



# User Guide

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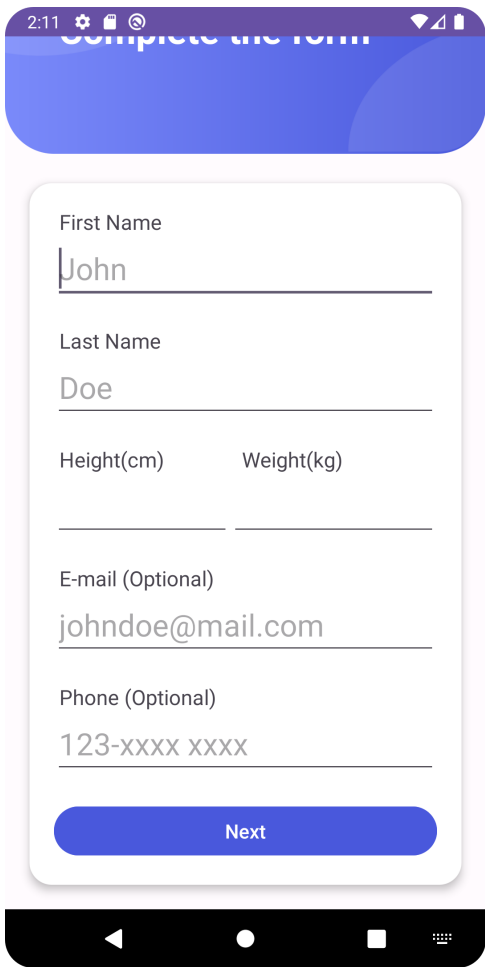
## Speaking Ahead

This is a health driven app based on Java, and it was developed by Android Studio. The app will track user’s basic health data according to their target.

## About App

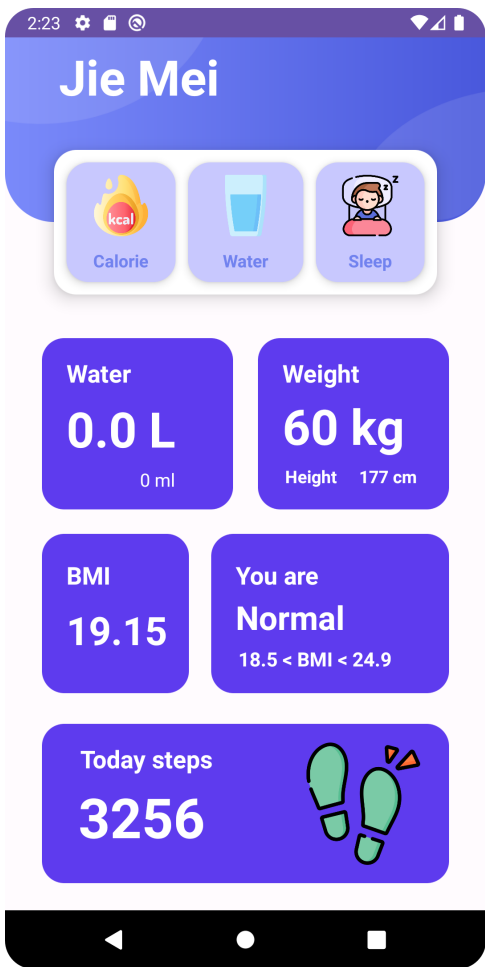
Platform	Android Studio Flamingo 2022.2.1 Patch 2
Language	Java
SDK	API 26 : Android 8.0 (Oreo)
Emulator	Google Pixel 3 API 29

## Instruction



The screenshot shows a mobile app interface for the 'Login Page'. At the top, there's a blue header with the text 'Complete the form'. Below this is a white form with several input fields: 'First Name' (containing 'John'), 'Last Name' (containing 'Doe'), 'Height(cm)' and 'Weight(kg)' (both empty), 'E-mail (Optional)' (containing 'johndoe@mail.com'), and 'Phone (Optional)' (containing '123-xxxx xxxx'). At the bottom of the form is a blue button labeled 'Next'. The phone's status bar at the top shows the time as 2:11 and various icons. The bottom of the screen shows the Android navigation bar.

LoginPage



The screenshot shows a mobile app interface for the 'Main Page'. At the top, there's a blue header with the name 'Jie Mei'. Below this are three circular icons: 'Calorie' (with a flame icon), 'Water' (with a glass icon), and 'Sleep' (with a person sleeping icon). Below these are several data cards: 'Water' showing '0.0 L' (0 ml), 'Weight' showing '60 kg' (Height 177 cm), 'BMI' showing '19.15', and 'You are Normal' (18.5 < BMI < 24.9). At the bottom is a card for 'Today steps' showing '3256' with a footprint icon. The phone's status bar at the top shows the time as 2:23 and various icons. The bottom of the screen shows the Android navigation bar.

MainPage

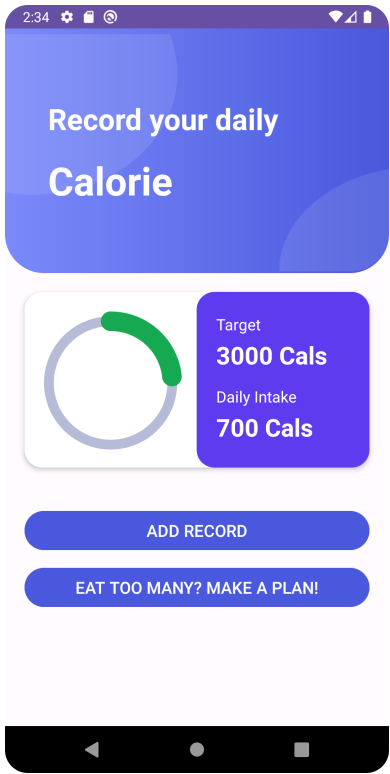
### Login Page

The page called login doesn't mean you need to login using your account. Filling the form before clicking the `Next` button. If your finish this one with wrong information, you can always get back to this page and modify your personal information. All your data will be stored in local.

### Main Page

In this page, you are able to see some basic information calculated by user's data. Such as `BMI` , it is calculated by the `weight` and `height` from `Login Page` .

On above field, there are three functional buttons, `Calorie` , `Water` , and `Sleep` which could direct you to other pages.

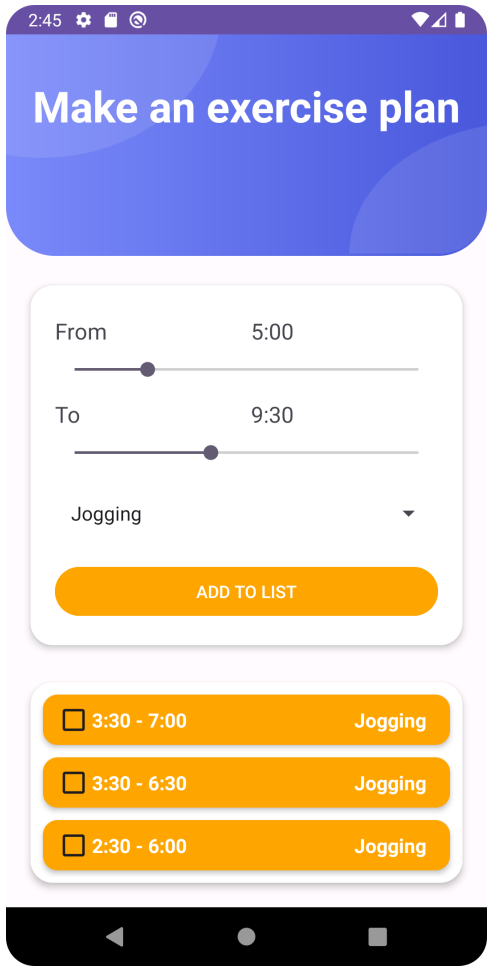


CaloriePage

### Calorie Page

By clicking the **Calorie** on previous page, you will be redirected here. It is clear to see how many calorie you had taken today on circular bar. Besides, you are able to change the daily calorie intake and target by clicking **ADD RECORD**. A small pop-up window will be shown on screen and you are able to update data.

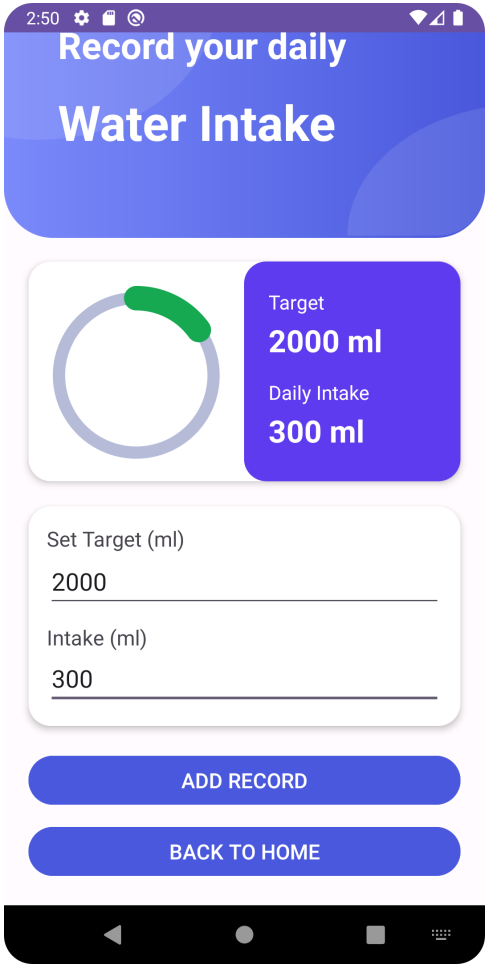
Considering eat too much? By clicking the button under the **ADD RECORD**, you will go to exercise plan which I will make a short description later.



ExercisePlanPage

### Exercise Plan Page

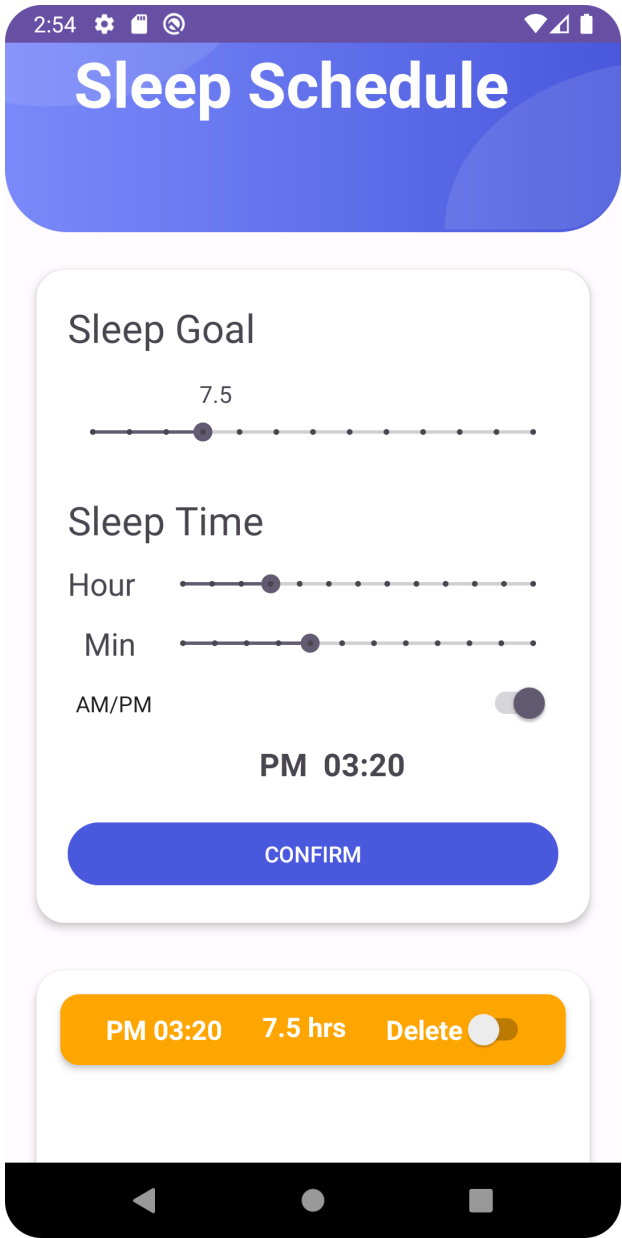
In this page, you can select a exercise through the dropdown list and give it a time schedule.



WaterIntakePage

Water Intake Page

This page is similar with the **Calorie Page** , by setting the target and intake, you are able to track your daily water intake.



SleepSchedulePage

Sleep Schedule Page

In the page, you can set a sleep schedule for yourself. By dragging those slider bar on screen, you can decide how long time you are going to sleep and when are you going to sleep.

? Others

- | The **Foot Steps** you saw on main page doesn't work, the data is hardcoded.
- | In current version, the record on the list from **Sleep Schedule Page** cannot be deleted.

