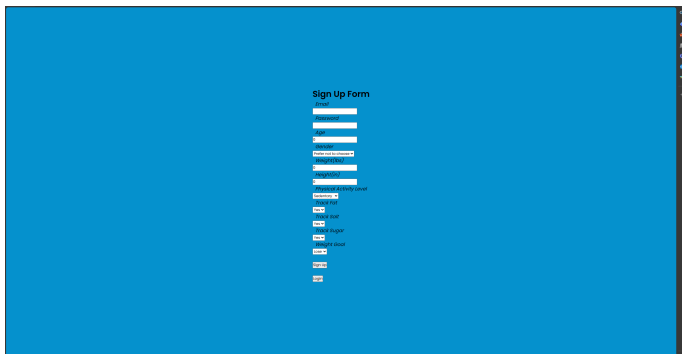# Introduction

Welcome to our meal tracking application. This is a general guide on how you can navigate through our application. Here we will go through the progress of signing up, logging in and using the application. This is a web application, so if you have a laptop with any type of browser, you can use our application.

User Interface

Main Pages

Our user interface include three main pages: your sign up page, home page and our unique meal recommender page. Our sign up page includes a form for you to enter your basic health information, kept simplest for easy registration. Our home page includes your daily nutrition tracker, a schedule where you can log into during your diet journey and a meal recommender whenever you're feeling experimental.

Login/Sign up

You will need to sign up and create an account when you first reached our website. The sign up process is simple: you enter your current health information such as age, weight, height, physical activity level. Remember, all the information in the form is required for the website to track your progress. Once you do that you'll be redirected to the login page. Additional Sign up information: We offer additional tracking for your fat, salt and sugar intake.
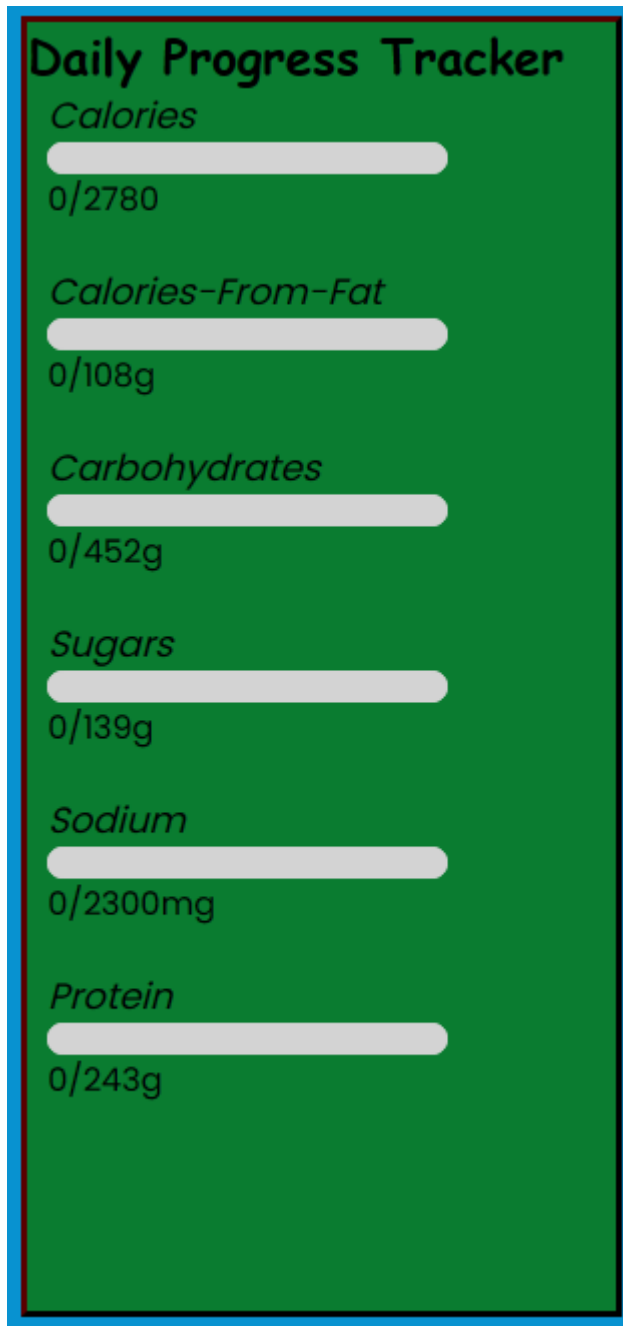
Under the login page, simply type in your mail and your password.

Daily Progress tracker
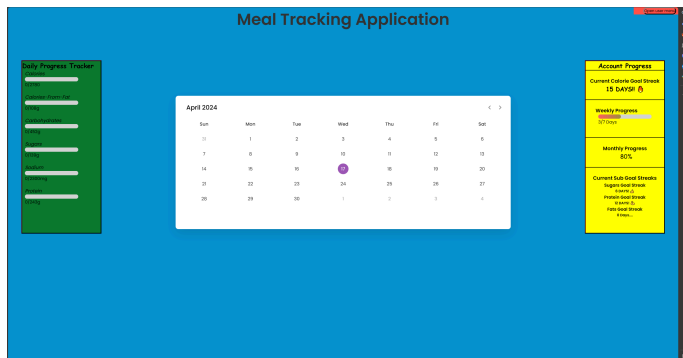
Once you're logged in you'll be at the home page. As you can see there are three main components: the daily tracker, account progress, and the middle schedule.

Daily tracker

Daily Progress Tracker

Calories

0/2780

Calories-From-Fat

0/108g

Carbohydrates

0/452g

Sugars

0/139g

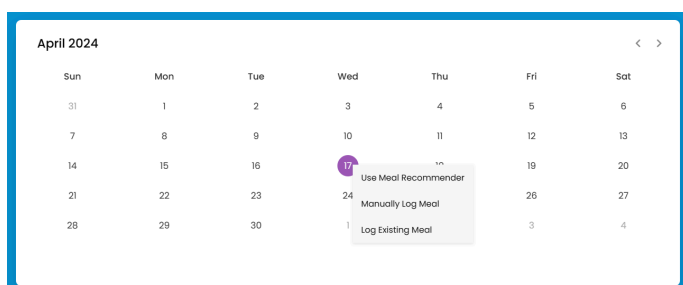Sodium

0/2300mg

Protein

0/243g

On the left side of the screen is your daily tracker. This tracker has the record of your daily required nutrition intake. As you update your tracker (by inputting meals nutrition and choosing from our recommender), the value will change. You can track additional nutrition (sodium, sugar) apart from your macros (protein, carbonhydrate, fat).

Account progress

Account Progress

Current Calorie Goal Streak
15 DAYS!! 🔥

Weekly Progress
3/7 Days

Monthly Progress
80%

Current Sub Goal Streaks
Sugars Goal Streak
6 DAYS! 👍
Protein Goal Streak
12 DAYS! 💪
Fats Goal Streak
0 Days....

On the right side of the screen is your account progress. This tracker has the record of your entire progress, whether you achieve your goal each day or not. Track your progress and maintain your healthy diet!

Schedule system

April 2024						‹ ›
Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17		19	20
21	22	23	24		26	27
28	29	30	1		3	4

Use Meal Recommender
Manually Log Meal
Log Existing Meal
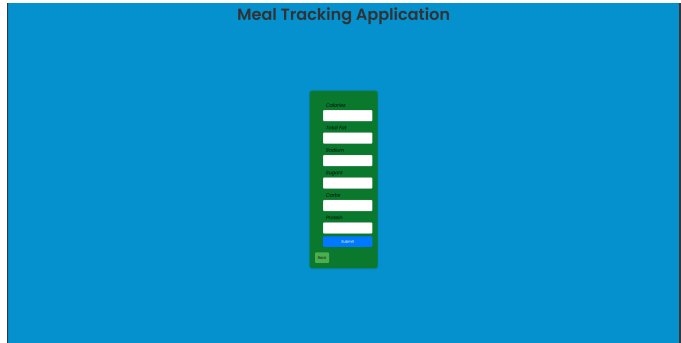
Right in the center is your Schedule. This is where you will be able to input your meal intake. In order to update your meal, simply hover over the date you want and right click. There will be two ways you can update your diet. We will talk more about it.

Update your diet

Manually input meal

Here you can find a manual form for you to input your meal. This includes the name of the meal and its nutrition information. Once you include all the required information, you can hit submit, and your daily tracker will be updated accordingly. However, you might think that this is a bit time consuming, and sometimes you're not sure if you know what you want to eat. In the next part, we introduce a solution to the problem: our meal recommender.

Meal recommender

Our meal recommender is a simple UI, where we provide you with three options. As you hover through each option, its nutrition information is displayed, and more (you can look through the instructions and make it on your own). If you see what you want, simply click pick meal and it will be automatically added, and your daily nutrition tracker will be updated. If you don't see a viable option, you can click refresh meal and it will simply recommend three new meals for you to choose from.

Frequently Asked Questions

How do I add the meal I wanted from the meal recommender?

When you hover over the recipe card, you will see a pick meal button. Simply click on it, and your meal is added.

Why does the meal recommender recommends the same meal?

You will see that after multiple time refreshing the meal, the same meal reappear again. This is one of our current limitations. As you progress and your nutrition intake changes, we'll update the recommender accordingly for better experience in the future.

How do I adjust my health information after account creation?

In the top right of your home page, you will see open user menu. Click on Open user menu > Your profle. This will take you to your account profile, where you can modify your information.