User Manual & Guide

Designed by Group 41

Homepage

📁 JavaScript	2025/4/10 上午 11:06	File folder	
📁 Other webpage	2025/4/11 上午 01:25	File folder	
📁 Style	2025/4/10 上午 11:07	File folder	
🌐 Homepage	2025/4/11 上午 08:30	Chrome HTML Do...	5 KB

1. You might access the website by double click the circled file call "Homepage" which is a HTML file

Homepage

2. You might input your Username and Password in these two input fields

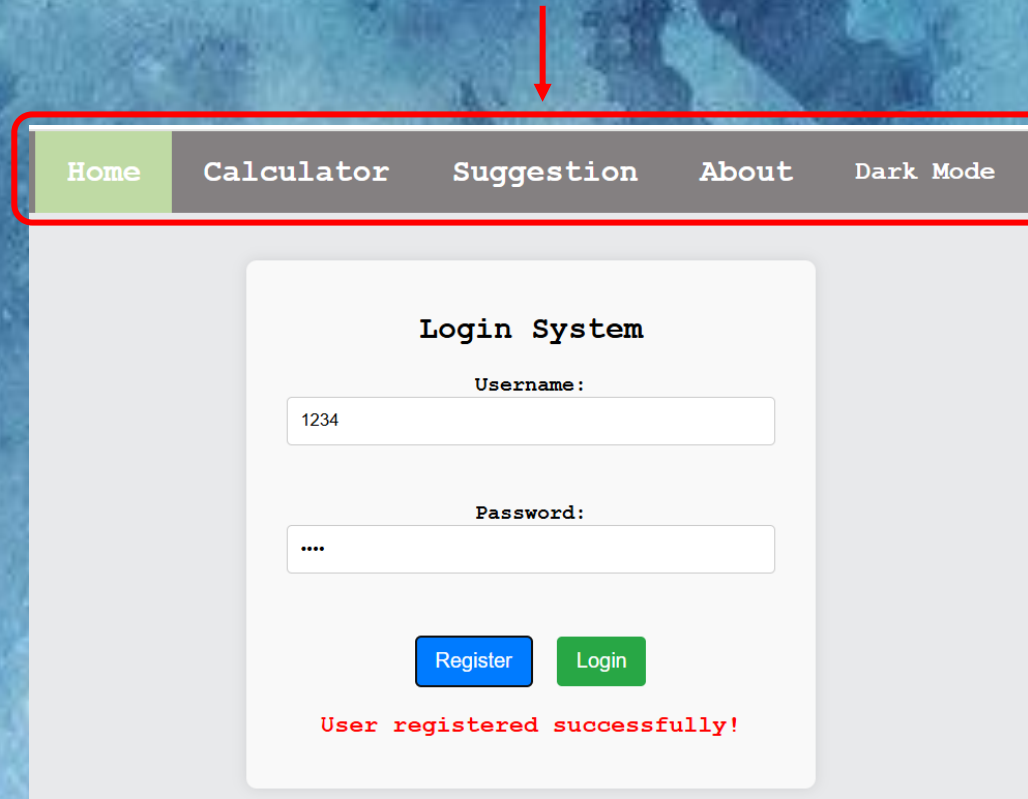3. After enter both Username and Password, you might press this button to register a new account

5. You might press this button for log in if you registered an account

4. After pressing the button, it will print out "User registered successfully !" to let you know your account has been registered successfully

Homepage

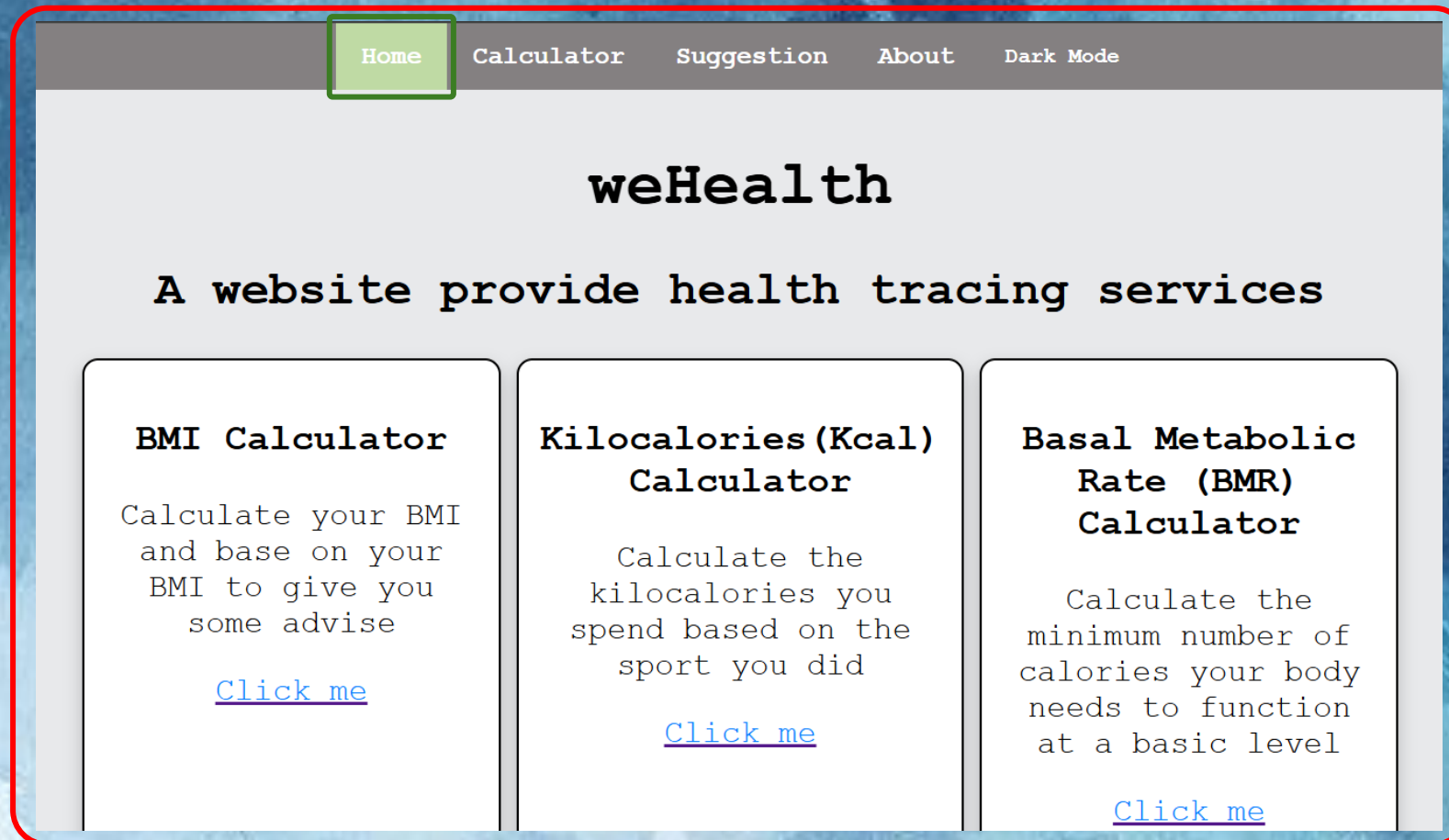6. You might use a navigation bar for access the services if you did not want to register an account

Homepage

After you press the login button, you might will access this page and you can watch the introduction of different services

This green button shows which webpage you are

| Home | Calculator | Suggestion | About | Dark Mode |

weHealth

A website provide health tracing services

BMI Calculator

Calculate your BMI and base on your BMI to give you some advise

Click me

Kilocalories(Kcal) Calculator

Calculate the kilocalories you spend based on the sport you did

Click me

Basal Metabolic Rate (BMR) Calculator

Calculate the minimum number of calories your body needs to function at a basic level

Click me

Homepage

Logout

If you want to log out, you might scroll to the bottom of the website

Navigation Bar
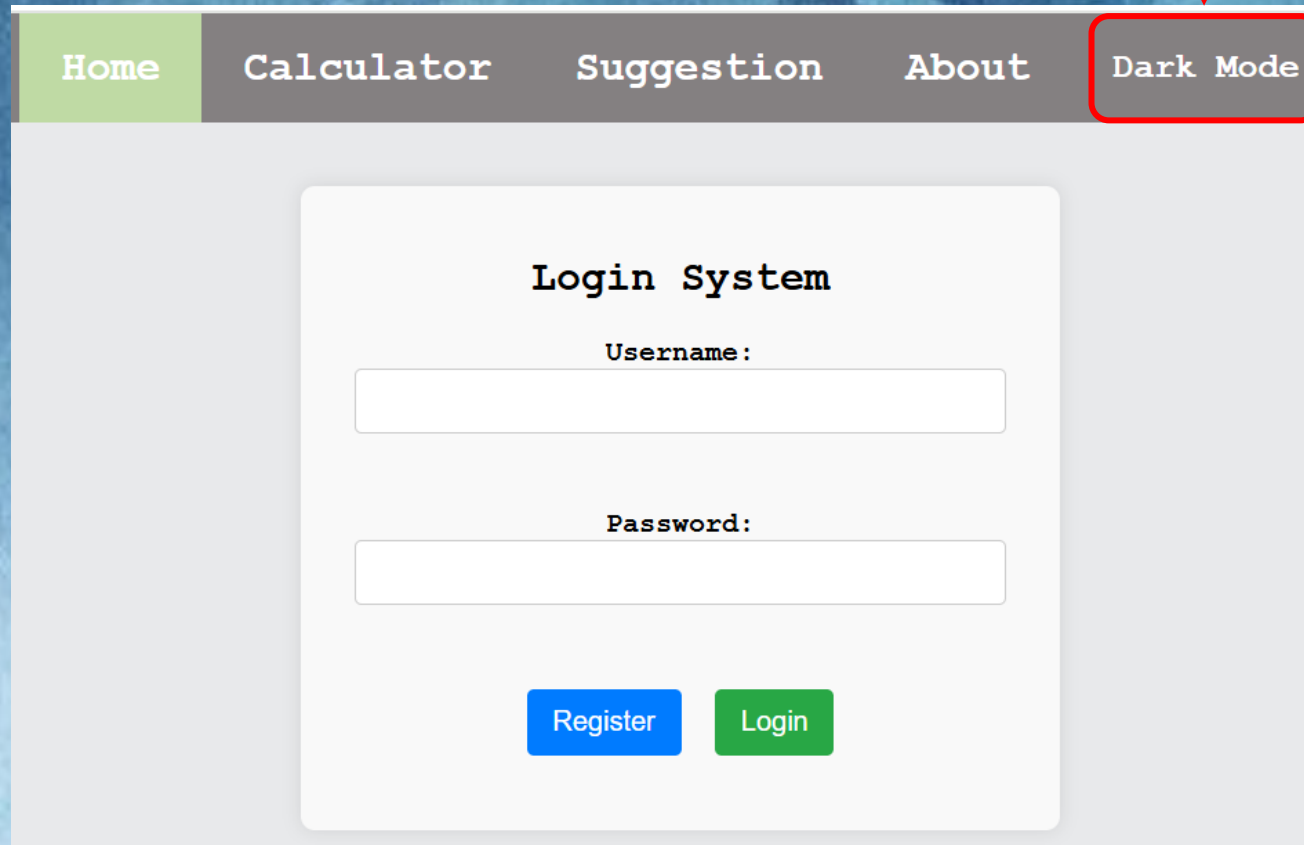
Top navigation bar for access different services

| Home | Calculator | Suggestion | About | Dark Mode |

BMI Calculator

Kcal Calculator

BMR Calculator

Calories Calculator
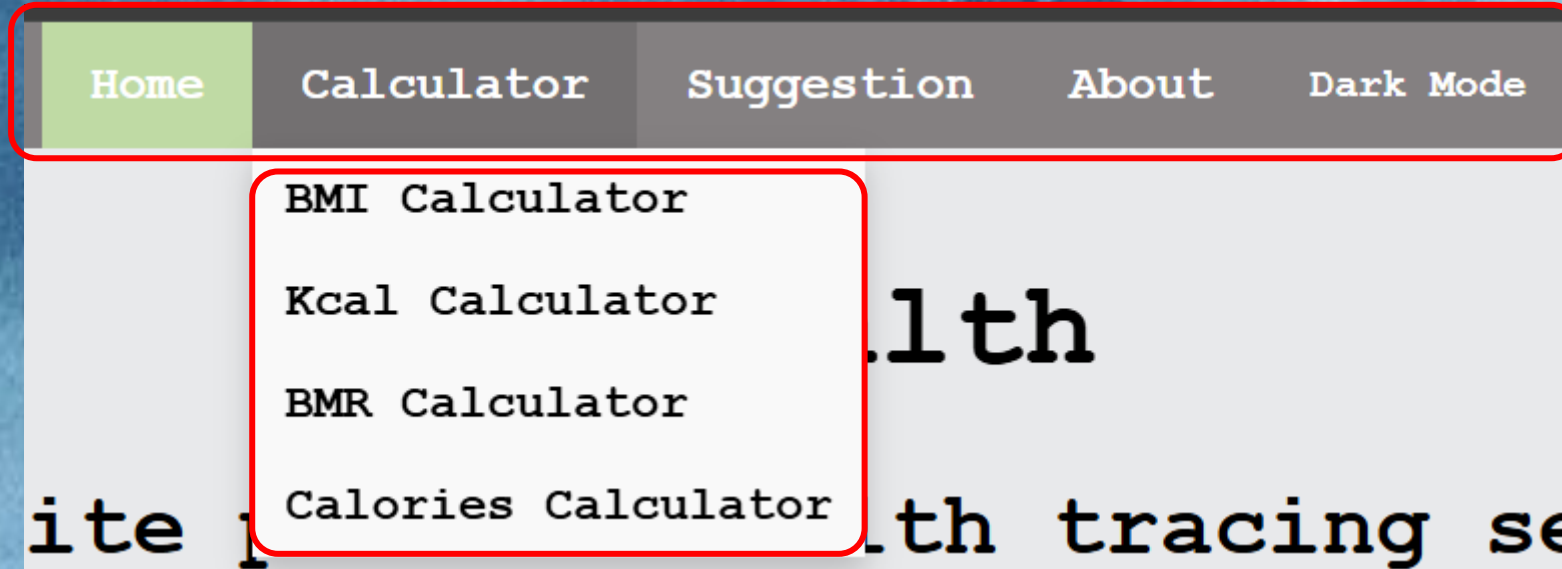
Dropdown menu for different function (Under Calculator and Suggestion)

Theme Mode Switching

Theme mode switcher, you can change the theme between light and dark mode (the theme style would be stored)

Theme Mode Switching

Function (examples)

BMI Calculator

Follow the labels to input data into the input field →

Height (m): [Enter your height in meters]
Weight (kg) [Enter your weight in kg]

Calculate ← Click the button to get the result

Export to Excel

↑

If you want to get an Excel file, you might click this button

Function (examples)

BMI Calculator

Height (m): [Enter your height in meter]
Weight (kg) [Enter your weight in kg]

Calculate

Export to Excel

bmi_results.xlsx
15.9 KB • Done
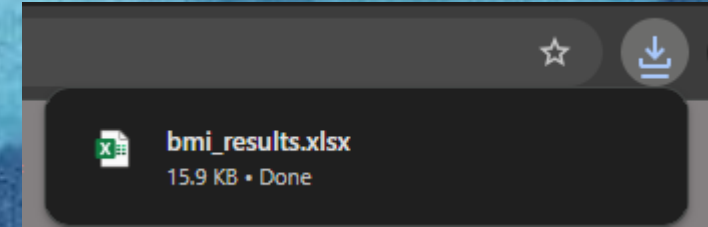
After you click the button "Export to Excel, an Excel file will download to your device

If you want to get an Excel file, you might click this button

Function (examples)

Sport type: Walking
- Walking
- Running
- Swimming
- Cycling

You might choose the sport type by clicking the sport, instant of typing

END