Guide of Monitor Your Life

Application brief description:

Monitor your life is a calorie monitor android application.It will provide user with calorie related information both in nuemerical and graphic way and enable user to set everyday calorie goal .So, it will help user to keep track of calorie easily.

Application function display:

After user clicks on the icon of Monitor Your Life, he or she is going to see the login screen (Figure1).If we login with someone who has never used this application before, like in Figure2 we input "Sandy" and password. Here will pop out a warning box to inform you the non-existence of this user.
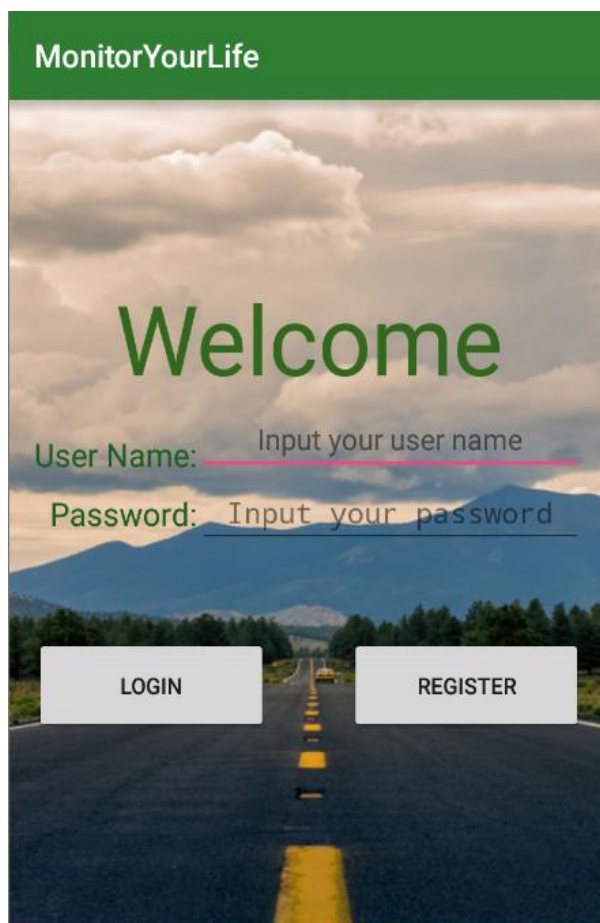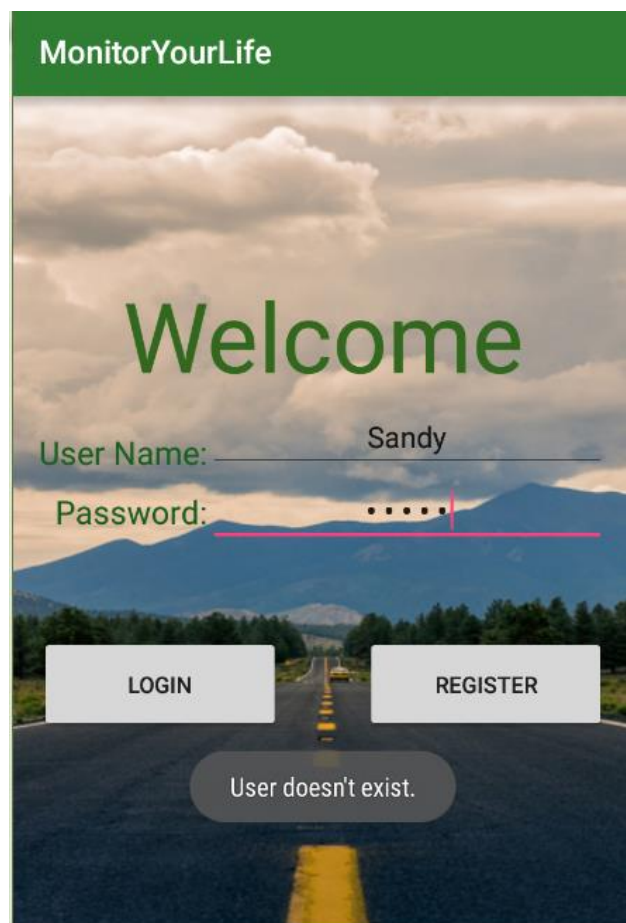

Figure 1   Figure 2

So for new user, he or she has to register first to use this application .After clicks on the "REGISTER" button on the login screen, the new user will see register screen(Figure 3) to create an account. If the user is trying to skip the password setting, it will warn the user to set the password see Figure 4. If the password is inconsistent, it will warn the user see Figure 5.
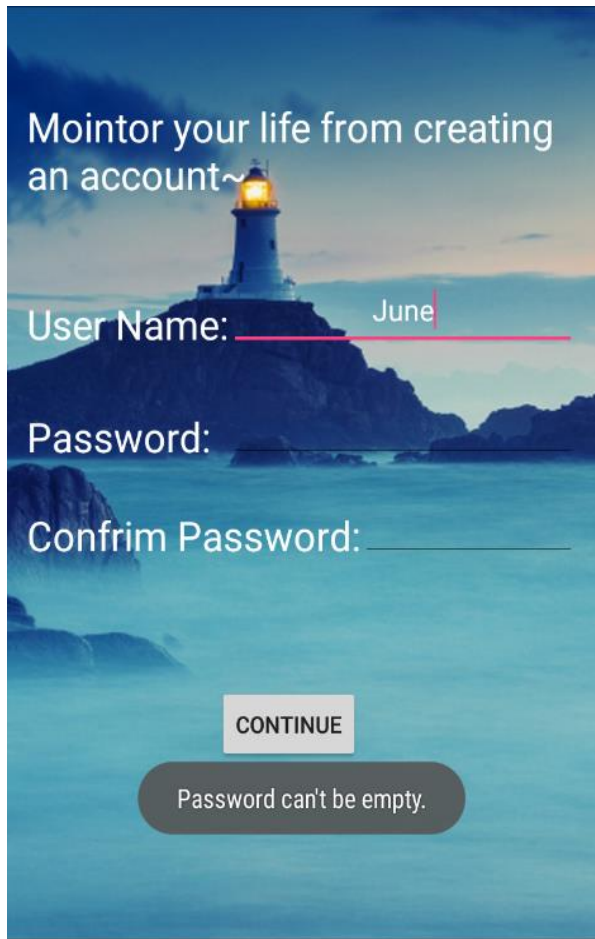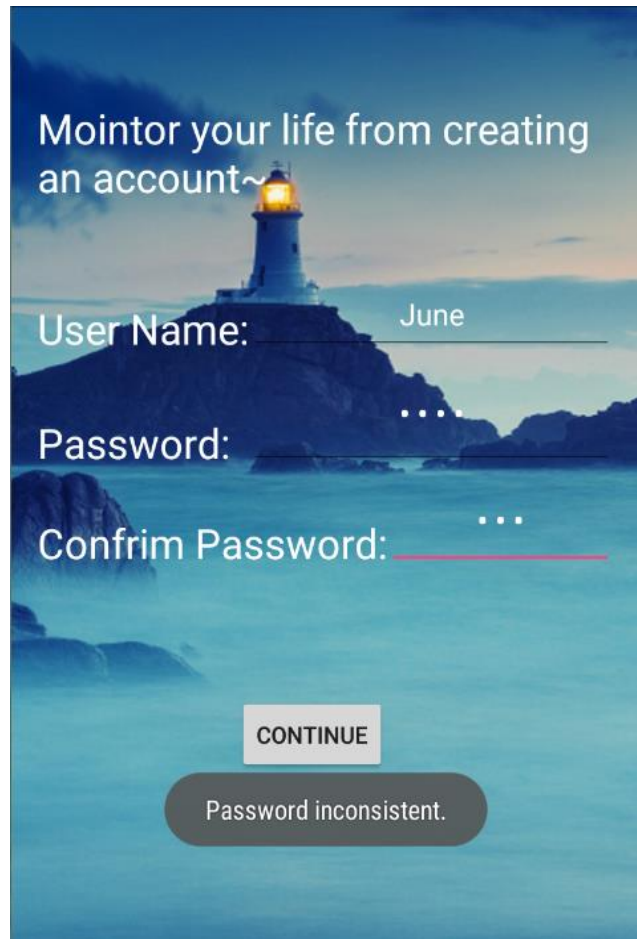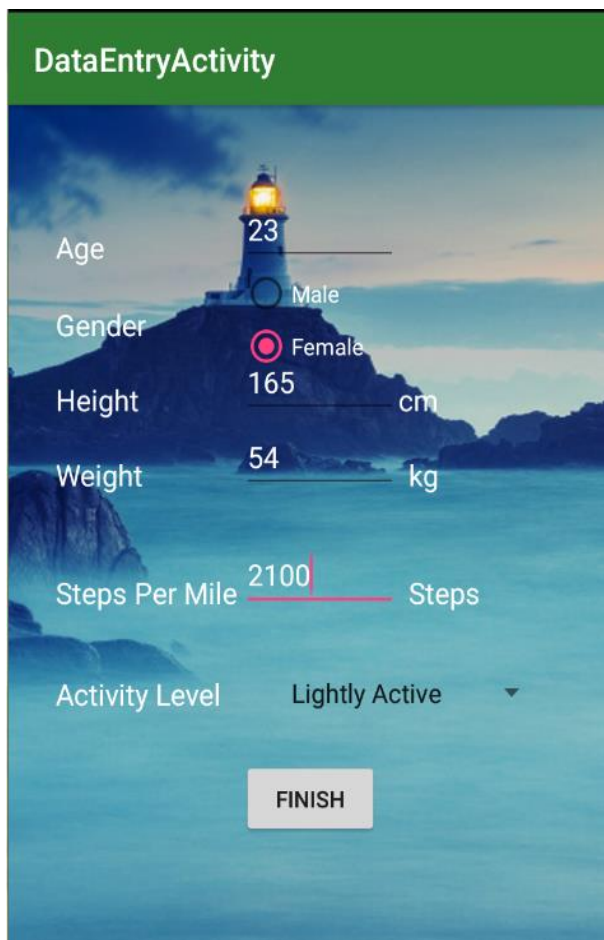

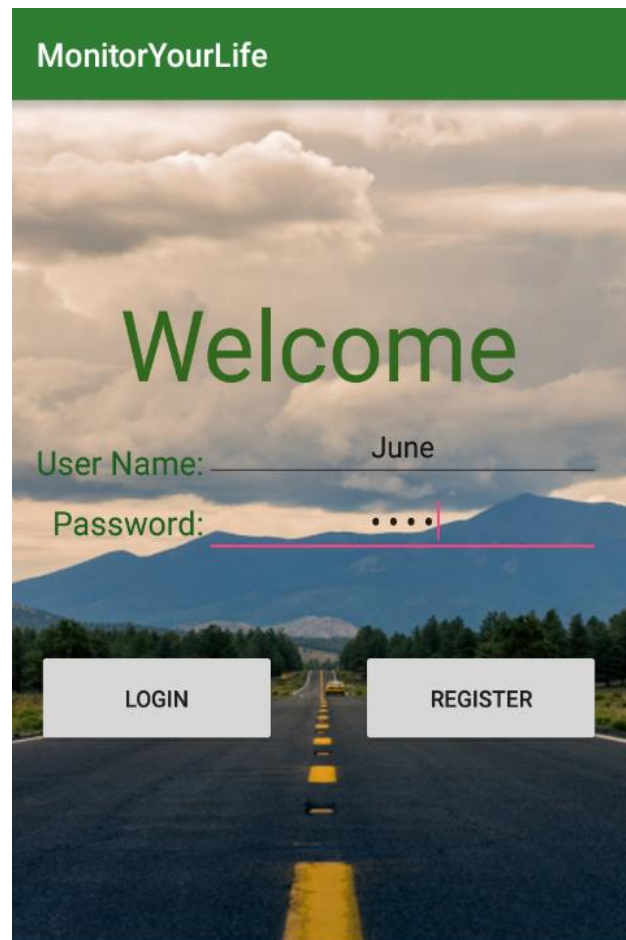Figure 4   Figure 5

After clicks on the "CONTINUE" button on register screen, the user is required to input their personal physical information to help the calculation of his or her calorie burned at rest (see Figure 6).Once the user finish information input and clicks the "FINISH" button, he or she will back to the login screen(see Figure 7). Input the just registered information and click "LOGIN" button, the user will see the home screen (Figure 8).In home screen the user's name will be displayed, the date is shown and a brief description of this application is given.

Figure 6   Figure 7

In the home screen, the user can pull the navigation drawer from left edge of it (see Figure 9).The navigation drawer provides the function list of this application.
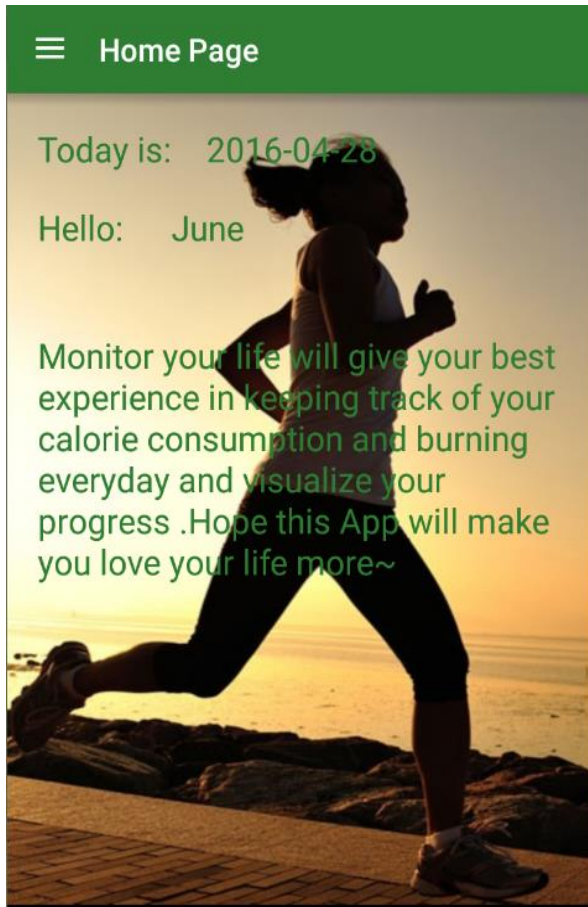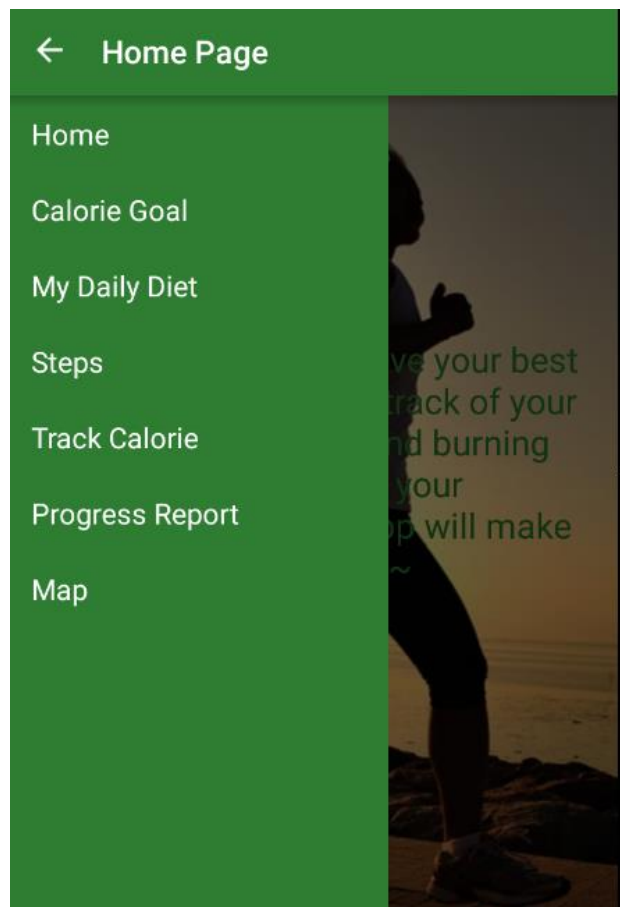

Figure 8   Figure 9

When tap on the "Calorie Goal", the home screen swap to the Calorie Goal screen. As a new user, he or she will see Figure 10.After input calorie goal and refresh the screen user will see Figure 11.If the user want to change the calorie goal, just reset the goal and refresh the screen, the newly set goal will be displayed(see Figure12). Here, one thing need to mention, as a new user when we tap "Track Calorie", user will find there will be no record of any calorie information (see Figure 13). But after user input the calorie goal and review the track calorie screen, the user will see their just set calorie goal (see Figure 14).
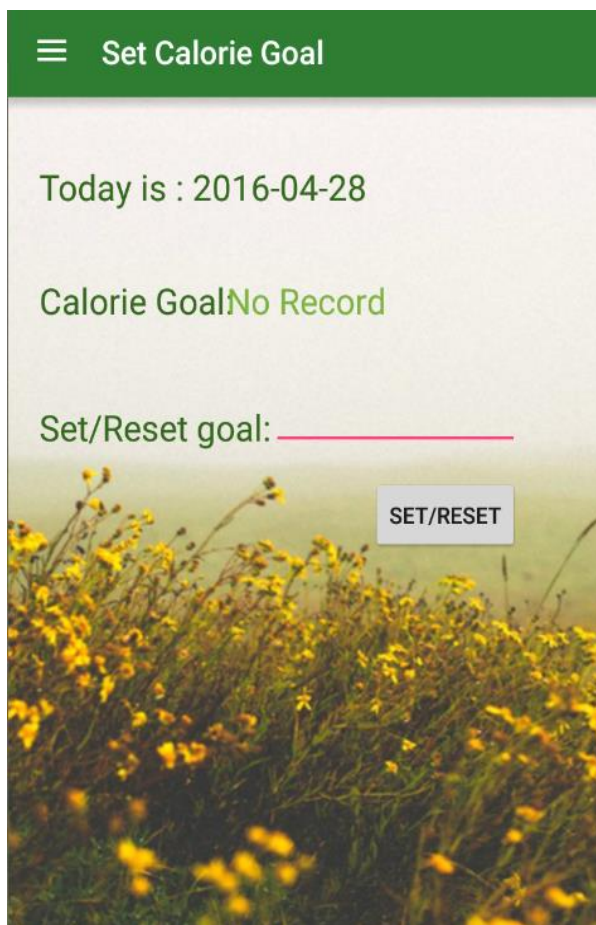

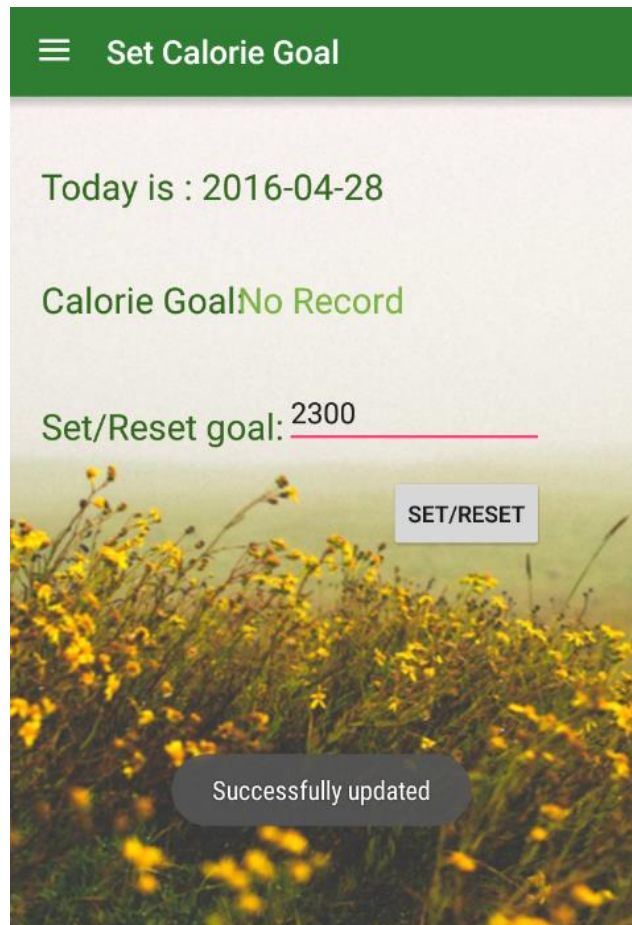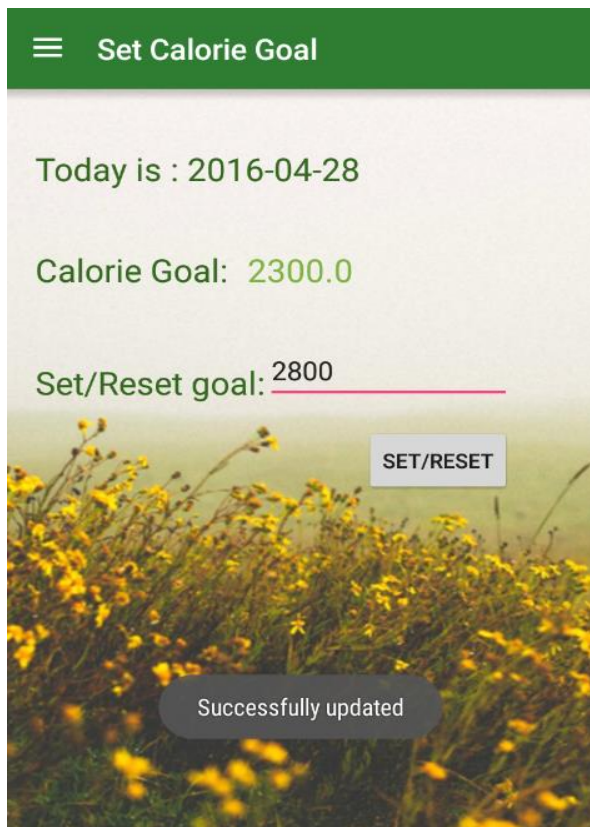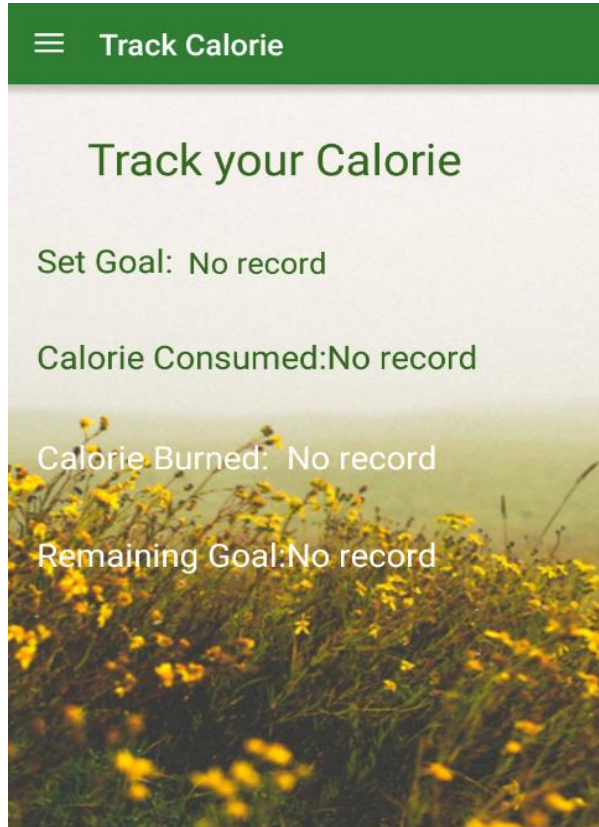Figure 10   Figure 11
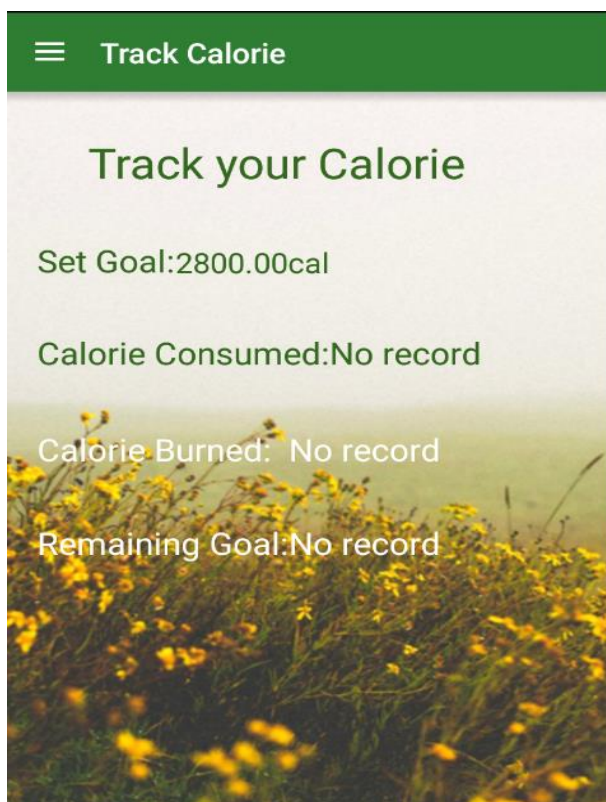
Figure 12

Figure 13

Figure 14

Tab on the icon on left top of the screen and pull out the drawer and tab on the "My Daily Diet", the user will see my daily diet screen which display a list of food category (see Figure 15). Tab on one of the category, here choose "Drinks", then the user will see the food list under drink category(Figure 16).Choose "Honey", then swap to the food detail screen(see Figure 17).On the food detail screen, user can see the picture of food a brief description of food and its nutrient information. After user input the amount and clicks the "ADD TO MY DIET" button, an information will inform the success (see Figure 18). Let's have a look at track calorie screen again (see Figure 19), the calorie consumed number will change once the user add food to their daily diet.
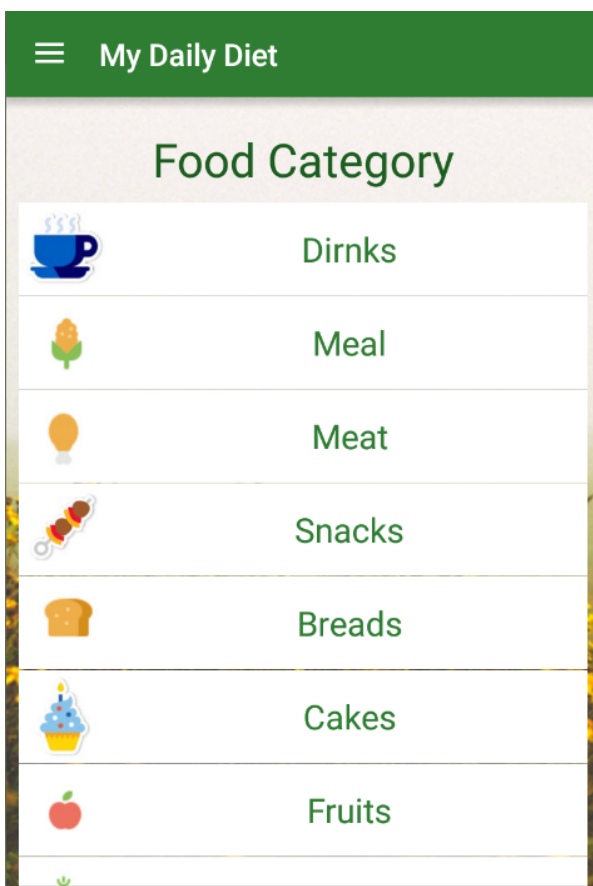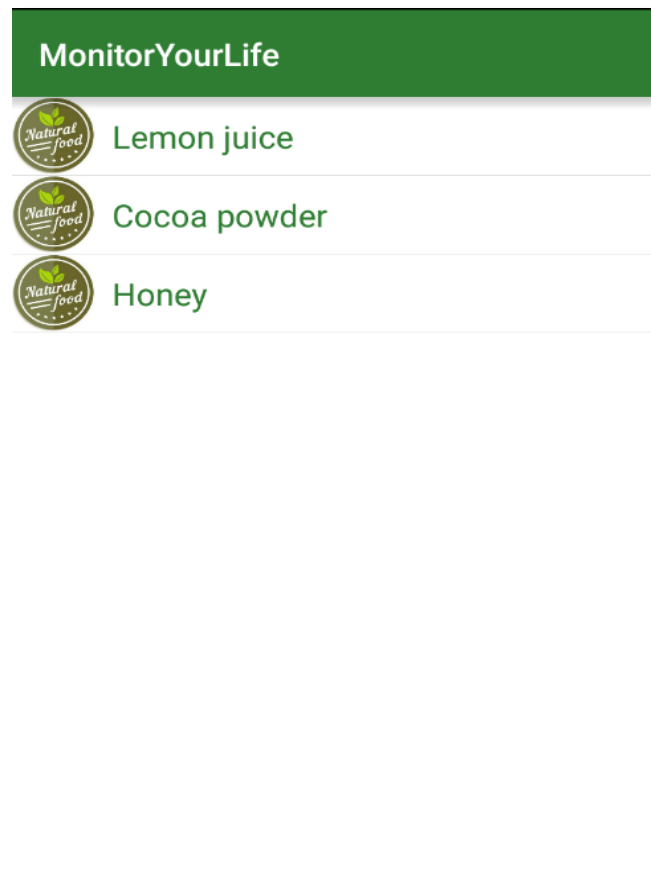

Figure 15

Figure 16

Figure 17

Figure 18

Figure 19

Then when user come to the step record screen, it will enable user to input steps he or she has walked many times in a day (see Figure 20) and submit total steps(see Figure 21).When user submit the total steps it will inform of the total steps user has walked on this day. Again, swap to the track calorie goal screen, the information about calorie is complete and a user's report is formed (see Figure 22).
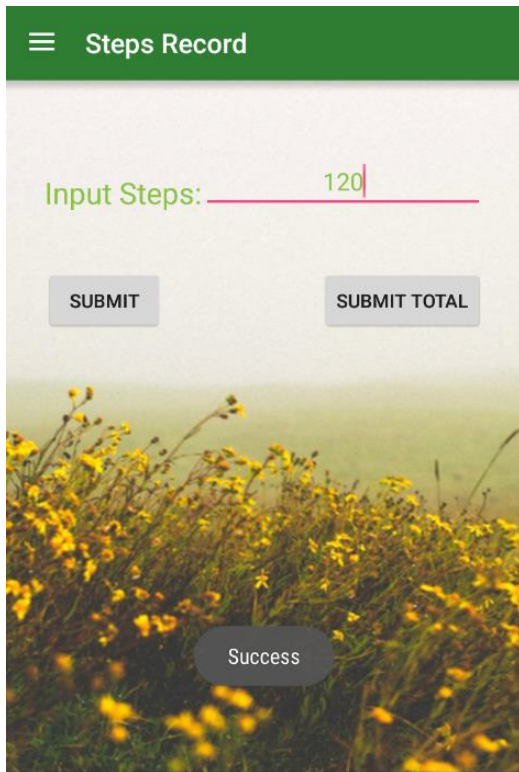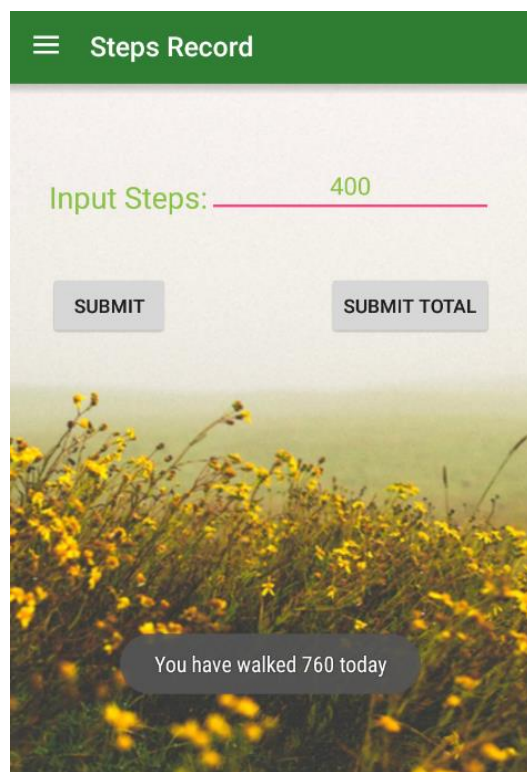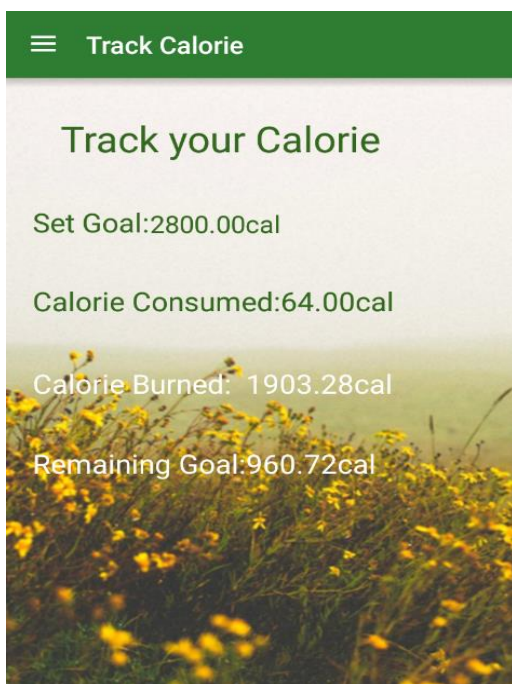

Figure 20

Figure 21

Figure 22

In progress report screen, this application can provides user with 3 graphs on specific date（see Figure 23）: daily steps line graph , daily report bar graph, progress of a period line graph .When user input the date and click the "VIEW STEP" button. It will show the line graph of steps record on this day at different time (see Figure 24).Then clicks the "VIEW DAILY" button, normally it will display the screen like Figure 25, a bar chart of user's report, if there is no record on that day the screen would be like Figure 26. If the user clicks the "VIEW PEROID" button, it will jump to another screen provide line graph of different calorie indexes on different day (see Figure 27). If there is no record during that period, user will see the screen like Figure 28.
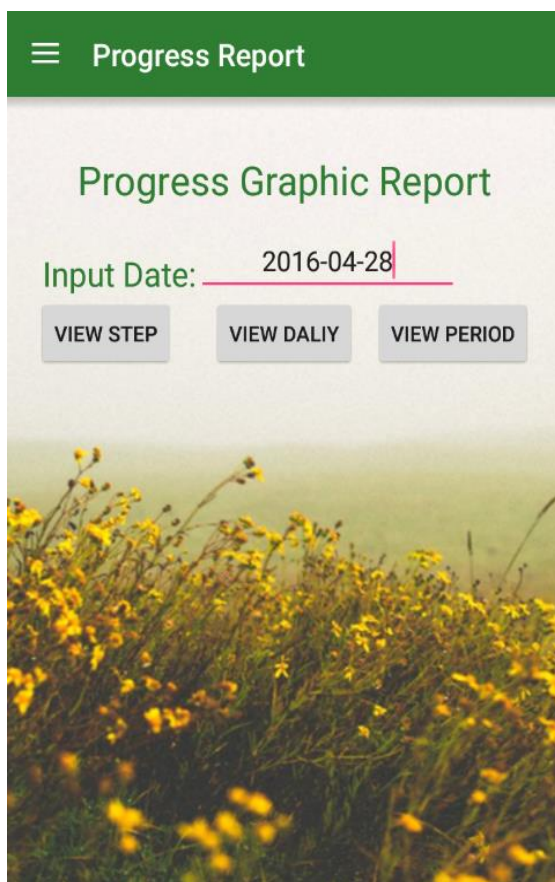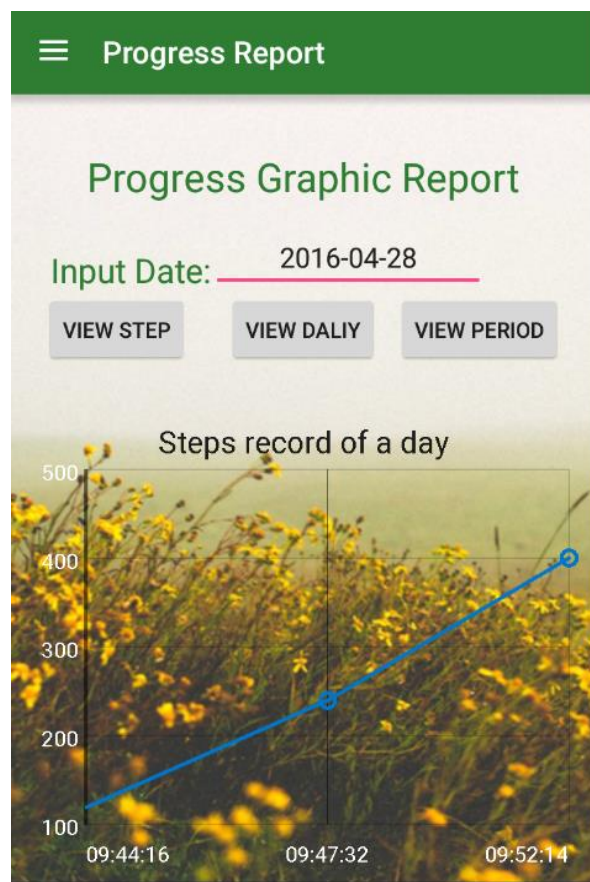

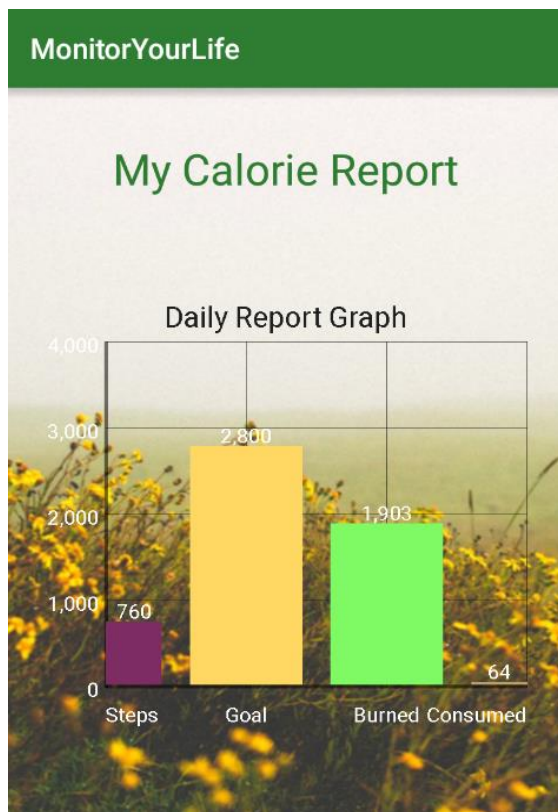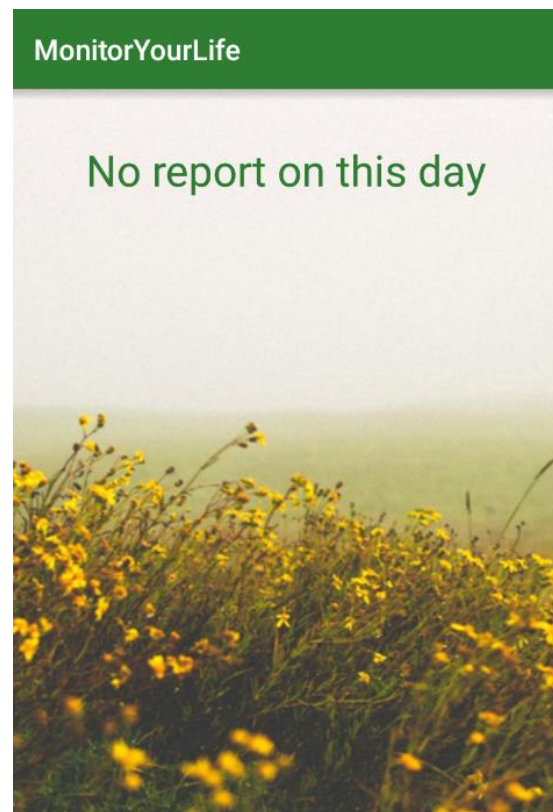Figure 23   Figure 24
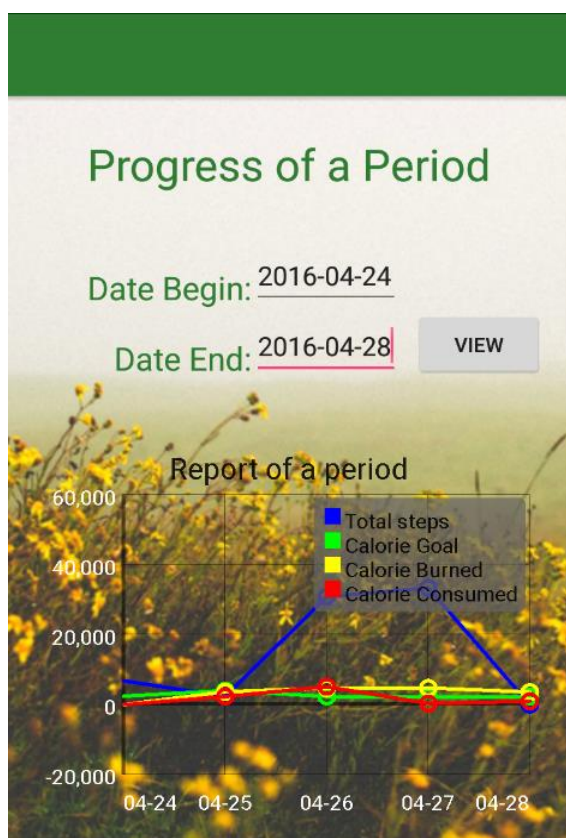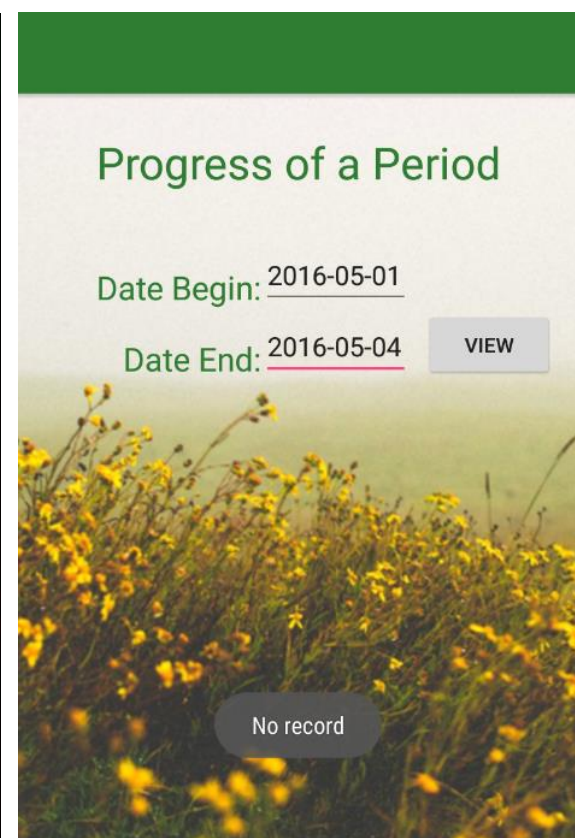
Figure 25

Figure 26

Figure 27

Figure 28

At last this application provides user the map function to allow user to locate their location and find park within 5 kilometers see Figure 29.

Figure 29