Lab 4 – War of Brawns User Manual

War of Brawns (Team Bronze)

Old Dominion University

CS 411W

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Final Version 2

Table of Contents

1.   **Introduction**

Hello! Thank you so much for buying our product! War of Brawns is an application that we designed to help people around the world. Whether you are trying to alleviate your game addiction or lose weight, we want to help you! War of Brawns strives to improve the lifestyle of our users and make things easier for you to achieve a healthy lifestyle.

2.   **Login**

The first page you will see on launching the app will be the login page. By entering in your email and password, you can log into your account by pressing the yellow "Login" button. If your email and password match our records for your account, you will be successfully signed into the application.
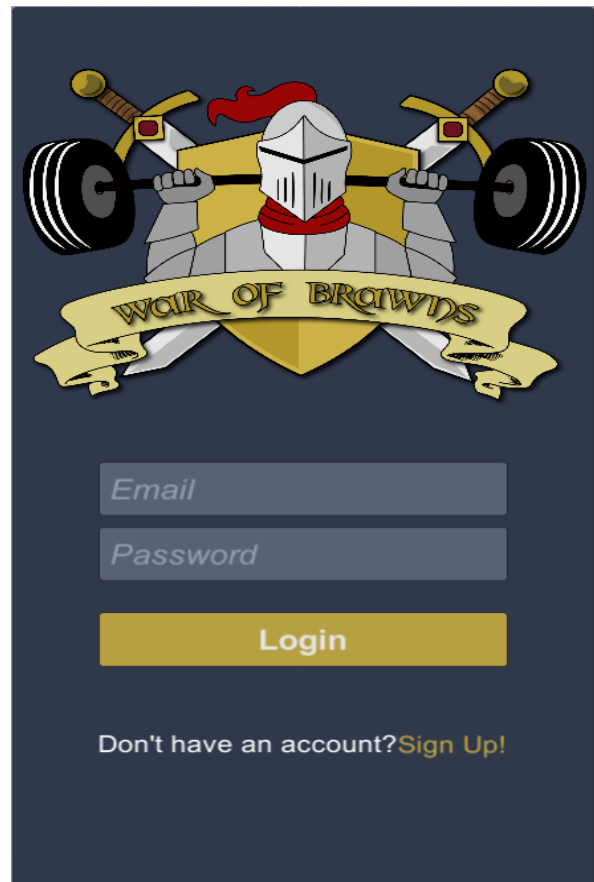
3.   Home Page

Upon successful login, the gamer will find their home screen as seen in the screenshot

below. Displayed on this screen are the following:

- **Player avatar:** a graphic used as a representation of the user.

- **Gameplay stats:** the primary skills which will help the player progress during in-

   game encounters.

- **Navigation bar:** a pane found at the bottom of the screen that the player can use

   to navigate to the following pages (from left to right): Home, Diet Journal,

   Settings, Progress, Challenges, and Gameplay.
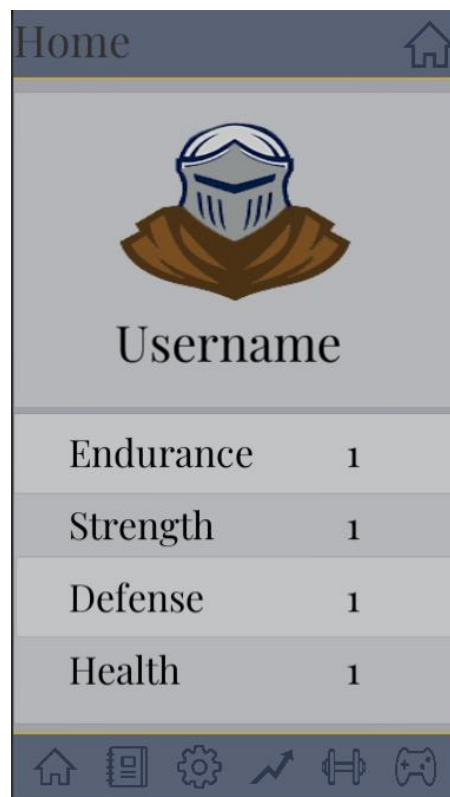
4.   Diet Journal Page

4.1.   Daily Calorie Intake

The daily caloric intake can be found at the top of the Diet Journal page. This is

represented as the following numerical values:

- **Goal:** This is the suggested caloric intake for the day.

- **Food:** This is the total amount of calories ingested from meals.

- **Remaining:** The total remaining calories until the daily goal is reached.
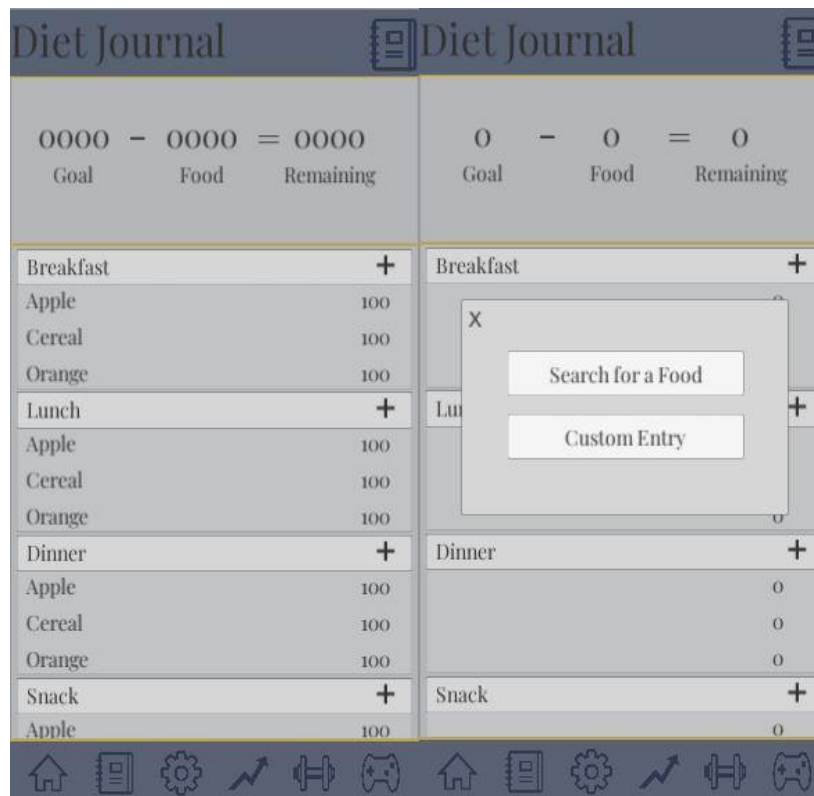
4.2. Logging Meal Entry

4.2.1. Custom Meal Entry

To add a custom meal entry, first tap the " + " icon beside the meal you want to add the food item to. A pop-up will be generated. Tap on the "Custom Entry" button.


A new page will be loaded asking for a food name and calorie input. Enter in the desired information and tap the "Add" button. The Diet Journal page will be loaded, and the newly added food item will be displayed under the specified meal.

4.2.2.   Searching for Food Items

To search for a food item to add, first tap the " + " icon beside the meal you want to add

the food item to. A pop-up will be generated. Tap on the "Search for a Food" button.
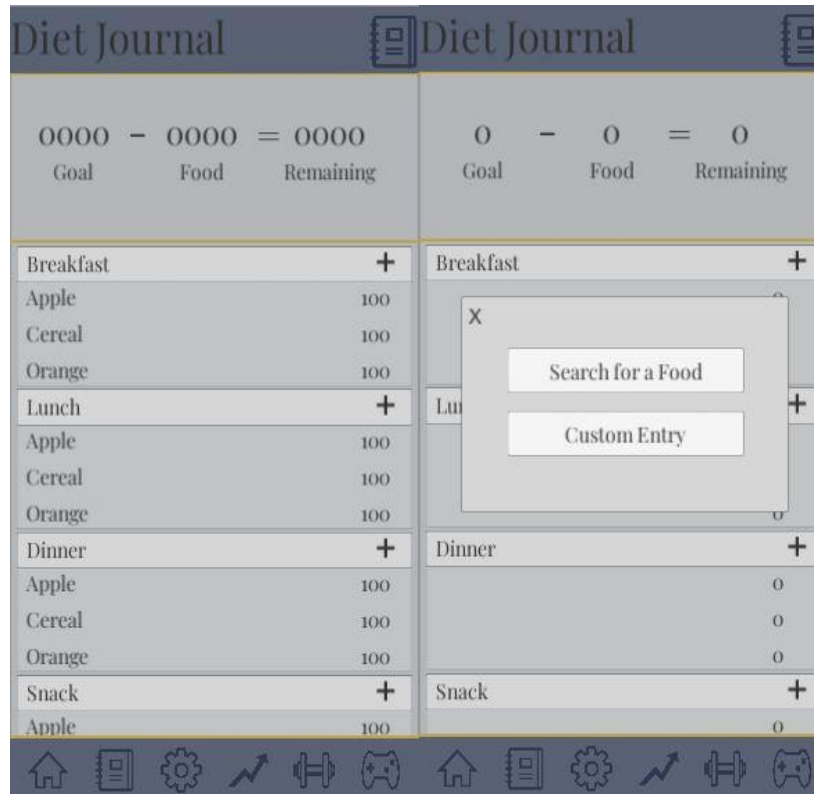
A new page will be loaded with a search bar. Enter the name of the desired food item and

press enter. A list of food items similar to the search will display alongside the calorie amount.

To add a food item in the result display, tap the "+" button. The Diet Journal page will be loaded,

and the newly added food item will be displayed under the specified meal.

4.2.3.   Finishing Daily Meal Logs

At the end of each day you will be able to check your results to see if you have met your

daily calorie goal. To do this simply tap on the "Finish Today's Log" button. If your remaining

calories is at 0, then bonus points will be added to your gameplay stats.
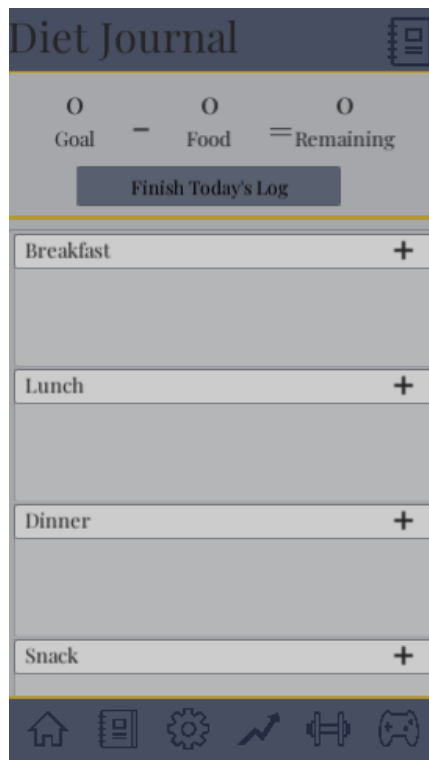
5.   **Settings Page**

Settings page displays the user profile and goals information on the top half of the screen. It includes:

- Current Weight (current weight of the user).

- Goal Weight (target weight the user is working towards).

- Height (height of the user).

- Age (age of the user).

- Sex (gender of the user).

- Activity level (level of activity throughout the week).

- Goal per week (amount of weight the user should gain(+)/lose(-) weekly to meet

  the ultimate goal weight.)

5.1.   Ex. Changing Current Weight

An example of changing one of the parameters is that the current weight of the user can be updated by clicking on the "Edit" button on the settings page. Enter the current weight on the "Enter Weight" field and click on the "Set" button to update your current weight or click on the "Cancel" button to cancel and go back to the settings page.

6.   **Progress Page**

      Progress page displays line graphs of actual progression and the optimal

progression per week of the user's weight since you started playing the game. The green

line represents the optimal progress per week to reach the ultimate goal weight and the

white line represents the actual progress of the user every week. The Y-axis represents

the weights in lb and the X-axis represents the number of weeks since you registered.
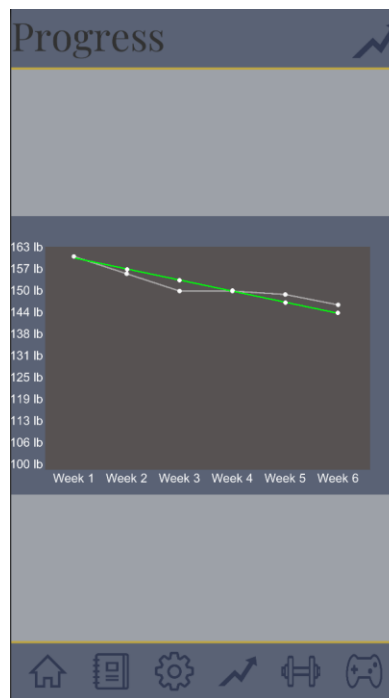
7.   Challenges Page

The challenges page currently holds one workout challenge that consists of three exercises: Running, pushups, and squats. The exercises start from top to bottom. You can start the exercises by pressing the "Start" button which redirects you the tracking exercises pages in section 7.1. The time slot next to the title "Running" is how long you did that specific exercise for in the tracking exercises pages. The slots next to the titles "Push Ups" and "Squats" show the number you input in the tracking exercises pages.When you finish all exercises, you can press the "Finish" button which redirects you to the rewards page in section 7.2.
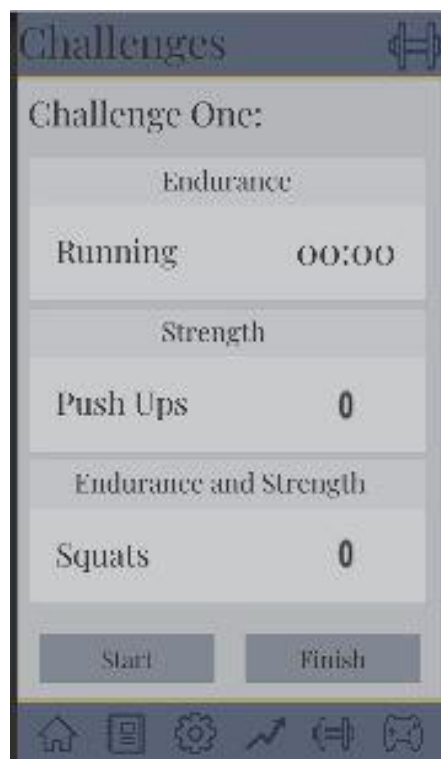
7.1. Tracking exercises

The tracking exercises pages is where you track how much time or how many you have done of that exercise. You have the ability to move on to the next exercise, finish the exercise, pause, or cancel the challenge. Once you are at the last exercise you can press the "Finish" button to go back to the challenges page and finish the challenge.
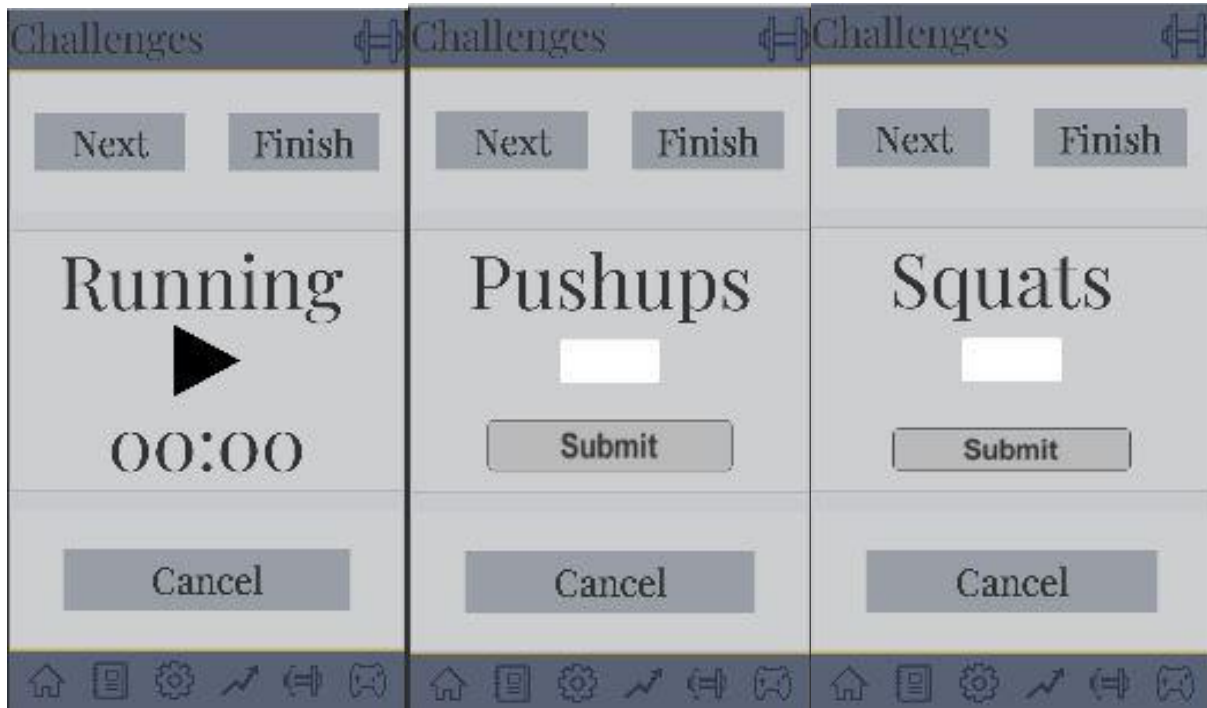
7.2.   Receiving Experience Points

This is the rewards page where you are shown how many experience points you received in each stat from completing the workout challenge. You are also shown your new stats that are shown when you make an improvement in stats.

8.   Gameplay

8.1.   Selecting Game mode

1. From the home page, select the controller icon

2. You will be taken to the starting game menu, "Enter the Castle" will be displayed

     on the screen and the background displays a castle

3. Click on the screen to enter the gameplay or click on the purple back button to

     return to home

8.2.   STATS

There are four primary stats in War of Brawns:

- Strength: Increases damage dealt to enemies

- Endurance: Increases energy regeneration

- Defense: Decreases damage received

- Health: Increases maximum health pool

8.3.   Gaming HUD

1. Health Bar: Displays the current and maximum health available to the player.

2. Energy Bar: Displays the current and maximum energy available to the player.

3. Pause Button: Pauses the game and opens the pause menu when select
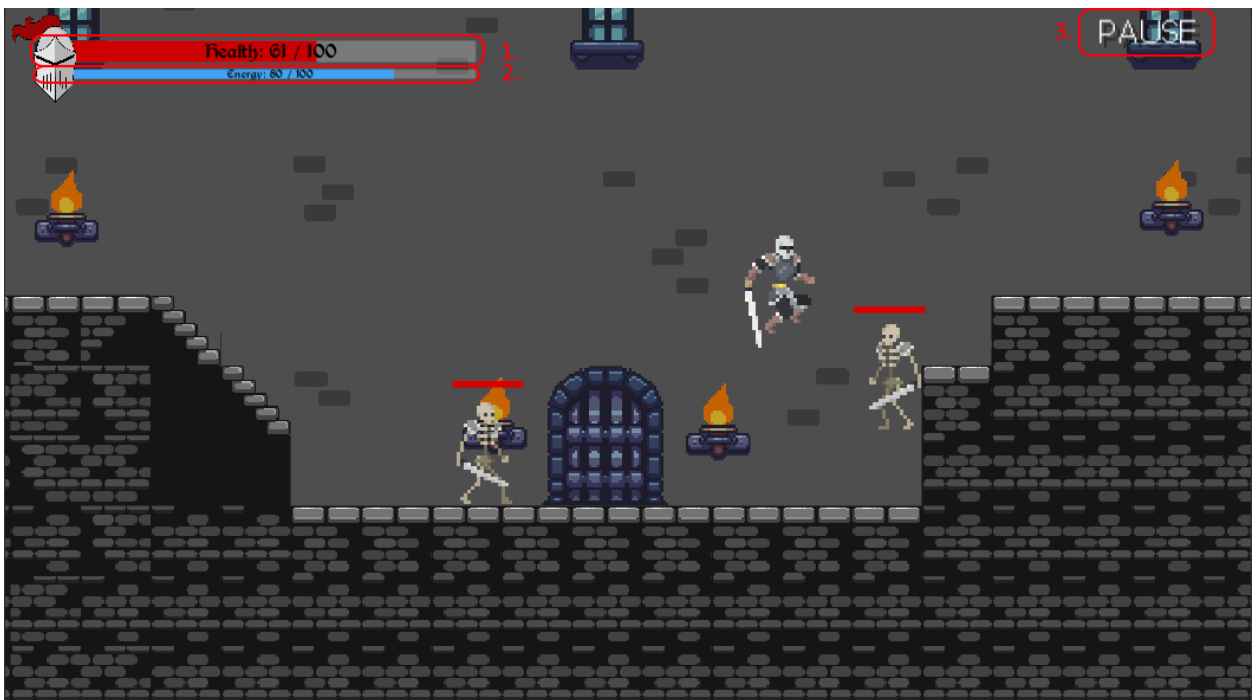
8.4.   In-game menu

4. Resume: Un-pauses the game

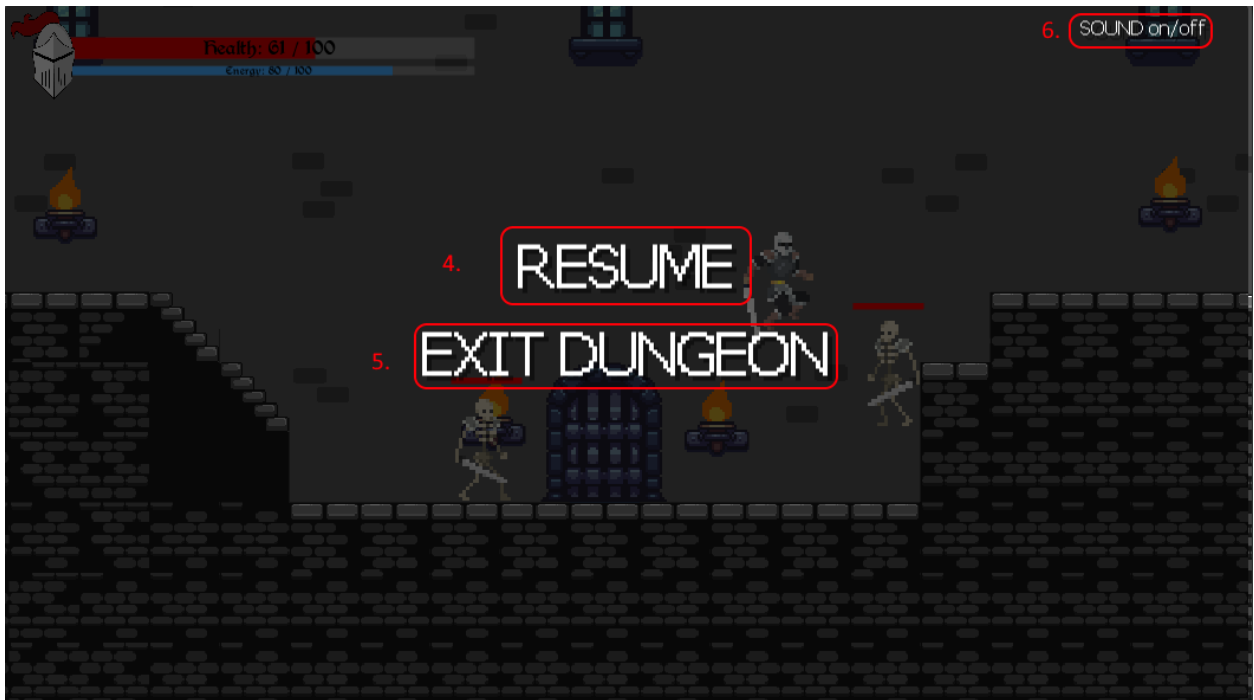5. Exit Dungeon: Leaves the current dungeon and returns to outside the castle

6. Sound on/off: Mutes or Unmutes all music and sound

8.5.   Player movement

● Horizontal movement: Avatar can run either left or right

● Jump: Avatar can jump and move while airborne. Consumes 10 energy.

● Dodge Roll: Avatar can roll through enemies, becoming invulnerable to attacks for the
duration of the roll. Consumes 15 energy.

8.6.   Combat

● Attack: Avatar can attack, damaging all enemies within range in the direction the avatar is currently facing. Each attack consumes 5 energy.

● Enemies: Dungeons are infested with evil skeletons! Skeletons will continually follow and attack the player until defeated.

● Enemy health bar: Each enemy has a health bar above their head that indicates how much health they have left.

8.7.   Dungeon completion

● Victory: Dungeons are won when all skeletons in the dungeon are defeated.

● Failure: Dungeons are failed when the avatar's health falls to zero.
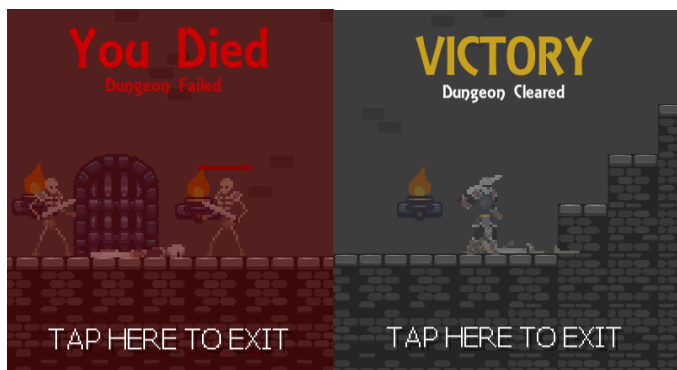
Site Map
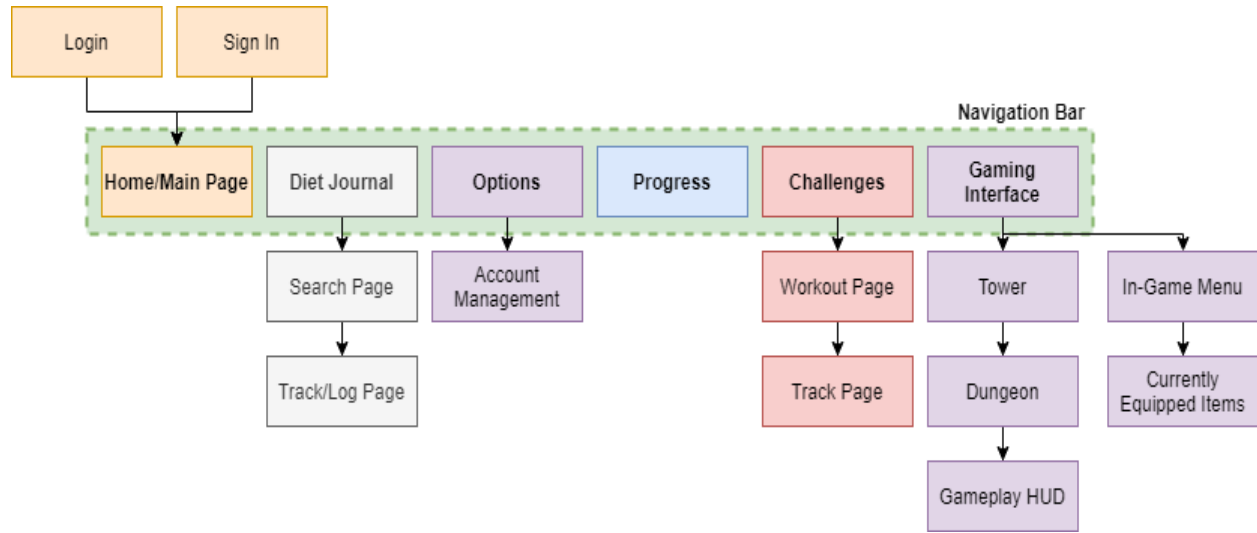
Glossary & Definitions

Basal Metabolic Rate (BMR): The number of calories required to keep the body functioning at rest.

Electrocardiogram (ECG): A test that measures the electrical activity of the heartbeat. With each beat, an electrical impulse (or "wave") travels through the heart.

Experience Points (XP): A unit of measurement to quantify an avatar's progression through a game. Once a sufficient amount of experience points are accumulated, the player or a certain statistic "levels up." The higher the level, the stronger the avatar.

Game Artificial Intelligence (AI): Artificial intelligence is used to generate responsive, adaptive, or intelligent behaviors primarily in non-player characters similar to human-like intelligence.

Game Avatar: A personalized graphical illustration that represents either a computer user or a character/alter ego that represents that user.

Gaming Disorder: Pattern of persistent or recurrent gaming behavior in which people lose control of their gaming behavior, give priority to gaming over other interests and activities, and continue gaming despite negative consequences such as impairments in their family relationships, social lives, work duties or other areas.

Heads Up Display (HUD): The display area where players can see their character's vital statistics such as current health, bonus attributes, armor level, and ammunition count.

Mifflin-St Jeor Formula: Formula that calculates BMR from age, sex, height, and weight

Role-playing Game (RPG): Type of game in which players assume the roles of characters.

Total Daily Energy Expenditure (TDEE): The total amount of calories burned in a day

including basic body functions and physical activity.