

Iteration 1

Kiri Woodruff,
Mars Williams,
Melody Hammel



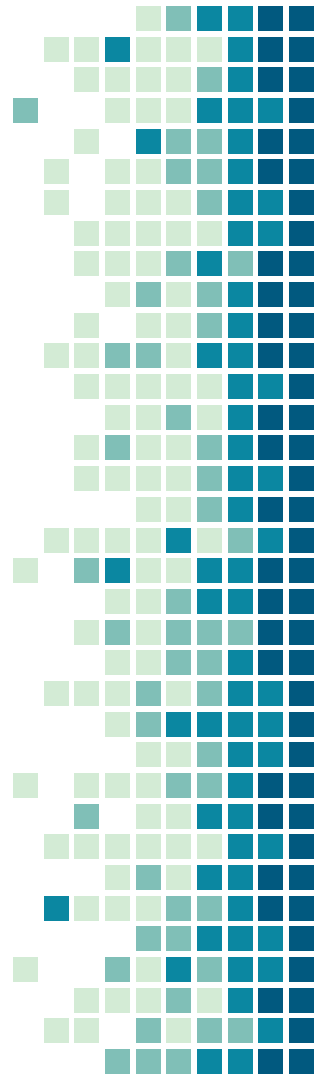


HELLO!

We are Henry Gets Moving Capstone Group

Our team members are

- Kiri Woodruff
- Mars Williams
- Melody Hammel



Client Information

Nicole Koontz

- Associate Lecturer of Exercise Science at Ball State
- Head of the HGM Immersive Learning Project



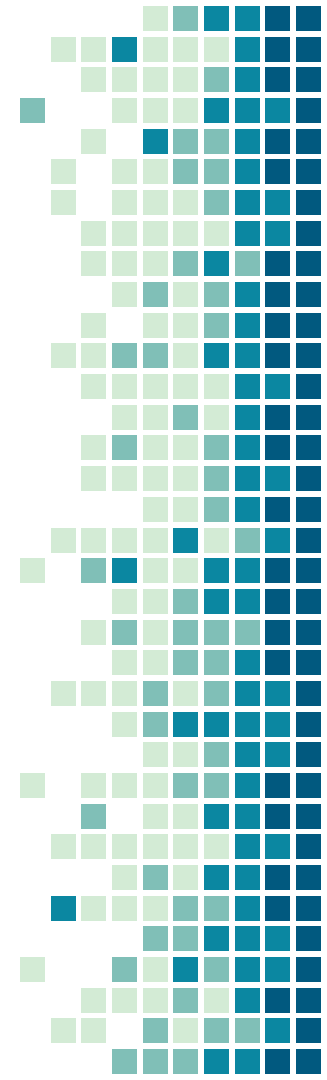
Feedback

Client Feedback

- Suggested adding more images of characters from the book – added Squirm in header when user is logged in
- Suggested Exercise and Recipes pages be called “Get Moving” and “Eat Healthy” respectively

Mentor Feedback

- Emphasized the importance of connecting the front- and back-ends together to more easily show off working features, and we did

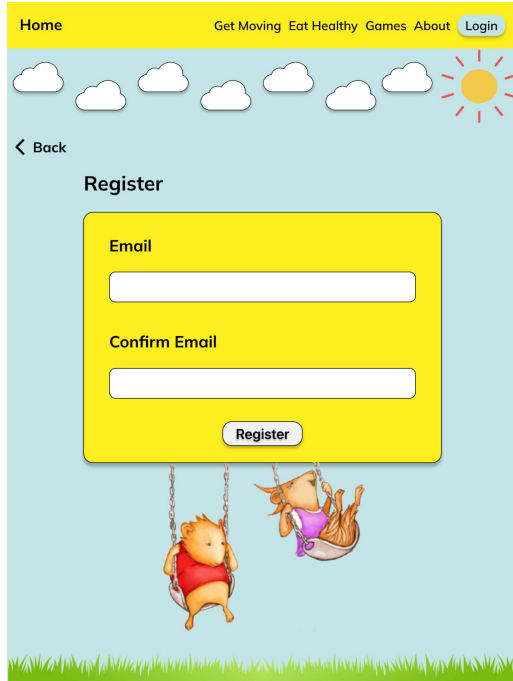


Login as existing user

The screenshot shows a website interface. At the top is a yellow header bar containing the text "Home", "Get Moving", "Eat Healthy", "Games", "About", and a "Login" button. Below the header is a light blue background with a row of white clouds and a yellow sun. The word "Login" is centered above a large yellow rectangular form. Inside this form, the word "Email" is above a white text input field. Below the input field are two buttons: a white "Login" button and a red "Register" button. At the bottom of the page, two cartoon characters are swinging on swings against a light blue sky and green grass at the very bottom. The character on the left is a small orange animal in a red shirt, and the character on the right is a purple animal in a purple shirt.

Log in with the email you used
to create your account

Register new user



The screenshot shows a web page with a yellow header bar containing the text "Home", "Get Moving", "Eat Healthy", "Games", "About", and a "Login" button. Below the header is a decorative row of white clouds and a yellow sun. A blue button labeled "< Back" is on the left. The main content area is light blue and features a yellow "Register" form. The form has two input fields: "Email" and "Confirm Email", followed by a "Register" button. At the bottom of the page, there is a green grass border and two cartoon animals swinging on swings.

Home Get Moving Eat Healthy Games About Login

< Back

Register

Email

Confirm Email

Register

Can create user accounts with an email

About



Henry Gets Moving in Delaware County

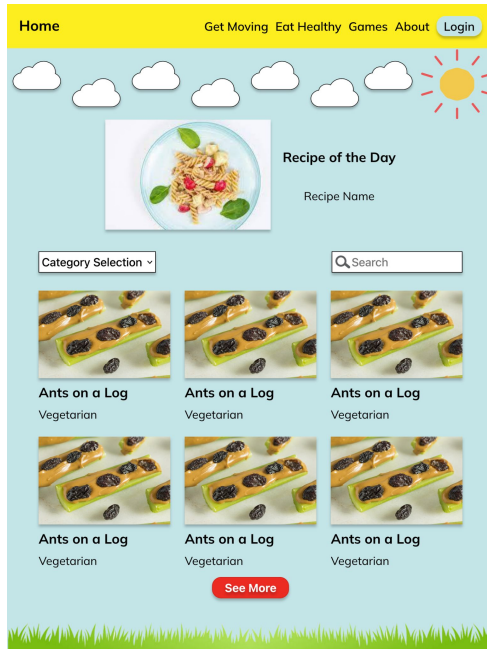
Henry the Hamster is a young boy who overcomes his obesity challenge with an active lifestyle and healthy eating. When we first meet Henry, he is overweight, having difficulty in school and at play. Like many children, Henry is teased for his weight. A discouraged Henry receives positive support from his friend, his physician, and his family to overcome his obesity and poor eating habits. Henry's determination and his positive support network are the foundation of successful community wellness movements.

Obesity is the foremost American public health problem. According to the Center for Disease Control and Prevention (CDC), 17% of children and 36% of adults are classified as obese, a condition that is strongly correlated with an increased risk of heart disease, stroke, and type II diabetes. The CDC estimates that obesity-related health care costs approach \$150 billion. Increasingly sedentary lifestyles and diets with excessive quantities of fat, sugar, and processed foods have facilitated the tripling of childhood obesity and the doubling of adult obesity rates over the past 30 years.



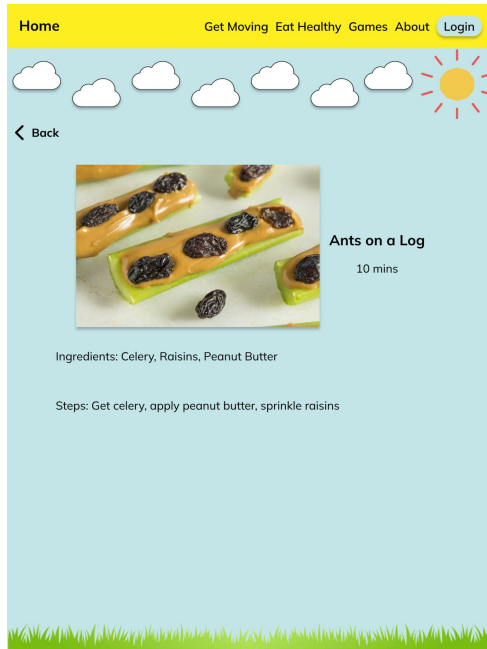
View an about page with information about the immersive learning project and links to their YouTube and Facebook pages

Recipes



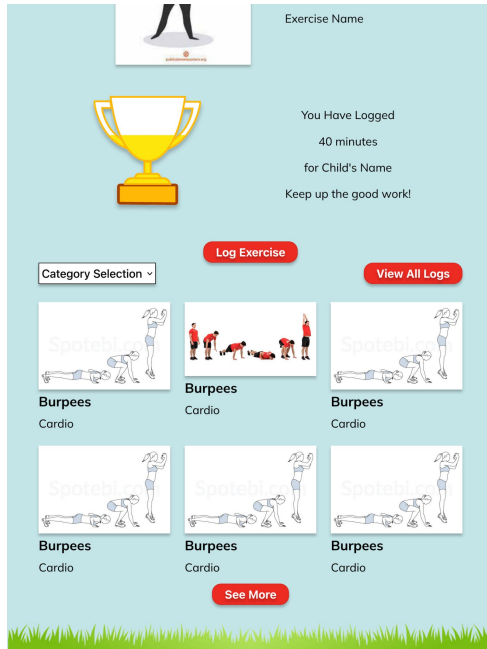
Displays list of recipes from the database, complete with name, category, and thumbnail

Individual Recipes



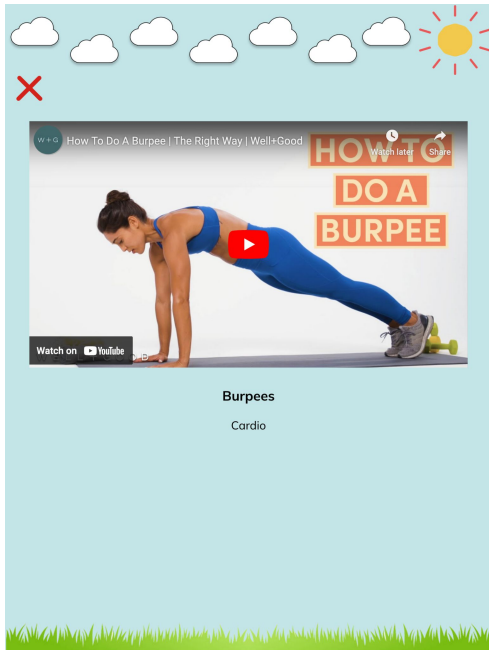
Each individual recipe is clickable, taking the user to a page for said recipe with additional information: cook time, instructions, and ingredients

Exercises



Displays list of exercises from the database, complete with name, category, and thumbnail

Individual Exercise



Individual exercises on the exercise page are clickable, opening a popup dialog with a video link

Exit Button



An exit button to close the dialog popped up by the individual Exercise pages

Header

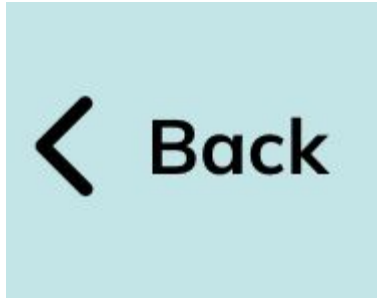
Home

Get Moving Eat Healthy Games About

Login

A header at the top of the website containing navigation links to the other parts of the website, including the Recipes, Exercises, future Games, About, Login, and Home pages

Back arrow component



A re-usable React component to be inserted on any page, navigating the user back to the previous page

Admin panel – Add new Exercise

Add Exercise Edit Exercise Select Exercise ▾

Name

Thumbnail Link

Embed Video Link

Category

Delete Exercise Save Exercise

localhost:3000
Exercise submitted!
OK

Save Exercise Ingredients

User of the Admin panel can add a new exercise to the database with the form, entering all the attributes and clicking “Save Exercise”

Admin panel – Add new Recipe

Add Recipe

Edit Recipe

Select Recipe

Name

Healthy Potatoes

Thumbnail Link

<https://www.verywellfit.com/thmb/we9FFKBAaI>

Category

Vegetarian

Cook Time

20 mins

Ingredients

Potatoes

Recipe Steps

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Et malesuada fames ac turpis egestas sed tempus. Sollicitudin tempor id eu nisl nunc mi

Delete Recipe

Save Recipe

User of the Admin panel can add a new Recipe to the database with a form, inputting individual fields and clicking "Save Recipe"

Admin panel – Edit Exercise

Add Exercise Edit Exercise Burpees ▾

Name

Burpees

Thumbnail Link

<https://www.spotebi.com/wp-content/uploads/>

Embed Video Link

<https://www.youtube.com/embed/qLBImHhCXs>

Category

Cardio ▾

Delete Exercise

Save Exercise

Fill in the information for that exercise, to then be edited by the user, updating the database upon clicking “Save Exercise”

Admin panel – Edit recipe

Add Recipe Edit Recipe Ants on a Log ▾

Name

Ants on a Log

Thumbnail Link

<https://www.thedailymeal.com/img/gallery/ants>

Category

Vegetarian ▾

Cook Time

10 mins

Ingredients

Celery, Raisins, Peanut Butter

Recipe Steps

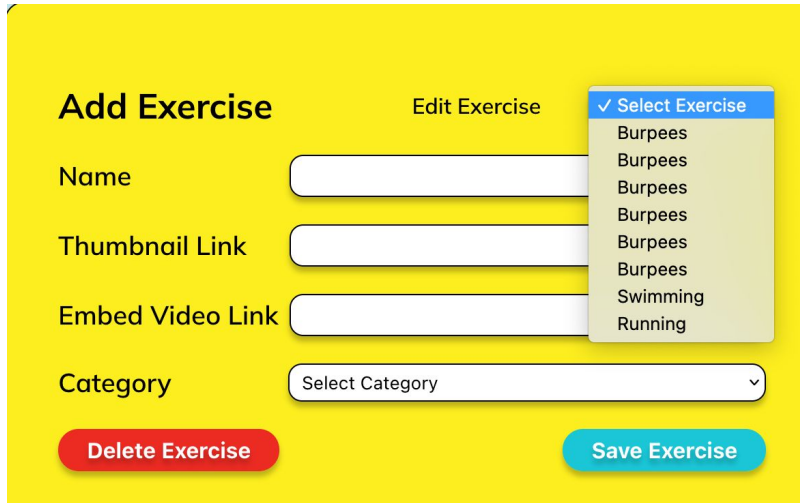
Get celery, apply peanut butter, sprinkle raisins

Delete Recipe

Save Recipe

Fill in all of the fields with the information for that recipe, to then be edited by the user, updating the database upon clicking "Save Recipe"

Admin panel – Select Recipe/Exercise drop-down



The screenshot shows a yellow background for the 'Add Exercise' form. At the top, there are two tabs: 'Add Exercise' (active) and 'Edit Exercise'. Below the tabs are four input fields: 'Name', 'Thumbnail Link', 'Embed Video Link', and 'Category'. The 'Category' field is a dropdown menu with the text 'Select Category' and a downward arrow. A dropdown menu is open from the 'Name' field, showing a list of items: 'Select Exercise' (with a checkmark), 'Burpees', 'Burpees', 'Burpees', 'Burpees', 'Burpees', 'Burpees', 'Swimming', and 'Running'. At the bottom of the form are two buttons: 'Delete Exercise' (red) and 'Save Exercise' (blue).

Add Exercise Edit Exercise

Name

Thumbnail Link

Embed Video Link

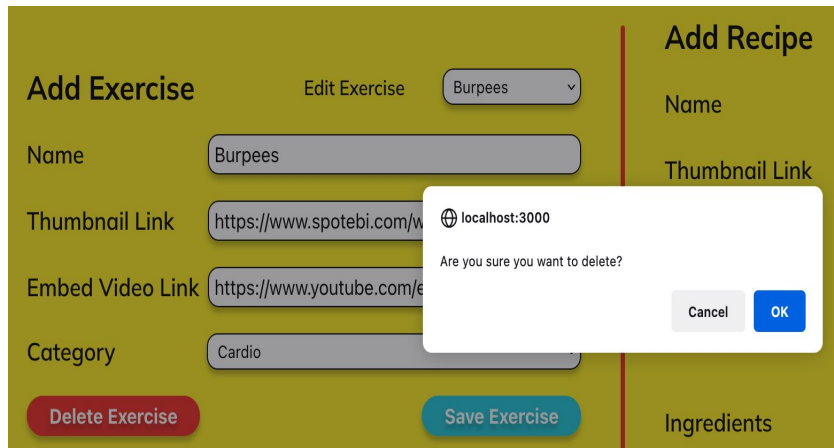
Category

Delete Exercise **Save Exercise**

✓ Select Exercise
Burpees
Burpees
Burpees
Burpees
Burpees
Burpees
Swimming
Running

Items selectable from a drop-down menu which automatically fills in the form with the information for the exercise or recipe selected for easier editing

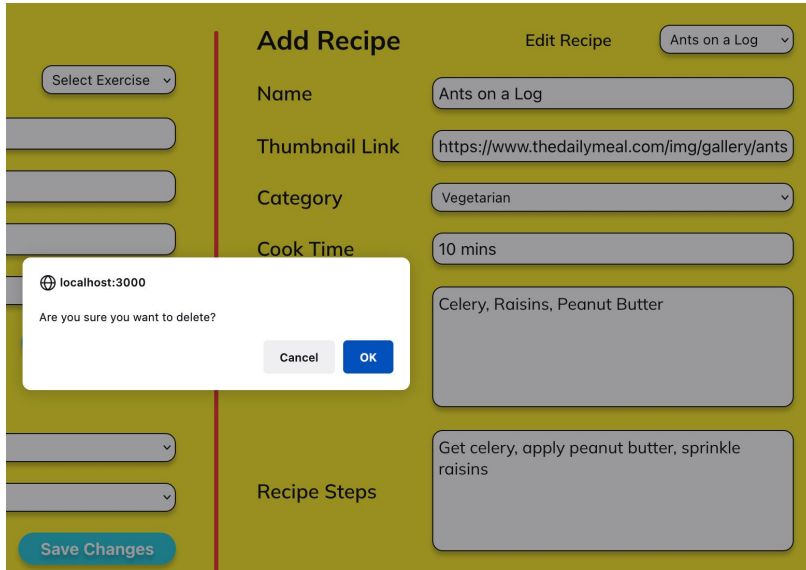
Admin panel – Delete Exercise



The screenshot shows the 'Add Exercise' form in the admin panel. The form has a green header with 'Add Exercise' and 'Edit Exercise' (with a dropdown menu showing 'Burpees'). Below the header are input fields for 'Name' (containing 'Burpees'), 'Thumbnail Link' (containing 'https://www.spotebi.com/w'), 'Embed Video Link' (containing 'https://www.youtube.com/e'), and 'Category' (containing 'Cardio'). At the bottom of the form are two buttons: 'Delete Exercise' (red) and 'Save Exercise' (teal). A white confirmation dialog box is overlaid on the form, displaying 'localhost:3000' and the text 'Are you sure you want to delete?'. The dialog has 'Cancel' and 'OK' buttons.

Can delete individual exercises by filling in the fields (or clicking the exercise under the Edit field) and clicking “Delete Exercise,” removing it from the database

Admin panel – Delete Recipe



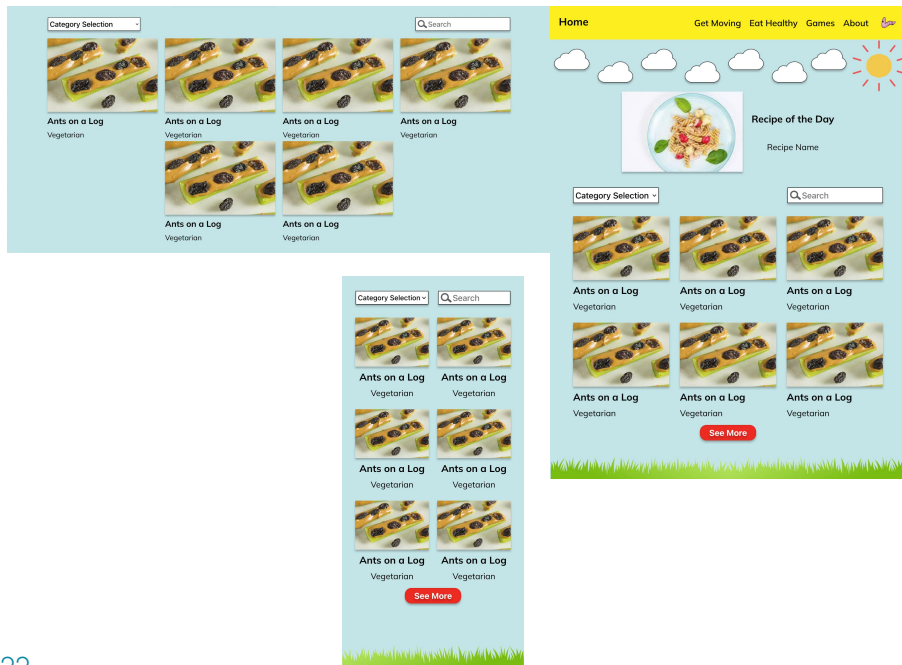
The screenshot shows the 'Add Recipe' form in the Admin panel. The form has a green header with the title 'Add Recipe' and a dropdown menu 'Edit Recipe' set to 'Ants on a Log'. The form fields are as follows:

- Name:** Ants on a Log
- Thumbnail Link:** <https://www.thedailymeal.com/img/gallery/ants>
- Category:** Vegetarian
- Cook Time:** 10 mins
- Ingredients:** Celery, Raisins, Peanut Butter
- Recipe Steps:** Get celery, apply peanut butter, sprinkle raisins

A confirmation dialog box is open in the foreground, displaying the text 'localhost:3000' and 'Are you sure you want to delete?'. It has two buttons: 'Cancel' and 'OK'.

Can delete individual recipes by filling in the fields (or clicking the recipe under the Edit field) and clicking "Delete Recipe," removing it from the database

Dynamic and responsive styling for all platforms



Styling changes depending on the platform of the user, with a mobile-first design, since users are expected to primarily be on iPad – but the website can also be used on Desktop and on Mobile

Colorful and kid-friendly design




Home Get Moving Eat Healthy Games About

< Back

Exercise Log

Child's Name

Exercise Type

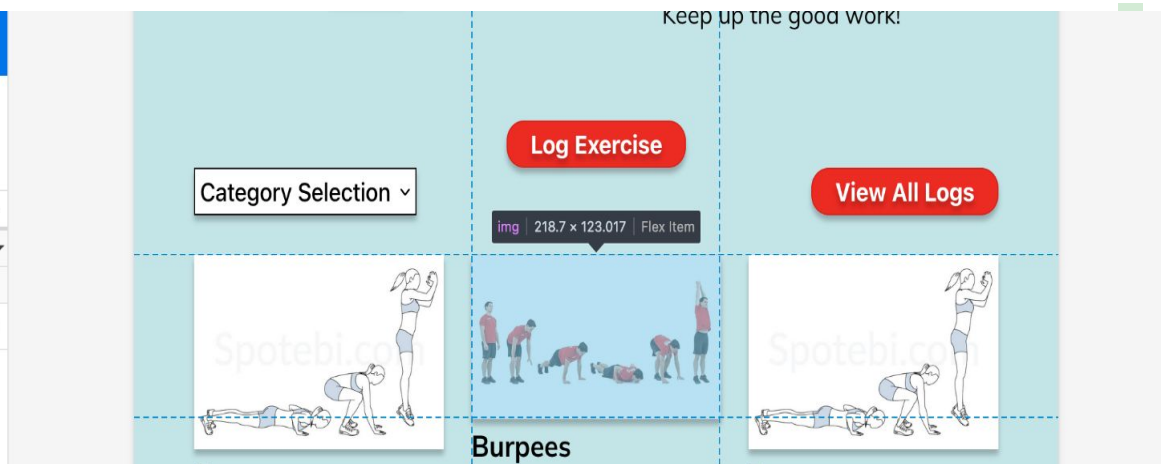
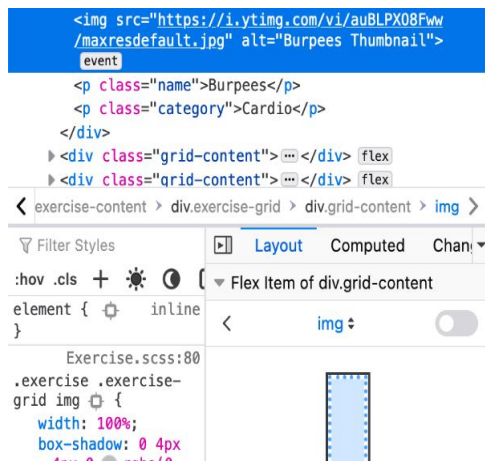
Intensity   
Light Moderate Vigorous

Duration

[Log Exercise](#)

Styled to be friendly to children, since they are the target audience of the website, encouraging kids to use the website and, just as Henry does, Get Moving™ – buttons and colors are made big, vibrant, and readable – pictures are used to demonstrate and capture attention, and the language used is accessible to kids

Accessible to screen-readers



Alt text makes the website accessible to screen readers

Replace Login with Squirm the Worm

Home

[Get Moving](#) [Eat Healthy](#) [Games](#) [About](#)



“Login” button is replaced with an image of Squirm to show when user is logged in

Planned Features for Iteration 2

Remake backend in Laravel framework to make better testing

Hamburger Menu is displayed for mobile styling

On-click drop down menu for header

Learn more page

Exercise Log hooked up to backend

Add diagrams sections to admin panel

Add demonstrations section to admin panel

Calendar page

User can filter categories for recipes

User can filter categories for exercises

User can search recipes

Add pagination for recipes

Add pagination for exercises

See more button for recipes



Interesting slide (epci) ↓ Look at this

