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THE BMI CALCULATOR WEBSITE

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# The BMI Calculator Website

This documentation is written as a summary of the work done and contains simple instructions on how to run the file successfully.

## Introduction

### What to Expect in the Project.

Files embedded to the project include:

* 1 Cascading Style Sheet (CSS) – Contains the properties and behaviours of the various components inside the website such as images, text and hyperlinks.
* 1 Extensible Markup Language (XML) Document File (DOCX) – This is the Microsoft Word document that explains the key features of the website and how to run it properly.
* 13 Graphics Interchange Format Images (GIFs) – These are dynamic images that set an aesthetic feel to the website.
* 12 Hypertext Preprocessor Files (PHP) – These are server side scripts that are used to develop dynamic websites or web applications. They contain the codes of the components in the website.
* 16 Joint Photographic Expert Group Images (JPGs) – These are non-dynamic images that are eye catching, clearly puts across a point and prepares the person to expect a certain topic to be covered.
* 1 Portable Network Graphics Image (PNG) – These are small images with a transparent background, in this case, acts as the logo.
* 1 Structured Query Language File (SQL) – This is a database that has been exported for the purpose of easy transfer. Once imported into the system, it dynamically adapts as the website grows.

Summary: 1 CSS, 1 DOCX, 13 GIFs, 12 PHPs, 16 JPGs, 1 PNG, 1 SQL

Total: 45 files.

### Programming Languages Used.

PHP

HTML

CSS

MySQL

JQuery

### Integrated Development Environment Used

* Xampp version 3.2.4
* Adobe Dreamweaver CS6
* Brackets version 1.9.0.0
* Notepad++ version 7.7.1.0

## The Main Website Pages

### Index Page

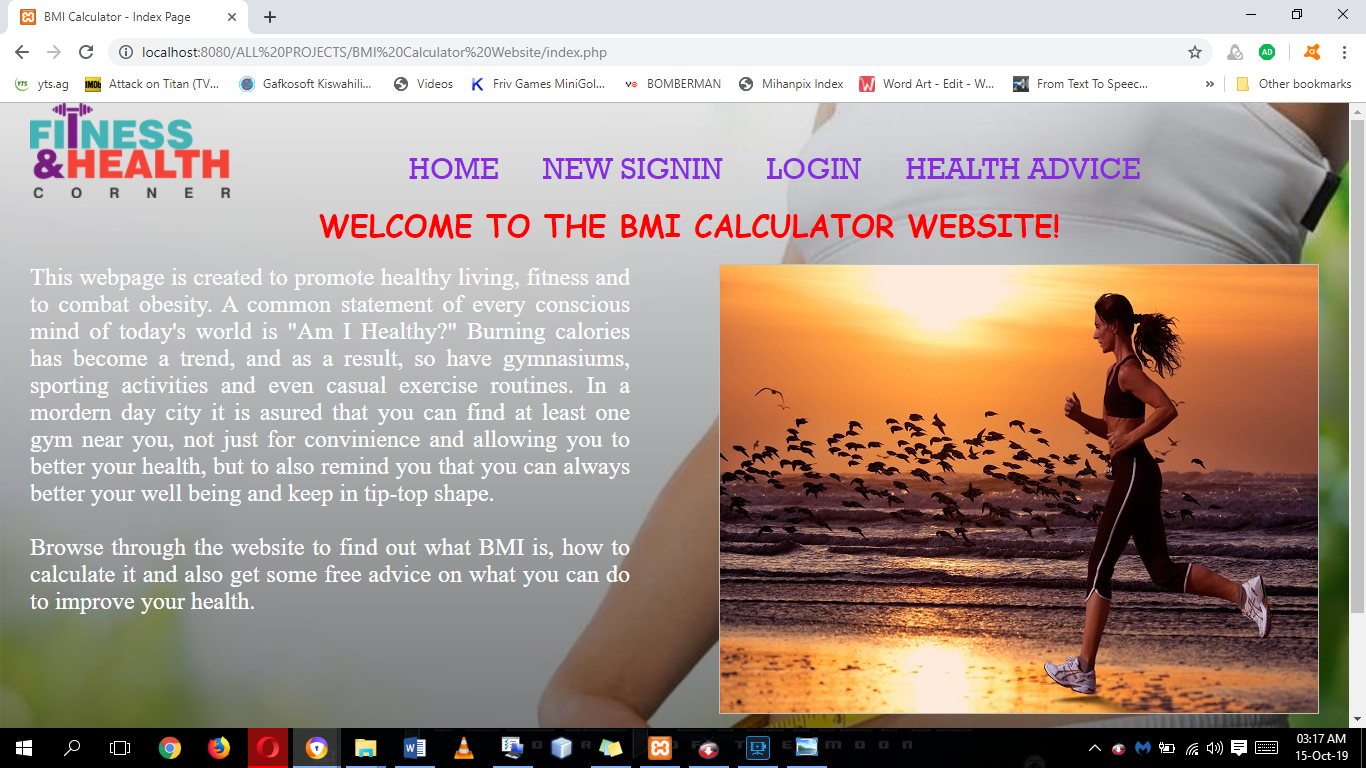


Figure 1: Index Page

Explains why the website was created and how viable it is in modern society. This page contains a slide show of images.

### Home Page (Metric Measurements)

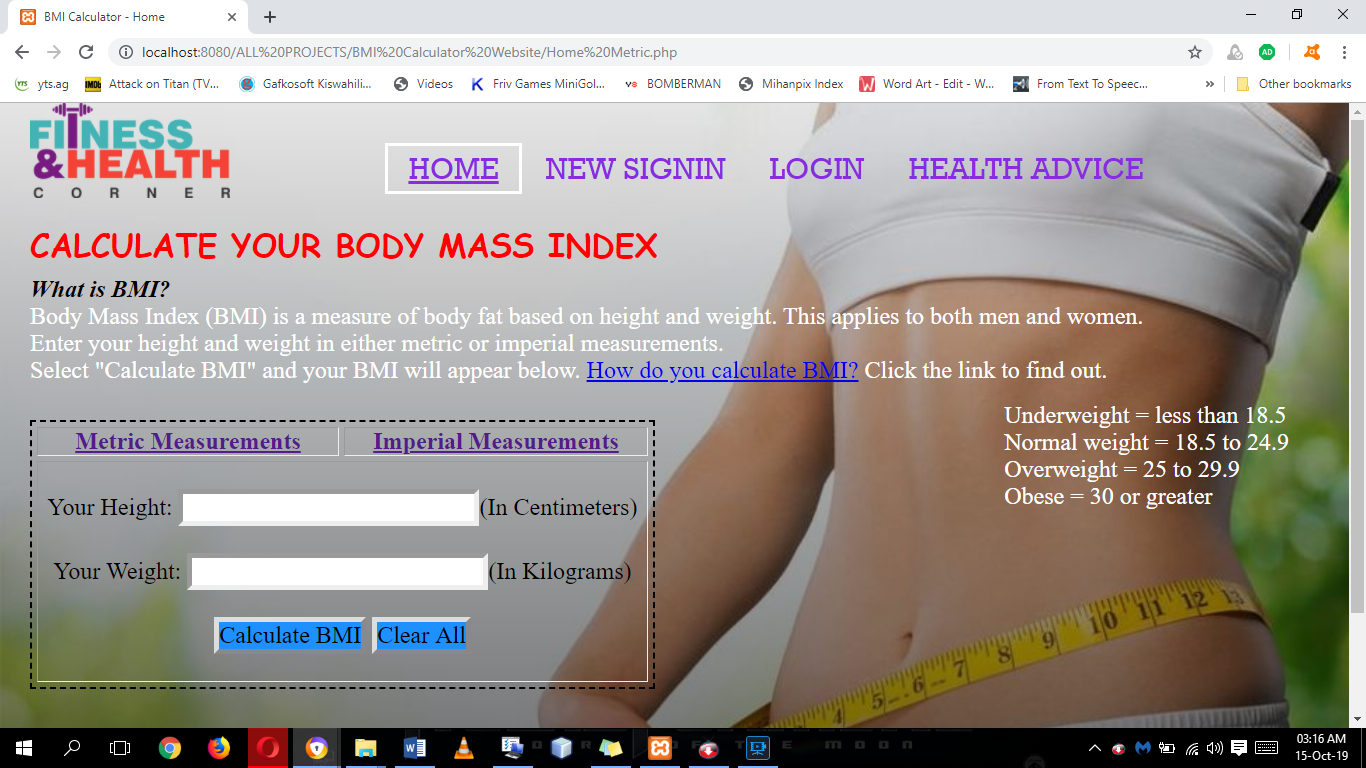


Figure 2: Home Metric

Explains what BMI is and allows any user (whether logged in or not) to interact with the website and calculate their BMI in metric system.

### Home Page (Imperial Measurements)

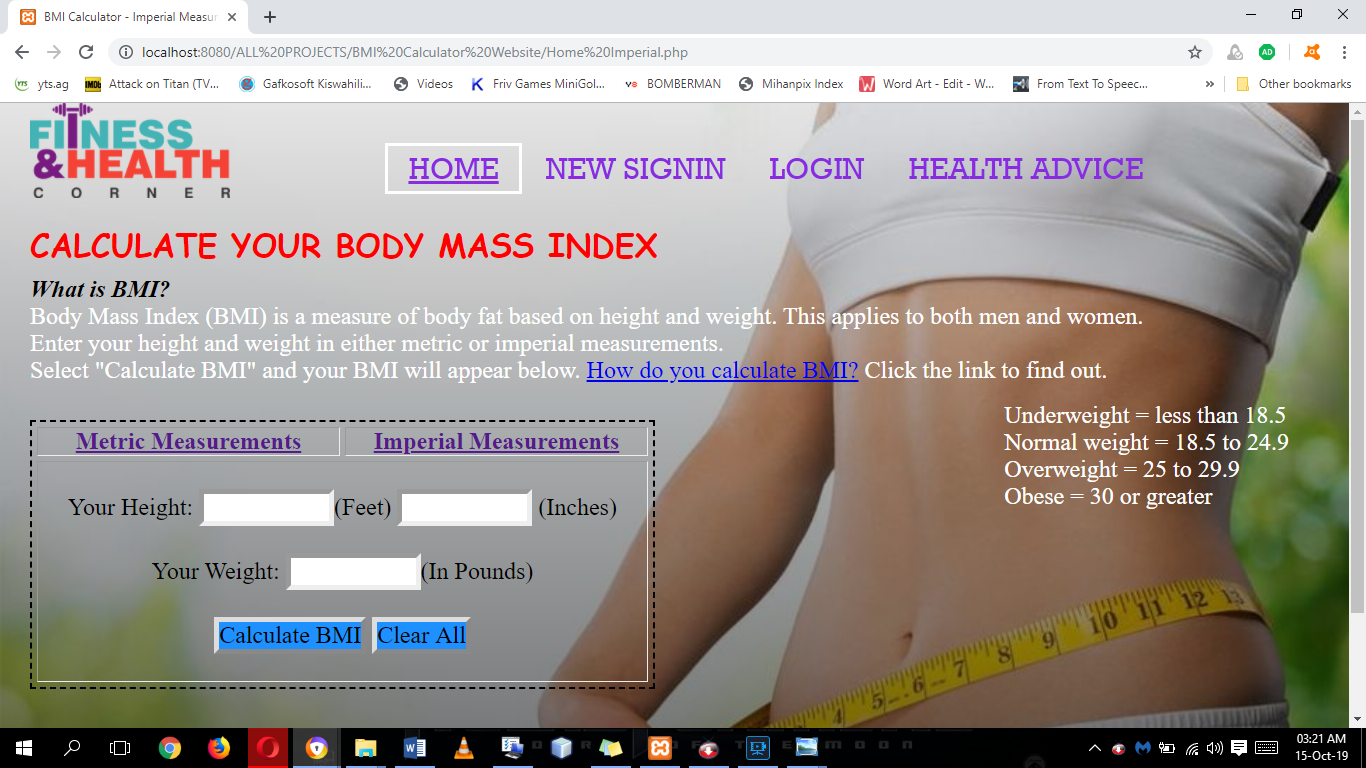


Figure 3: Home Imperial

Explains what BMI is and allows any user (whether logged in or not) to interact with the website and calculate their BMI in imperial system.

### New Sign In Page

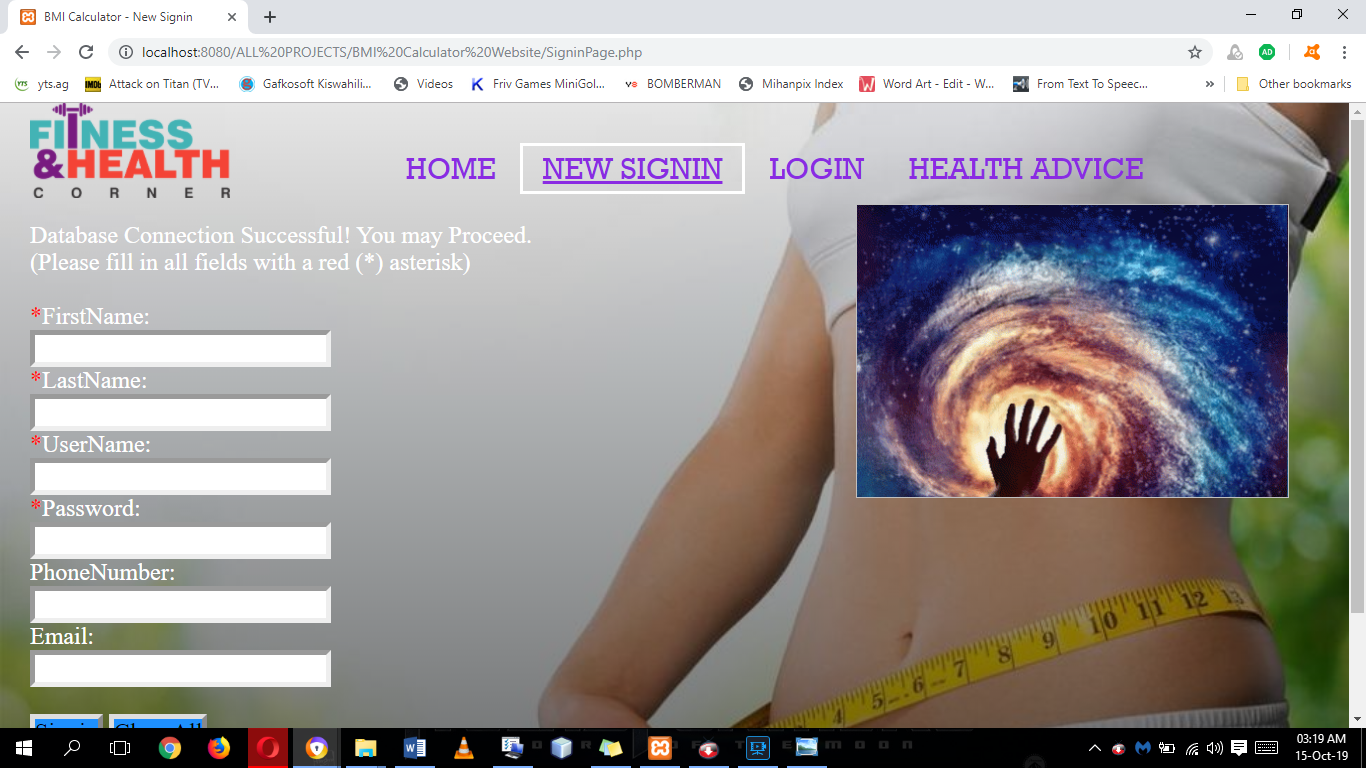


Figure 4: Sign In Page

Allows the creation of new users to the website. This page contains a slide show of gifs.

### Login Page

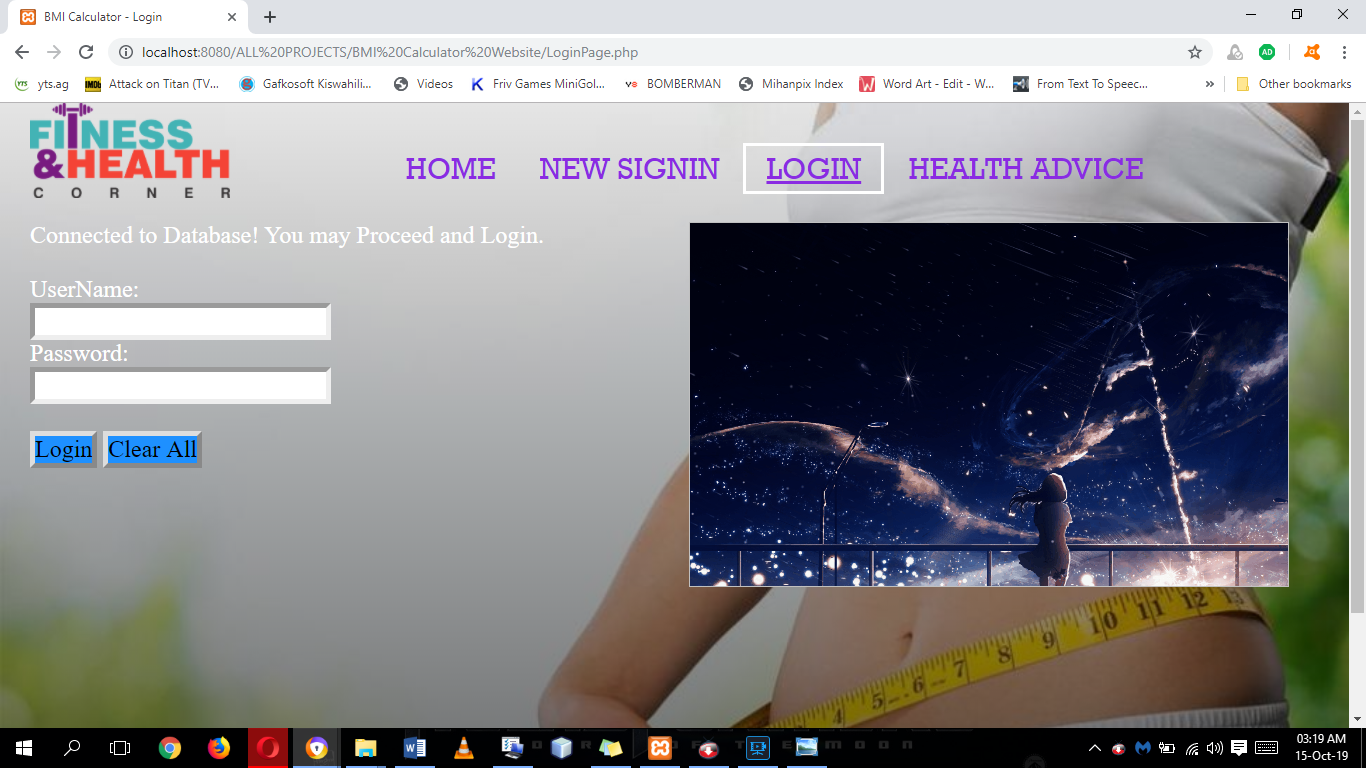


Figure 5: Login

Allows persons with usernames and passwords to login to the system and save their data onto our database. This page contains a slide show of gifs.

### Health Advice Page

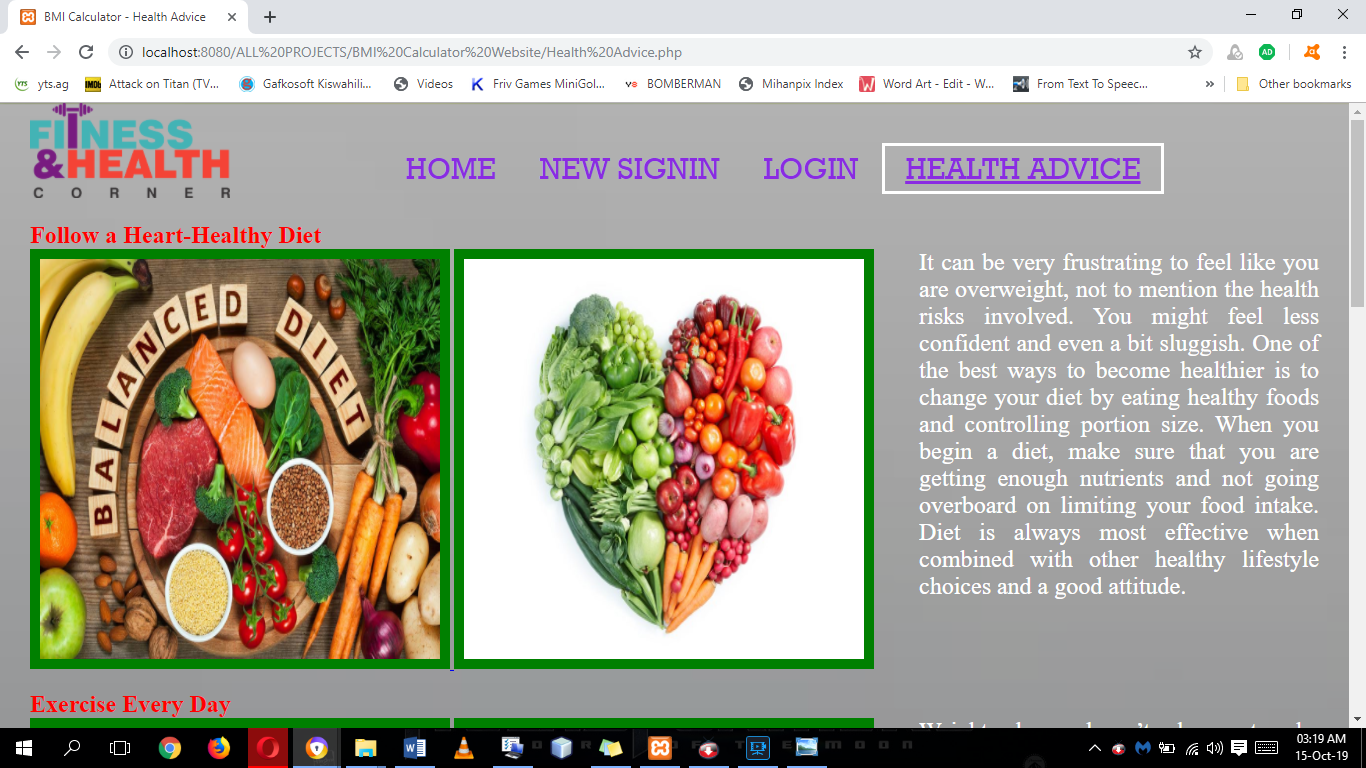


Figure 6: Health Advice

Allows any user to access free advice on how to improve one’s well-being and encourage them to live healthy lives.

## Database Design

### New Sign In and Login

This contains the details of all the Users in the system.

|  |  |  |  |
| --- | --- | --- | --- |
| **Field Name** | **Datatype** | **Description** | **Constraints** |
| SigninID | int(5) | Stores the User’s ID | Primary Key, Auto Increment |
| FirstName | varchar(15) | Stores the user's First Names |  |
| LastName | varchar(15) | Stores the user's Last Names |  |
| UserName | varchar(30) | Stores the User Name of the user that is used during login. | Unique Key |
| Password | varchar(30) | Stores the Passwords for the users |  |
| PhoneNumber | varchar(10) | Stores the user’s Phone Number | Unsigned Zerofill |
| Email | varchar(50) | Stores user’s Email Address |  |

### User’s Data Table

This allows the person to save their details to the website’s system.

|  |  |  |  |
| --- | --- | --- | --- |
| **Field Name** | **Datatype** | **Description** | **Constraints** |
| BMIID | int(4) | Stores the BMI’s ID | Primary Key, Auto Increment |
| Date | Date | Gets the current system date |  |
| Height | int(5) | Stores the User’s height |  |
| Weight | int(5) | Stores the User’s Weight |  |
| BMI | varchar(6) | Stores the Passwords for the users |  |

# How to Run the Website

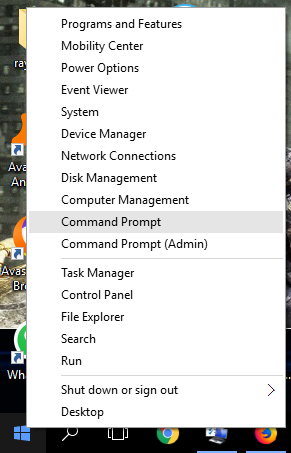
## What You Need

These are softwares you need to install.

* Browsers – To run the files on
  + Highly recommended, Google Chrome or Avast Browser.
  + Others recommended, Opera Mini, Safari.
  + Slightly problematic, Firefox version 69.0.1.
* Wamp or Xampp – To install the database. They all work the same.
* Brackets, Atom, Notepad ++, Adobe Dreamweaver or Atom etc. – To view the source code of the PHP and CSS files.
* Microsoft Word to view the documentation for the website.

## Steps

1. Install Xampp <https://www.apachefriends.org/download.html> and run it.
2. Click start on both Apache and MySQL. Apache ensures the PHP files run on the browser while MySQL ensures the website is able to interact with the database.
3. Find the Folder ‘BMI Calculator Website’ containing the website. Copy or cut the folder.
4. Navigate to the directory path C:\xampp\htdocs and create a new folder and name it anything, for example ‘My Projects’. Paste the website inside this folder.
5. Inside the website folder, locate the SQL file labelled ‘bmicalc’. Copy it to your local disk C. This will request for administrative rights, click ok.
6. Right click the start button and click on Command Prompt. (You can also access the database by typing localhost in the browser)



1. Write the following codes on the CMD that opens:
   1. cd C:\xampp\mysql\bin

- This changes directory to the location of the MySQL application.

* 1. mysql -u root

- This logs in to the mysql application as the default user root and without a password (default settings).

* 1. source C:/bmicalc.sql;

- This imports the bmicalc database to xampp.

1. Install Google Chrome (preferably on Wi-Fi) and run it. <https://www.google.com/chrome/?brand=CHBD&gclid=Cj0KCQjwuZDtBRDvARIsAPXFx3DXoOwnK6AudJL9e1hAbYyejjfPgIbrcmylVbcI76GW3RDeBoEcTKoaAlZ7EALw_wcB&gclsrc=aw.ds>
2. On the URL search bar of Google Chrome type localhost/My Projects. Here’s a link for you. <http://localhost/My%20Projects/> Depending on how you named your folder earlier, this may differ.
3. Click on the folder BMI Calculator Website. Interact with it as you see fit. The admin password is 1234 but you can create your own user.