

Dokumentasi Web Programming

Project's Name :	Mari Sehat (http://marisehatwebsite.000webhostapp.com/productDetail/18)
Project Description :	Tujuan dari pembuatan aplikasi ini adalah untuk membantu orang menjaga kesehatan. Aplikasi ini akan sangat berguna bagi pengguna spesifik seperti orang di perkotaan yang ingin sehat. Dan semoga dengan project ini bisa bermanfaat
Project Manager & Member	Project Manager & Member 1 *Gary Marvelim - 2301885125 2. William Limanto - 2301930204 3. Kevin Chandra - 2301877382 4. Nico Syahputra Arifin - 2301881442 5. Raymond Chrisandy Runtuwene - 2301887282 * Project manager / PM / team lead

Executive Summary

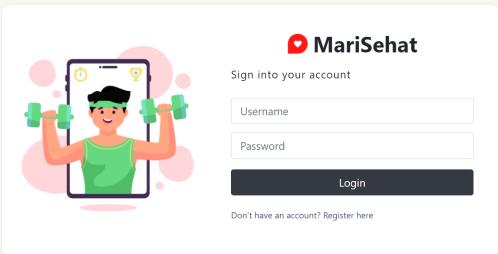
Tujuan dari pembuatan aplikasi ini adalah untuk membantu orang menjaga kesehatan. Aplikasi ini akan sangat berguna bagi pengguna spesifik seperti orang di perkotaan yang ingin sehat

Fitur utama dari aplikasi yang akan dibuat adalah:

- Menghitung kalori makanan
- Menghitung pembakaran kalori saat berolahraga
- Pembelian alat - alat olahraga dan kesehatan

Cara Penggunaan

Login



The screenshot shows the MariSehat login page. At the top, there's a navigation bar with icons for Home, About Us, Calculator, Market, My Cart, Login, and Register. The main area features a logo of a person lifting dumbbells on a smartphone screen, with the text "MariSehat" and "Sign into your account". Below this are two input fields for "Username" and "Password", and a "Login" button. A link "Don't have an account? Register here" is at the bottom.

ABOUT US
MariSehat was founded with the idea of being able to give Everyone the best Food Calculator, Fitness Gear and other Healthy Things possible.

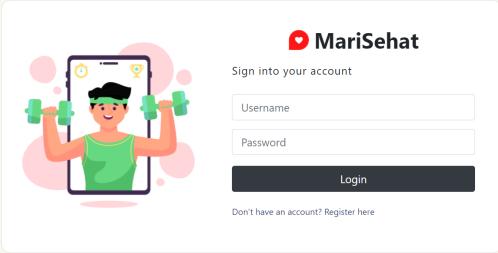
CALCULATOR
Calorie Calculator
Exercise Regimen

PRODUCT
Food
Equipment
Vitamin

CONTACT
Jakarta, Indonesia
CS@MariSehat.com
14045

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Register



The screenshot shows the MariSehat register page, which has a similar layout to the login page. It includes a navigation bar with icons for Home, About Us, Calculator, Market, My Cart, Login, and Register. The main content area features a logo of a person lifting dumbbells on a smartphone screen, with the text "MariSehat" and "Sign into your account". Below this are two input fields for "Username" and "Password", and a "Login" button. A link "Don't have an account? Register here" is at the bottom.

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Home Page



Mari Sehat

A useful app for more healthy life.
Managing your life isn't a tedious task anymore. Simply use our features and it will make your better.
We have Calories Calculator, Workout Segment and Marketplace.

The image displays five screenshots of the Mari Sehat mobile application. 1. **Calories Calculator**: Shows a food pyramid with various food items like fruits, vegetables, grains, and proteins. A large button at the bottom reads "Calories Calculator". 2. **Workout Calculator**: Shows people performing different exercises like sit-ups, push-ups, and running. A large button at the bottom reads "Workout Calculator". 3. **Marketplace**: Shows a shopping cart filled with groceries. A large button at the bottom reads "Market". 4. **About Us**: Contains text about the app's mission to provide healthy tools and a marketplace. It includes links for "ABOUT US", "CALCULATOR", "PRODUCT", and "CONTACT". 5. **Footer**: Includes copyright information: "Copyright ©2022 All rights reserved by MariSehat".

About Us

 Home About Us Calculator Market My Cart Login Register

About Us



Welcome to MariSehat

A very warm welcome to you ! At MariSehat we provide the very best in Food Calculator, Fitness Gear and other Healthy Things.

MariSehat was founded with the idea of being able to give Everyone the best Food Calculator, Fitness Gear and other Healthy Things possible. If you are like us and you have trouble counting your daily macros, need help counting them, then count on us ! Don't worry we've got you covered! It is a platform that provides a food calculator as its main feature so you can improve your lifestyle!

We are here to help! If you need any help at all please don't hesitate to contact us. Thank you for your interest in MariSehat. From all of us at MariSehat

Lets Make Your Life Better!

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Calorie Calculator

 Home About Us Calculator Market My Cart Login Register



Calories Calculator
Calculate your food's calories here.

CALORIE'S DETAILS
Every details of your food calorie is here.

Age:
Height:
Weight:
Daily Activity Level:
Basal Metabolic Rate (BMR):
Weight (in gram): 0.00
Total Calories Gained: 0.00
Daily Calories Needed to gain to maintain weight:

Food	Calorie	Gram	Sub Total
None	Food per 100g	Gram	0.00

ABOUT US

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CALCULATOR

Calorie Calculator
Exercise Regimen

PRODUCT

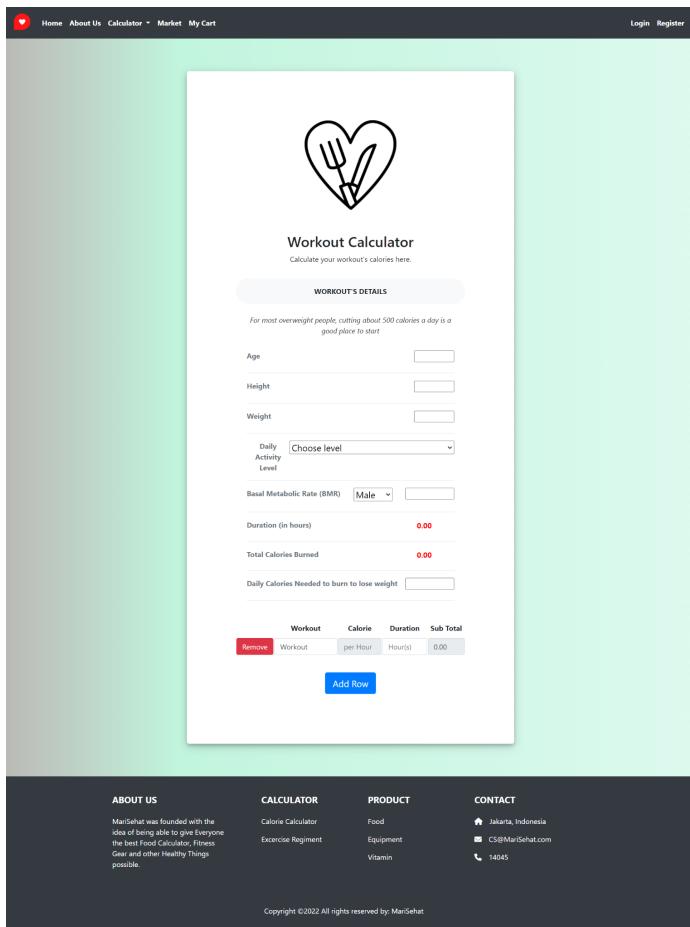
Food
Equipment
Vitamin

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Workout Calculator



The screenshot shows a web-based workout calculator. At the top, there's a navigation bar with links for Home, About Us, Calculator, Market, My Cart, Login, and Register. Below the navigation is a logo featuring a heart with a fork and knife inside it. The main title "Workout Calculator" is centered above a subtitle "Calculate your workout's calories here." A note below the subtitle says, "For most overweight people, cutting about 500 calories a day is a good place to start." The calculator form is titled "WORKOUT'S DETAILS". It includes fields for Age, Height, Weight, Daily Activity Level (with a dropdown menu showing "Choose level"), Basal Metabolic Rate (BMR) with a dropdown for "Male", Duration (in hours), Total Calories Burned, and Daily Calories Needed to burn to lose weight. There's also a table for tracking multiple workouts, with columns for Workout, Calorie, Duration, Sub Total, and buttons for Remove, Add Row, and a dropdown for "per Hour / Hour(s)". At the bottom of the calculator section, there's a "Add Row" button. The footer of the page contains four sections: "ABOUT US", "CALCULATOR", "PRODUCT", and "CONTACT". The "ABOUT US" section has a brief history of the company. The "CALCULATOR" section lists "Calorie Calculator", "Food", "Exercise Regimen", "Equipment", and "Vitamin". The "PRODUCT" section lists "Food", "Equipment", and "Vitamin". The "CONTACT" section provides address in Jakarta, Indonesia, website CSBMariSehat.com, and phone number 14045. The footer also includes a copyright notice: "Copyright ©2022 All rights reserved by MariSehat".

MarketPlace

The screenshot displays the homepage of the MarketPlace website. At the top, there is a navigation bar with links for Home, About Us, Calculator, Market, My Cart, Login, and Register. Below the navigation is a banner image of a gym interior with treadmills and balloons. To the left, a sidebar titled "Categories" lists Equipment, Vitamin, and Food options. The main content area features a grid of nine product cards:

Product Category	Product Name	Description	Price
Food	Vitamin C	Vitamin C Good for your Body	Rp.50000
Food	Protein Bar	L Area Protein Bar	Rp.10000
Food	Granola Bar	Cereal Granola Bar	Rp.25000
Equipment	Barbel	3kg	Rp.75000
Food	Vitamin D	Vitamin D Selenium	Rp.25000
Food	Granola Bites	Granola Bites	Rp.25000
Equipment	Yoga Mattress	Yoga Mattress	Rp.25000
Equipment	Skipping Rope	Skipping Rope	Rp.25000
Food	Vitamin E	Selenium Vitamin E	Rp.50000

At the bottom of the page, there is a footer section with links for About Us, Calculator, Product, and Contact, along with social media icons and copyright information.

Product Detail



Product Details



Vitamin C

Vitamin C Good For your Body

Add to Cart

ABOUT US MariSehat was founded with the idea of being able to give Everyone the best Food Calculator, Fitness Gear and other Healthy Things possible.	CALCULATOR Calorie Calculator Exercise Regimen	PRODUCT Food Equipment Vitamin	CONTACT Jakarta, Indonesia CS@MariSehat.com 14045
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Cart



My Shopping Cart

PRODUCT	PRICE	QUANTITY	REMOVE
Vitamin C Category: Vitamin	50000	1	

CARD NUMBER	ORDER SUMMARY
<small>Credit Card Number</small> Enter Card Number	<small>Shipping and additional costs are calculated based on values you have entered.</small>
ADDRESS & NOTE	Shipping and handling Free
<small>If you have some information for the seller you can leave them in the box below</small> Enter Address & Note	Total Rp.50000
	Proceed to checkout

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Admin Page

Transaction

MARISEHAT

Dashboard

Recent Orders

No	Date	Product	Customer	Price	Quantity	Card Number	Note	Total
4	2022-01-12	Barbel	Ernes	75000	1	1234567891234567	abc	75000
5	2022-01-12	Granola Bar	Fikri	25000	1	1234567891234562	di bungkus rapi	25000
6	2022-01-13	Vitamin C	Ernes	50000	1	1234567891234567	1234567891234567	50000
7	2022-01-13	Vitamin C	Ernes	50000	1	1234567891234567	1234567891234567	50000
8	2022-01-14	Vitamin C	Ernes	50000	1	1234567891234562	abc	50000
9	2022-01-16	Vitamin C	Ernes	50000	1	1234567891234567	test web	50000
10	2022-01-17	Vitamin C	William	50000	1	1234567891234567	Bary	60000
10	2022-01-17	Protein Bar	William	10000	1	1234567891234567	Bary	60000
11	2022-01-17	Vitamin D	Ernes	25000	2	1234567892234567	1234567892234567	50000

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AddCategory

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Dashboard

Category List

SL No	Category Name	Action
1	Equipment	 Update  Delete
2	Vitamin	 Update  Delete
11	Food	 Update  Delete

Add Category

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Add Product

Dashboard

Product List

SL No	Product Name	Product Category	Product Price	Product Description	Product Image	Action
18	Vitamin C	Vitamin	50000	Vitamin C Good For your Body		<button>Update</button> <button>Delete</button>
19	Protein Bar	Food	10000	L Men Protein Bar		<button>Update</button> <button>Delete</button>
20	Granola Bar	Food	25000	Lenka Granola Bar		<button>Update</button> <button>Delete</button>
21	Barbel	Equipment	75000	5kg		<button>Update</button> <button>Delete</button>
22	Vitamin D	Vitamin	25000	Vitamin D Sidomuncul		<button>Update</button> <button>Delete</button>
23	Granola Bites	Food	25000	Granola Bites		<button>Update</button> <button>Delete</button>
24	Yoga Mattress	Equipment	25000	Yoga Mattress		<button>Update</button> <button>Delete</button>
25	Skiping Rope	Equipment	25000	Skiping Rope		<button>Update</button> <button>Delete</button>
26	Vitamin E	Vitamin	50000	Sidomuncul Vitamin E		<button>Update</button> <button>Delete</button>

Add Product

Product Name

 Product Category
 Choose Category
 Product price

 Product description

 Product Image
 Choose File No file chosen

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Add Food

Dashboard

Food List

SL No	Food Name	Food Calorie	Food Description	Food Image	Action
1	Nasi Goreng	90	Nasi Goreng		<button>Update</button> <button>Delete</button>
2	Mie Goreng	95	Mie Goreng		<button>Update</button> <button>Delete</button>
3	Burger	75	Burger		<button>Update</button> <button>Delete</button>

Add Food

Food Name

 Food Calorie

 Food Information

 Food Image
 Choose File No file chosen

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Add Workout

MARISEHAT

Dashboard

Admin

Transaction

Category

Product

Food

Workout

SL No	Workout Name	Calorie Burned	Workout Description	Workout Image	Action
1	Running	50	Running		<button>Update</button> <button>Delete</button>
2	Swimming	75	Swimming		<button>Update</button> <button>Delete</button>
3	Jump Rope	60	Jump Rope		<button>Update</button> <button>Delete</button>

Add Workout

Workout Name

Calorie Burned

Workout Information

Workout Image
 Choose File No file chosen

Add Workout

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