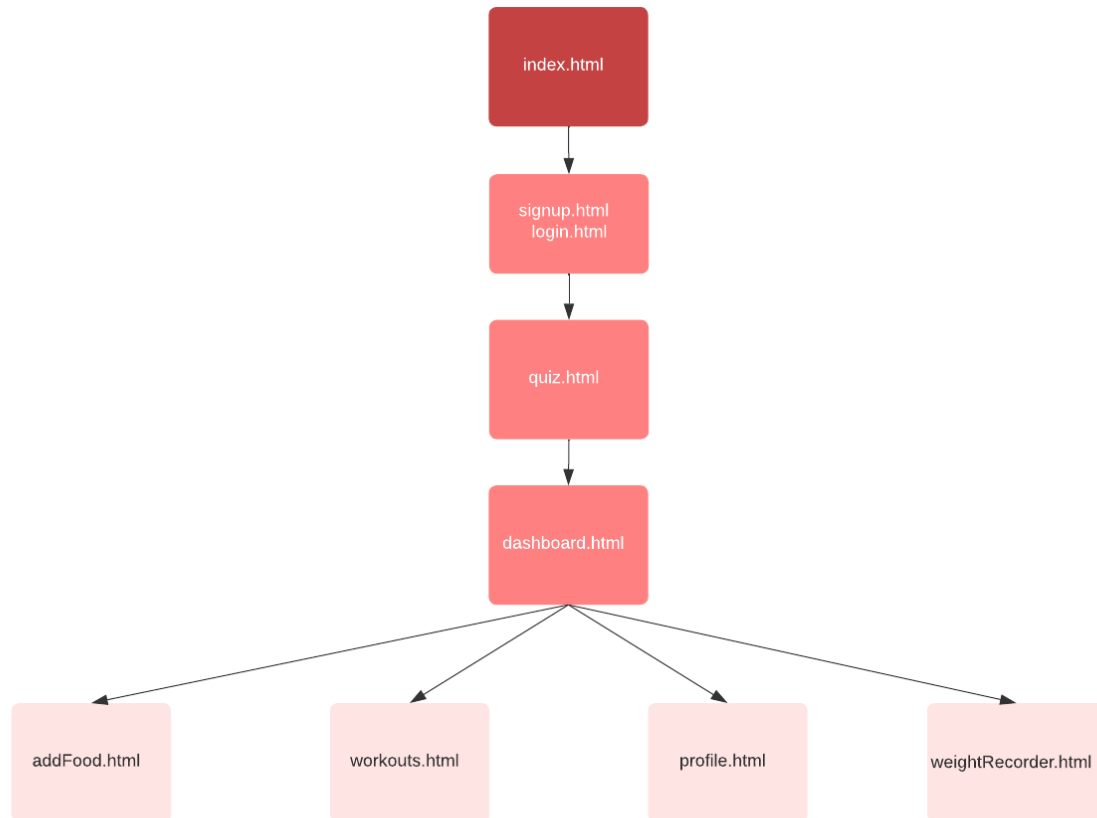| User_I D	Timest amp	Name	Type	Muscle	Diffic ulty	Equipm ent	Instru ctions	Cal Per Kg
INTEGER R		TEXT	TEXT	TEXT	TEXT	TEXT	TEXT	INTEGER R

Features:
(MVP is bolded)
- **Calorie Counter**
- **LogIn/Authentication**
- **Quiz (When registering) (Initial height, weight, age, activity level, goal, sport/activity focus) — Will give calorie/exercise recommendations**
- **Workout Tracker/Recommendation**
- Sleep Recorder
- **Weight Recorder**
- **CHARTS - TO SHOW YOUR PROGRESS**

- **chart.js**
- Discounts
- AI Chatbot
  - Only if we finish everything
- Gym Bros??
  - To be implemented AFTER all other features
- Recommending a meal plan and workout plan

Site map:
- Index.html
  - Tells users what the site is about and leads to registration
- signup.html/login.html
  - User authentication
- Quiz.html
  - If you are a first time user, you have to input to us your height, weight, goals, etc.
- Dashboard.html
  - Shows widgets about your stats for today. This is for anyone who just wants a quick view about how their day is looking. This includes calorie widgets and options to add new foods to what they ate today, a weight tracker where they add their weight for the day, and a workout widget that shows how many calories you burned and the workouts you did or didn't do yet.
- addFood.html
  - Search foods and add them to your daily tracker or you can add a custom food by yourself to your daily tracker.
- Profile.html
  - You can change your height, weight, and other information if you put wrong information in the quiz.
- weightRecorder.html
  - Add your weekly/daily weight and track your progress through graphs.

```
                    ┌──────────────┐
                    │  index.html  │
                    └──────┬───────┘
                           │
                           ▼
                    ┌──────────────┐
                    │ signup.html  │
                    │  login.html  │
                    └──────┬───────┘
                           │
                           ▼
                    ┌──────────────┐
                    │  quiz.html   │
                    └──────┬───────┘
                           │
                           ▼
                    ┌──────────────┐
                    │dashboard.html│
                    └──────┬───────┘
```

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  ┌──────────────┐  ┌──────────────┐  ┌──────────────┐  ┌──────────────────┐
  │ addFood.html │  │ workouts.html│  │ profile.html │  │weightRecorder.html│
  └──────────────┘  └──────────────┘  └──────────────┘  └──────────────────┘
```

Tasks we need to do to complete this project:

BELOW IS LUCID LINK

https://lucid.app/lucidchart/4166b785-5334-450f-9805-b26ae50d594e/edit
?view_items=vnoDlHUd2HPP&invitationId=inv_18b7feed-82a5-40d1-ae6b-cdc4
4a0e68c6

- Login and register page
- Home page
- Food and workout page
- Graphs keeping track of weight? Calories? Workout?
  - Graphs should only be kept in dashboard
- Quiz page
- Accessing databases and apis
- Algorithm to give recommendations

Roles:
** we're doing everything we can to get this done on time, so it's all
hands on deck :-)
- Julia - Frontend/Backend

- Anna - Frontend/Backend
- Abid - Frontend/Backend
- Nicole - Frontend/Backend

Notes:
- In order to add a new day, if the app checks the date and it's a new day, then it will automatically add a new day.