Anexe

1. Pagina Java de cu proprietatile utilizatorului

package views;

public class Utilizator {

int id\_utilizator;

String email;

String parola;

String nume;

String prenume;

String poza;

public int getId\_utilizator() {

return id\_utilizator;

}

public void setId\_utilizator(int id\_utilizator) {

this.id\_utilizator = id\_utilizator;

}

public String getEmail() {

return email;

}

public void setEmail(String email) {

this.email = email;

}

public String getNume() {

return nume;

}

public void setNume(String nume) {

this.nume = nume;

}

public String getPrenume() {

return prenume;

}

public void setPrenume(String prenume) {

this.prenume = prenume;

}

public String getPoza() {

return poza;

}

public void setPoza(String poza) {

this.poza = poza;

}

public String getParola() {

return parola;

}

public void setParola(String parola) {

this.parola = parola;}}

1. Clasa Java pentru exportul jrxml-urilor in PDF

**public** **class** ExportJasperReport {

**public** **static** **void** main(String[] args) **throws** JRException,

ClassNotFoundException, SQLException {

}

**public** **static** **void** ExportPdf(String nume,**int** parameter,String denumire) **throws** JRException {

String reportSrcFile = "C:/workspace/Licenta/WebContent/Jasper/"+nume;

JasperReport jasperReport = JasperCompileManager.*compileReport*(reportSrcFile);

Connection conn = DBConnection.*getConnection*();

Map<String, Object> parameters = **new** HashMap<String, Object>();

parameters.put("Parameter1", parameter);

System.***out***.println(parameters);

JasperPrint print = JasperFillManager.*fillReport*(jasperReport,

parameters, conn);

File outDir = **new** File("C:/Users/meee/Desktop/");

outDir.mkdirs();

JRPdfExporter exporter = **new** JRPdfExporter();

ExporterInput exporterInput = **new** SimpleExporterInput(print);

exporter.setExporterInput(exporterInput);

OutputStreamExporterOutput exporterOutput = **new** SimpleOutputStreamExporterOutput(

"C:/Users/meee/Desktop/"+denumire+".pdf");

exporter.setExporterOutput(exporterOutput);

SimplePdfExporterConfiguration configuration = **new** SimplePdfExporterConfiguration();

exporter.setConfiguration(configuration);

exporter.exportReport();

System.***out***.print("Done!");

sendMail.*sendFromGMail*();

}

}

1. Pagina principala de tip JSP

<%@ page import=*"java.util.ArrayList"*%>

<%@ page import=*"licenta.quotes"*%>

<%@ page import=*"licenta.DBConnection"*%>

<%@ page language=*"java"* contentType=*"text/html; charset=UTF-8"*

pageEncoding=*"UTF-8"*%>

<%@ page import=*"javax.servlet.http.HttpServletResponse"* %>

<!DOCTYPE html>

<html lang=*"en"* >

<head>

<meta http-equiv=*"Content-Type"* content=*"text/html; charset=UTF-8"*>

<meta name=*"viewport"* content=*"width=device-width, initial-scale=1.0, maximum-scale=1.0, user-scalable=no"*>

<meta charset=*"UTF-8"*>

<title>Flat UI Login</title>

<link rel=*'stylesheet prefetch'* href=*'http://maxcdn.bootstrapcdn.com/bootstrap/3.3.5/css/bootstrap.min.css'*>

<link rel=*"stylesheet"* href=*"https://cdnjs.cloudflare.com/ajax/libs/normalize/5.0.0/normalize.min.css"*>

<link href=*"https://fonts.googleapis.com/css?family=Gloria+Hallelujah"* rel=*"stylesheet"*>

<link rel=*"stylesheet"* href=*"loginCSS.css?v=1.3"*>

<link rel=*"stylesheet"* href=*"menu.css?v=1.7"*>

<link rel=*"stylesheet"* href=*"flipCard.css?v=1.1"*>

<link rel=*"stylesheet"* href=*"quotes.css?v=1.5"*>

</head>

<body>

<% String log = (String) session.getAttribute("log");

**if** (log==**null**) {

System.out.println("log = true "+log);

%>

<form method=*"post"* action=*"Login"* id=*'formId'*>

<%}**else**{ %>

<form method=*"post"* action=*"logout"* id=*'formId'*>

<%} %>

<div id=*"wrap"*>

<div id=*"regbar"*>

<div id=*"navthing"*>

<%

**if** (log!=**null**) {

%>

<h2><a href=*"profile.jsp"* id=*"loginform"*>My profile</a> | <a href=*"#"* id=*"logout"*>Logout</a></h2>

<%}**else**{ %>

<h2><a href=*"#"* id=*"loginform"*>Login</a> | <a href=*"Register.jsp"*>Register</a></h2><%} %>

<div class=*"login"*>

<div class=*"arrow-up"*></div>

<div class=*"formholder"*>

<div class=*"randompad"*>

<fieldset>

<label>Email</label>

<input type=*"email"* name=*"email"* placeholder=*"example@example.com"* />

<label >Password</label>

<input type=*"password"* name=*"password"* placeholder=*"Password"* />

<input type=*"submit"* value=*"Login"* style="background:*#893838*"/>

</fieldset>

</div>

</div>

</div>

</div>

</div>

</div>

<%

String msg = (String) request.getAttribute("msg");

**if** (msg != **null** && msg != "null") {

%>

<div style="margin-left:*37%*;font-size:*30px*;color:*red*;"><%=msg %></div>

<% }%>

</form>

<nav role=*"navigation"*>

<div id=*"menuToggle"*>

<input type=*"checkbox"* />

<span></span>

<span></span>

<span></span>

<ul id=*"menu"* style="width:*300px*">

<a href=*"login.jsp"*>

<li>Home</li>

</a>

<a href=*"Article.jsp"*>

<li>Articles</li>

</a>

<a href=*"Calc.jsp"*>

<li>Calorie calculator</li>

</a>

<a href=*"bmi.jsp"*>

<li>Body mass index</li>

</a>

<% **if**(log!=**null**){%>

<a href=*"Challenges.jsp"*>

<li>Challenges</li>

</a><%} %>

<% **if**(log!=**null**){%>

<a href=*"AskQ.jsp"*>

<li>Ask questions</li>

</a><%} %>

</ul>

</div>

</nav>

<center><img src=*"LG1.png"* width=*"55%"* height=*"50%"*></center>

<div class=*"quotes"* style="color:*white*">

<p>Do something today that your future self will thank you for</p>

</div>

<div class=*"row"*>

<div class=*"col-sm-4"*>

<div class=*"flip"*>

<div class=*"card"*>

<div class=*"face front"* >

<div class=*"imgCCalc"* style="border-radius:*0.8em*;background-image:*url('https://cdn1.iconfinder.com/data/icons/healthy-lifestyle-dieting/256/Calorie\_Calculator-512.png')*;">

<div class=*"inner"*>

</div>

</div>

</div>

<div class=*"face back"* style="border-radius:*0.8em*;background: *linear-gradient(to bottom right, #ffffff 27%, #d8c3ba 100%)*;font-family: *'Gloria Hallelujah', cursive*;font-size:*20px*;">

<div class=*"inner text-center"*>

<h3>Calorie Calc</h3>

<p>Calorie Calculator can be used to estimate the number of calories a person

needs to consume each day. This calculator can also provide some simple guidelines for gaining or losing weight.</p>

<a href=*"Calc.html"*><button type=*"button"* style="background:*#CCCC*;border-radius:*0.5em*;width:*150px*;height:*50px*;margin-top: *30%*;font-family: *'Gloria Hallelujah', cursive*;font-size:*20px*;">Know More</button></a>

</div>

</div>

</div>

</div>

</div>

<div class=*"col-sm-4"*>

<div class=*"flip"*>

<div class=*"card"*>

<div class=*"face front"*>

<div class=*"imgDiet"*>

<div class=*"inner"*>

</div>

</div>

</div>

<div class=*"face back"* style="border-radius:*0.8em*;background: *linear-gradient(to bottom right, #ffffff 27%, #d8c3ba 100%)*;font-family: *'Gloria Hallelujah', cursive*;font-size:*20px*;">

<div class=*"inner text-center"*>

<h4>Diet</h4>

<a href=*"diet.html"*><button type=*"button"* style="background:*#CCCC*;border-radius:*0.5em*;width:*150px*;height:*50px*;margin-top: *30%*;font-family: *'Gloria Hallelujah', cursive*;font-size:*20px*;">Know More</button></a>

</div>

</div>

</div>

</div>

</div>

<div class=*"col-sm-4"*>

<div class=*"flip"*>

<div class=*"card"*>

<div class=*"face front"*>

<div class=*"imgTraining"*>

<div class=*"inner"*>

</div>

</div>

</div>

<div class=*"face back"* style="border-radius:*0.8em*;background: *linear-gradient(to bottom right, #ffffff 27%, #d8c3ba 100%)*;font-family: *'Gloria Hallelujah', cursive*;font-size:*20px*;">

<div class=*"inner text-center"*>

<h4>Boddy mass index</h4>

<p>Check your BMI (body mass index) with Slimming World. The free BMI calculator for men and women is based on your height and weight. Find your healthy weight range and set your own weight loss target.</p>

<a href=*"bmi.html"*><button type=*"button"* style="background:*#CCCC*;border-radius:*0.5em*;width:*150px*;height:*50px*;margin-top: *30%*;font-family: *'Gloria Hallelujah', cursive*;font-size:*20px*;">Know More</button></a>

</div>

</div>

</div>

</div>

</div>

</div>

<script src=*'http://maxcdn.bootstrapcdn.com/bootstrap/3.3.5/js/bootstrap.min.js'*></script>

<script src=*"https://ajax.googleapis.com/ajax/libs/jquery/1.9.1/jquery.min.js"*></script>

<script src=*'http://cdnjs.cloudflare.com/ajax/libs/jquery/2.1.3/jquery.min.js'*></script>

<script src=*"jquery.big-slide.js"*></script>

<script src=*"loginJS.js"*></script>

<script src=*"flipCard.js"*></script>

<footer style="background: *linear-gradient(to bottom right, #ffffff 27%, #d8c3ba 100%)*;height:*50%*">

<center>

<a style="font-size:*22px*;font-family: *'IM Fell Great Primer SC', serif*;" href=*"SiteMap.jsp"*>Site Map</a> |

<a style="font-size:*22px*;font-family: *'IM Fell Great Primer SC', serif*;"href=*"#"*>Privacy Policy</a>

<img border=*"0"* class=*"img\_zoom"* src=*"footer\twitter.png"* style="height:*40px*;width:*40px*; float:*center*;" title=*"Twitter"* alt=*"Twitter"*>

<img border=*"0"* class=*"img\_zoom"* src=*"footer\facebook.png"* style="height:*40px*;width:*40px*; float:*center*;" title=*"Facebook"* alt=*"Facebook"*>

<img border=*"0"* class=*"img\_zoom"* src=*"footer\ldn.png"* style="height:*40px*;width:*40px*; float:*center*;" title=*"linkedin"* alt=*"linkedin"*>

<img border=*"0"* class=*"img\_zoom"* src=*"footer\googleplus.png"* style="height:*40px*;width:*40px*; float:*center*;" title=*"GooglePlus"* alt=*"GooglePlus"*>

<p style="font-size:*20px*;font-family: *'IM Fell Great Primer SC', serif*;">Smart Training &copy;. All rights reserved.</p>

</center>

</footer>

<script>

document.getElementById("logout").onclick = **function**() {

document.getElementById("formId").submit();

}

</script>

</body>

</html>

1. Pagina JSP pentru indicele de masa corporala

<%@ page language=*"java"* contentType=*"text/html; charset=UTF-8"*

pageEncoding=*"UTF-8"*%>

<!DOCTYPE html>

<html lang=*"en"* class=*"js"*>

<head>

<title>Body mass index</title>

<meta name=*"viewport"* content=*"width=device-width, initial-scale=1.0"*>

<link rel=*"apple-touch-icon"* href=*"/apple-touch-icon.png"*>

<link rel=*"icon"* type=*"image/png"* href=*"/apple-touch-icon.png"*>

<link rel=*"preload"* href=*"/images/freedieting-logo.png"* as=*"image"*>

<link rel=*"preload"* as=*"font"* href=*"/fonts/source-sans-pro-v11-latin-regular.woff2"* type=*"font/woff2"* crossorigin/>

<link rel=*"preload"* as=*"font"* href=*"/fonts/source-sans-pro-v11-latin-700.woff2"* type=*"font/woff2"* crossorigin/>

<link href=*"https://fonts.googleapis.com/css?family=Gloria+Hallelujah"* rel=*"stylesheet"*>

<link rel=*"stylesheet"* href=*"calc.css"*>

<link rel=*"stylesheet"* href=*"calcBeautified.css"*>

<link rel=*"stylesheet"* href=*"loginCSS.css?v=1.1"*>

<link rel=*"stylesheet"* href=*"menu.css?v=1.3"*>

<link rel=*"stylesheet"* href=*"flipCard.css"*>

<link rel=*"stylesheet"* href=*"quotes.css"*>

</head>

<body>

<% String log = (String) session.getAttribute("log");

System.out.println("LOG "+log);

**if** (log==**null**) {

%>

<form method=*"post"* action=*"Login"* id=*'formId'*>

<%}**else**{ %>

<form method=*"post"* action=*"logout"* id=*'formId'*>

<%} %>

<div id=*"wrap"*>

<div id=*"regbar"*>

<div id=*"navthing"*>

<%

**if** (log!=**null**) {

%>

<h2><a href=*"profile.jsp"* id=*"loginform"*>My profile</a> | <a href=*"#"* id=*"logout"*>Logout</a></h2>

<%}**else**{ %>

<h2><a href=*"#"* id=*"loginform"*>Login</a> | <a href=*"Register.jsp"*>Register</a></h2><%} %>

<div class=*"login"*>

<div class=*"arrow-up"*></div>

<div class=*"formholder"*>

<div class=*"randompad"*>

<fieldset>

<label>Email</label>

<input type=*"email"* name=*"email"* placeholder=*"example@example.com"* />

<label >Password</label>

<input type=*"password"* name=*"password"* placeholder=*"Password"* />

<input type=*"submit"* value=*"Login"* style="background:*#893838*"/>

</fieldset>

</div>

</div>

</div>

</div>

</div>

</div>

<%

String msg = (String) request.getAttribute("msg");

**if** (msg != **null** && msg != "null") {

%>

<div style="margin-left:*37%*;font-size:*30px*;color:*red*;"><%=msg %></div>

<% }%>

</form>

<nav role=*"navigation"*>

<div id=*"menuToggle"*>

<input type=*"checkbox"* />

<span></span>

<span></span>

<span></span>

<ul id=*"menu"*>

<a href=*"login.jsp"*>

<li>Home</li>

</a>

<a href=*"Article.jsp"*>

<li>Articles</li>

</a>

<a href=*"Calc.jsp"*>

<li>Calorie calculator</li>

</a>

<a href=*"bmi.jsp"*>

<li>Body mass index</li>

</a>

<a href=*"Challenges.jsp"*>

<li>Challenges</li>

</a>

<a href=*"Diet.jsp"*>

<li>Diet</li>

</a>

</ul>

</div>

</nav>

<section class=*"container"* style="margin-left:*25%*;width:*750px*;font-size:*17px*;">

<center><h1 style=" background-image: *url(https://lazarangelov.academy/assets/img/png/program-workout-black-pattern.png)*;

width:*90%*;color:*white*;font-family: *'Gloria Hallelujah', cursive*;font-size:*50px*;text-align:*center*;">Body mass index</h1></center>

<style type=*"text/css"*>

*.displayNone* { display:*none*; }

*.displayBlock* { display:*block !important*; }

*#advanced* { background-color: *#FFFFFF*; border: *1px solid #DEDEDE*; display: *none*; font-size: *0.8125em*; margin-left: *auto*; margin-right: *auto*; max-width: *350px*; padding: *2%*; }

*.tooltable* **td** { border-width:*0*; }

*#zigResultsTable* **td** { padding: *0px 4px 0px 4px*; border:*1px solid #d9d9d9*; border-right:*0*; border-left:*0*; }

*#zigResultsTable* { width:*100%*; }

*.small* { font-size:*13px*; }

**table***.formulas* *.small* { font-size:*12px*; }10

*#nowwhat* { min-width:*75%*; background: *#d6d6d6*; background: *rgba(0, 0, 0, 0.06)*; border-radius: *3px*; padding: *6px 12px*; }

</style>

<script>

**function** showFeet() {

**var** divblock = document.getElementById("feetlabel");

divblock.style.display = "block";

**var** cmblock = document.getElementById("cmlabel");

cmblock.style.display = "none";

}

**function** showCM() {

**var** divblock = document.getElementById("feetlabel");

divblock.style.display = "none";

**var** cmblock = document.getElementById("cmlabel");

cmblock.style.display = "block";

}

**function** toggleMe(trigger, div) {

toggleClass(document.getElementById(div),"displayBlock");

}</script>

<noscript>

<div class=*"alert"*>Hey! You have JavaScript disabled on your browser. The calculator will not work. <a target=*"\_blank"* href=*"http://www.enable-javascript.com/"*>See how to enable JavaScript on your browser.</a></div>

</noscript>

<div class=*"tooltable"*>

<form name=*"calc"* class=*"no-space-bottom"*>

<h2 style="background: *linear-gradient(to bottom right, #ffffff 27%, #d8c3ba 100%)*;color:*#893838*;">BMI Calculator</h2>

<div class=*"label-align"*>

<label>Gender</label>

<input type=*"radio"* name=*"sex"* id=*"sexFem"* value=*"F"* checked>

<label for=*"sexFem"* class=*"inline"*>Female</label>

<input type=*"radio"* name=*"sex"* id=*"sexMale"* value=*"M"*>

<label for=*"sexMale"* class=*"inline"*>Male</label>

</div>

<div class=*"label-align"*>

<label>Current Weight</label>

<span id=*"weighterror"*><span class=*"tip"*></span>

<input name=*"weight"* type=*"number"* id=*"weight"* autocorrect=*"off"*>

</span>

<input name=*"weighttype"* type=*"radio"* class=*"rad"* id=*"weighttype1"* value=*"P"* onclick="document.getElementById('weight').value = ''" checked required>

<label for=*"weighttype1"* class=*"inline"* required>Pounds</label>

<input name=*"weighttype"* type=*"radio"* class=*"rad"* id=*"weighttype2"* value=*"K"* onclick="document.getElementById('weight').value = ''" >

<label for=*"weighttype2"* class=*"inline"* required>Kilos</label>

</div>

<div class=*"label-align"*>

<label>Height</label>

<input name=*"height"* type=*"radio"* class=*"rad"* id=*"heightFeet"* value=*"F"* checked onclick="showFeet();document.getElementById('feet').value = '';document.getElementById('inches').value = ''">

<label class=*"inline"* for=*"heightFeet"*>Feet &amp; Inches</label>

<input name=*"height"* type=*"radio"* class=*"rad"* id=*"heightCM"* value=*"C"* onclick="showCM();document.getElementById('cm').value = ''">

<label class=*"inline"* for=*"heightCM"*>CMs</label>

<div id=*"feetlabel"*>

<label>Feet</label>

<span id=*"feeterror"*><span class=*"tip"*></span>

<input name=*"feet"* type=*"number"* id=*"feet"* autocorrect=*"off"* >

</span>

<label class=*"inline"*>Inches</label>

<span id=*"incheserror"*><span class=*"tip"*></span>

<input name=*"inches"* type=*"number"* id=*"inches"* autocorrect=*"off"*>

</span> </div>

<div id=*"cmlabel"* style="display:*none*;">

<label>CM</label>

<span id=*"cmerror"*><span class=*"tip"*></span>

<input name=*"cm"* type=*"number"* id=*"cm"* autocorrect=*"off"*>

</span> </div>

</div>

<div class=*"space-top-large"*>

<input type=*"submit"* class=*"btn btn-blue btn-large float-center text-tall"* value=*"Calculate"* style="padding: *7px 40px*;float:*center*;background: *#893838*;" onClick="calcalcIt();event.preventDefault();" id=*"Button1"* name=*"Button1"*>

</div>

<div id=*"printArea"* style="display:*none*;">

<div id=*"printAreainset"*>

<div class=*"tooltable float-center"* style="min-width:*80%*;padding-right:*0*;padding-left:*0*;">

<table width=*"100%"* border=*"0"* cellspacing=*"0"* cellpadding=*"0"* style="box-shadow:*none*;">

<tr>

<td align=*"right"* class=*"tooltable-cell-width"*><label class=*"biglabel"*>Your BMI</label></td>

<td align=*"left"* class=*"tooltable-cell-width"*><div class=*"calwrap"*><span id=*"answer"*>?</span><span id=*"cal1"* class=*"cal"*>Score</span></div></td>

</tr>

<tr>

<td align=*"right"* class=*"tooltable-cell-width"*><label class=*"biglabel"*>Result</label></td>

<td align=*"left"* class=*"tooltable-cell-width"*><div class=*"calwrap"*><span id=*"lose"*>?</span><span id=*"cal2"* class=*"cal"*>BMI</span></div></td>

</tr>

</table>

</div>

</div>

</div>

</form>

</div>

</div>

</section>

<script src=*"bmi.js"* type=*"text/javascript"*></script><br><br>

<footer style="background: *linear-gradient(to bottom right, #ffffff 27%, #d8c3ba 100%)*;height:*50%*">

<center>

<a style="font-size:*22px*;font-family: *'IM Fell Great Primer SC', serif*;" href=*"SiteMap.jsp"*>Site Map</a> |

<a style="font-size:*22px*;font-family: *'IM Fell Great Primer SC', serif*;"href=*"#"*>Privacy Policy</a>

<img border=*"0"* class=*"img\_zoom"* src=*"footer\twitter.png"* style="height:*40px*;width:*40px*; float:*center*;" title=*"Twitter"* alt=*"Twitter"*>

<img border=*"0"* class=*"img\_zoom"* src=*"footer\facebook.png"* style="height:*40px*;width:*40px*; float:*center*;" title=*"Facebook"* alt=*"Facebook"*>

<img border=*"0"* class=*"img\_zoom"* src=*"footer\ldn.png"* style="height:*40px*;width:*40px*; float:*center*;" title=*"linkedin"* alt=*"linkedin"*>

<img border=*"0"* class=*"img\_zoom"* src=*"footer\googleplus.png"* style="height:*40px*;width:*40px*; float:*center*;" title=*"GooglePlus"* alt=*"GooglePlus"*>

<p style="font-size:*20px*;font-family: *'IM Fell Great Primer SC', serif*;">Nume Site &copy;. All rights reserved.</p>

</center>

</footer>

<script>

document.getElementById("logout").onclick = **function**() {

document.getElementById("formId").submit();

}

</script>

</body>

<script src=*'http://maxcdn.bootstrapcdn.com/bootstrap/3.3.5/js/bootstrap.min.js'*></script>

<script src=*"https://ajax.googleapis.com/ajax/libs/jquery/1.9.1/jquery.min.js"*></script>

<script src=*'http://cdnjs.cloudflare.com/ajax/libs/jquery/2.1.3/jquery.min.js'*></script>

<script src=*"jquery.big-slide.js"*></script>

<script src=*"loginJS.js"*></script>

<script src=*"flipCard.js"*></script>

</html>

1. Cod CSS pentru crearea calendarului din pagina “Challenges”

*.container* {

height: *250px*;

display: *-webkit-box*;

display: *-moz-box*;

display: *-ms-flexbox*;

display: *-webkit-flex*;

display: *flex*;

-webkit-flex-flow: *row* *wrap*;

flex-flow: *row* *wrap*;

justify-content: *space-around*;

padding: *5%* *0* *0* *20%*;

margin: *0*;

}

*#day***,** *#date* {

text-align: *center*;

box-sizing: *border-box*;

height: *250px*;

width: *230px*;

border-radius: *10%*;

border: *10px* *solid* *#CCCC*;

box-shadow: *2px* *2px* *2px* *#324376,* *-2px* *2px* *2px* *#324376,* *-2px* *-2px* *2px* *#324376,* *2px* *-2px* *2px* *#324376*;

margin-top: *5%*;

}

*#day* {

background: *linear-gradient(to* *bottom* *right,* *#ffffff* *27%,* *#d8c3ba* *100%)*;

font-size: *20px*;

font-weight: *900*;

padding-top: *80px*;

}

*#day* **span** {

display: *block*;

font-weight: *700*;

font-size: *30px*;

}

*#date* {

padding-top: *60px*;

background: *linear-gradient(to* *bottom* *right,* *#ffffff* *27%,* *#d8c3ba* *100%)*;

font-size: *30px*;

font-weight: *900*;

}

*#date* **span** {

display: *block*;

font-family: *'Raleway'*;

font-weight: *700*;

font-size: *60px*;

line-height: *45px*;

padding-bottom: *15px*;

}

1. Functia JavaScript pentru calculul indicelui de masa corporala

**function** calcalcIt(){

**var** weight = document.calc.weight.value

**var** height = document.calc.cm.value

**var** inches = document.calc.inches.value

**var** feet = document.calc.feet.value

**if**(weight > 0 && height > 0){

**var** finalBmi = weight/(height/100\*height/100)

document.getElementById("answer").innerHTML = Math.round(finalBmi);

**if**(finalBmi < 18.5){

document.getElementById("lose").innerHTML = "That you are too thin."

}

**if**(finalBmi > 18.5 && finalBmi < 25){

document.getElementById("lose").innerHTML = "That you are healthy."

}

**if**(finalBmi > 25){

document.getElementById("lose").innerHTML = "That you have overweight."

}

document.getElementById("printArea").style.display="block";

}

**else** **if**(weight > 0 && (feet > 0 || inches > 0)){

**var** d=parseInt(feet\*12)+parseInt(inches);

**var** finalBmi = (weight/(d\*d))\*703

document.getElementById("answer").innerHTML = Math.round(finalBmi);

**if**(finalBmi < 18.5){

document.getElementById("lose").innerHTML = "That you are too thin."

}

**if**(finalBmi > 18.5 && finalBmi < 25){

document.getElementById("lose").innerHTML = "That you are healthy."

}

**if**(finalBmi > 25){

document.getElementById("lose").innerHTML = "That you have overweight."

}

document.getElementById("printArea").style.display="block";

}

**else**{

alert("Please Fill in everything correctly")

}

}

1. Sursa de tip XML pentru crearea pdf.ului de tip plan alimentar

<?xml version="1.0" encoding="UTF-8"?>

<!-- Created with Jaspersoft Studio version 6.5.1.final using JasperReports Library version 6.5.1 -->

<jasperReport xmlns="http://jasperreports.sourceforge.net/jasperreports" xmlns:xsi="http://www.w3.org/2001/XMLSchema-instance" xsi:schemaLocation="http://jasperreports.sourceforge.net/jasperreports http://jasperreports.sourceforge.net/xsd/jasperreport.xsd" name="Plan\_alimentar" pageWidth="595" pageHeight="842" columnWidth="555" leftMargin="20" rightMargin="20" topMargin="20" bottomMargin="20" uuid="dddca7b6-f816-4e20-b408-1be22e226853">

<property name="com.jaspersoft.studio.data.sql.tables" value=""/>

<property name="com.jaspersoft.studio.data.defaultdataadapter" value="WebContent\Jasper\DataAdapter.xml"/>

<style name="Table\_TH" mode="Opaque" backcolor="#567AFC">

<box>

<topPen lineWidth="0.5" lineColor="#000000"/>

<bottomPen lineWidth="0.5" lineColor="#000000"/>

</box>

</style>

<style name="Table\_CH" mode="Opaque" backcolor="rgba(144, 158, 245, 0.7137255)">

<box>

<topPen lineWidth="0.5" lineColor="#000000"/>

<bottomPen lineWidth="0.5" lineColor="#000000"/>

</box>

</style>

<style name="Table\_TD" mode="Opaque" backcolor="#FFFFFF">

<box>

<topPen lineWidth="0.5" lineColor="#000000"/>

<bottomPen lineWidth="0.5" lineColor="#000000"/>

</box>

</style>

<subDataset name="Breakfast" uuid="4c15620b-51bc-4dfa-be80-d4e1ec1df18c">

<property name="com.jaspersoft.studio.data.sql.tables" value=""/>

<property name="com.jaspersoft.studio.data.defaultdataadapter" value="WebContent\Jasper\DataAdapter.xml"/>

<parameter name="Parameter1" class="java.lang.Integer"/>

<queryString language="SQL">

<![CDATA[select a.denumire\_aliment,a.poza\_inceput,a.calorii,ap.tip\_masa,pa.id\_plan\_alimentar from aliment a inner join aliment\_plan\_alimentar ap on ap.id\_aliment = a.id\_aliment inner join plan\_alimentar pa on pa.id\_plan\_alimentar = ap.id\_plan\_alimentar where ap.tip\_masa = 'Breakfast' AND pa.id\_plan\_alimentar=$P{Parameter1}]]>

</queryString>

<field name="DENUMIRE\_ALIMENT" class="java.lang.String">

<property name="com.jaspersoft.studio.field.label" value="DENUMIRE\_ALIMENT"/>

</field>

<field name="POZA\_INCEPUT" class="java.io.InputStream">

<property name="com.jaspersoft.studio.field.label" value="POZA\_INCEPUT"/>

</field>

<field name="CALORII" class="java.lang.String">

<property name="com.jaspersoft.studio.field.label" value="CALORII"/>

</field>

<field name="TIP\_MASA" class="java.lang.String">

<property name="com.jaspersoft.studio.field.label" value="TIP\_MASA"/>

</field>

<field name="ID\_PLAN\_ALIMENTAR" class="java.math.BigDecimal">

<property name="com.jaspersoft.studio.field.label" value="ID\_PLAN\_ALIMENTAR"/>

</field>

</subDataset>

<subDataset name="Snack" uuid="938e992a-2345-4899-85ef-ff40d0fa3768">

<property name="com.jaspersoft.studio.data.sql.tables" value=""/>

<property name="com.jaspersoft.studio.data.defaultdataadapter" value="WebContent\Jasper\DataAdapter.xml"/>

<parameter name="Parameter1" class="java.lang.Integer"/>

<queryString language="SQL">

<![CDATA[select a.denumire\_aliment,a.poza\_inceput,a.calorii,ap.tip\_masa,pa.id\_plan\_alimentar from aliment a inner join aliment\_plan\_alimentar ap on ap.id\_aliment = a.id\_aliment inner join plan\_alimentar pa on pa.id\_plan\_alimentar = ap.id\_plan\_alimentar where ap.tip\_masa = 'Snack' AND pa.id\_plan\_alimentar=$P{Parameter1}]]>

</queryString>

<field name="DENUMIRE\_ALIMENT" class="java.lang.String">

<property name="com.jaspersoft.studio.field.label" value="DENUMIRE\_ALIMENT"/>

</field>

<field name="POZA\_INCEPUT" class="java.io.InputStream">

<property name="com.jaspersoft.studio.field.label" value="POZA\_INCEPUT"/>

</field>

<field name="CALORII" class="java.lang.String">

<property name="com.jaspersoft.studio.field.label" value="CALORII"/>

</field>

<field name="TIP\_MASA" class="java.lang.String">

<property name="com.jaspersoft.studio.field.label" value="TIP\_MASA"/>

</field>

<field name="ID\_PLAN\_ALIMENTAR" class="java.math.BigDecimal">

<property name="com.jaspersoft.studio.field.label" value="ID\_PLAN\_ALIMENTAR"/>

</field>

</subDataset>

<subDataset name="Snack1" uuid="60eba0ac-f7d9-4b61-afa0-53f74fbf692c">

<property name="com.jaspersoft.studio.data.sql.tables" value=""/>

<property name="com.jaspersoft.studio.data.defaultdataadapter" value="WebContent\Jasper\DataAdapter.xml"/>

<parameter name="Parameter1" class="java.lang.Integer"/>

<queryString language="SQL">

<![CDATA[select a.denumire\_aliment,a.poza\_inceput,a.calorii,ap.tip\_masa,pa.id\_plan\_alimentar from aliment a inner join aliment\_plan\_alimentar ap on ap.id\_aliment = a.id\_aliment inner join plan\_alimentar pa on pa.id\_plan\_alimentar = ap.id\_plan\_alimentar where ap.tip\_masa = 'Snack' AND pa.id\_plan\_alimentar=$P{Parameter1}]]>

</queryString>

<field name="DENUMIRE\_ALIMENT" class="java.lang.String">

<property name="com.jaspersoft.studio.field.label" value="DENUMIRE\_ALIMENT"/>

</field>

<field name="POZA\_INCEPUT" class="java.io.InputStream">

<property name="com.jaspersoft.studio.field.label" value="POZA\_INCEPUT"/>

</field>

<field name="CALORII" class="java.lang.String">

<property name="com.jaspersoft.studio.field.label" value="CALORII"/>

</field>

<field name="TIP\_MASA" class="java.lang.String">

<property name="com.jaspersoft.studio.field.label" value="TIP\_MASA"/>

</field>

<field name="ID\_PLAN\_ALIMENTAR" class="java.math.BigDecimal">

<property name="com.jaspersoft.studio.field.label" value="ID\_PLAN\_ALIMENTAR"/>

</field>

</subDataset>

<subDataset name="Lunch" uuid="500b79fb-f350-4f87-ad72-438e3692d353">

<property name="com.jaspersoft.studio.data.sql.tables" value=""/>

<property name="com.jaspersoft.studio.data.defaultdataadapter" value="WebContent\Jasper\DataAdapter.xml"/>

<parameter name="Parameter1" class="java.lang.Integer"/>

<queryString language="SQL">

<![CDATA[select a.denumire\_aliment,a.poza\_inceput,a.calorii,ap.tip\_masa,pa.id\_plan\_alimentar from aliment a inner join aliment\_plan\_alimentar ap on ap.id\_aliment = a.id\_aliment inner join plan\_alimentar pa on pa.id\_plan\_alimentar = ap.id\_plan\_alimentar where ap.tip\_masa = 'Lunch' AND pa.id\_plan\_alimentar=$P{Parameter1}]]>

</queryString>

<field name="DENUMIRE\_ALIMENT" class="java.lang.String">

<property name="com.jaspersoft.studio.field.label" value="DENUMIRE\_ALIMENT"/>

</field>

<field name="POZA\_INCEPUT" class="java.io.InputStream">

<property name="com.jaspersoft.studio.field.label" value="POZA\_INCEPUT"/>

</field>

<field name="CALORII" class="java.lang.String">

<property name="com.jaspersoft.studio.field.label" value="CALORII"/>

</field>

<field name="TIP\_MASA" class="java.lang.String">

<property name="com.jaspersoft.studio.field.label" value="TIP\_MASA"/>

</field>

<field name="ID\_PLAN\_ALIMENTAR" class="java.math.BigDecimal">

<property name="com.jaspersoft.studio.field.label" value="ID\_PLAN\_ALIMENTAR"/>

</field>

</subDataset>

<subDataset name="Dinner" uuid="166f3d28-f106-4149-88e0-788164b1b506">

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<parameter name="Parameter1" class="java.lang.Integer"/>

<queryString language="SQL">

<![CDATA[select a.denumire\_aliment,a.poza\_inceput,a.calorii,ap.tip\_masa,pa.id\_plan\_alimentar from aliment a inner join aliment\_plan\_alimentar ap on ap.id\_aliment = a.id\_aliment inner join plan\_alimentar pa on pa.id\_plan\_alimentar = ap.id\_plan\_alimentar where ap.tip\_masa = 'Dinner' AND pa.id\_plan\_alimentar=$P{Parameter1}]]>

</queryString>

<field name="DENUMIRE\_ALIMENT" class="java.lang.String">

<property name="com.jaspersoft.studio.field.label" value="DENUMIRE\_ALIMENT"/>

</field>

<field name="POZA\_INCEPUT" class="java.io.InputStream">

<property name="com.jaspersoft.studio.field.label" value="POZA\_INCEPUT"/>

</field>

<field name="CALORII" class="java.lang.String">

<property name="com.jaspersoft.studio.field.label" value="CALORII"/>

</field>

<field name="TIP\_MASA" class="java.lang.String">

<property name="com.jaspersoft.studio.field.label" value="TIP\_MASA"/>

</field>

<field name="ID\_PLAN\_ALIMENTAR" class="java.math.BigDecimal">

<property name="com.jaspersoft.studio.field.label" value="ID\_PLAN\_ALIMENTAR"/>

</field>

</subDataset>

<pageFooter>

<band height="36">

<textField>

<reportElement x="500" y="3" width="50" height="30" uuid="68961b36-6d16-44cb-bd35-bb99811242db"/>

<textFieldExpression><![CDATA[$V{PAGE\_NUMBER}]]></textFieldExpression>

</textField>

</band>

</pageFooter>

</jasperReport>

1. Functia ce returneaza rezultatul sistemului inteligent de asistare a deciziei

**public** **class** Pdf {

**public** **static** **void** main(String[] args){

String[] sex={"B","F"};

String[] stilViata={"sedentar","semiActiv","activ"};

String[] conf={"ectomorf","mezomorf","endmorf"};

String[] obiectiv={"slabire","hipertrofie"};

String[] nivelStres={"1-4","5-8","9-10"};

String s="B";

String stilDeViata="sedentar";

String cc="ectomorf";

String ob="slabire";

String nStres="9-10";

**boolean** aptSport=**false**;

**boolean** boliCardiace=**false**;

**boolean** tBoala=**false**;

**boolean** interventiiChirurgicale=**false**;

//boolean nasteri=false;

//System.out.println(register(s,stilDeViata,cc,ob,nStres,aptSport,boliCardiace,tBoala,interventiiChirurgicale));

//System.out.println(register("B","activ","ectomorf","hipertrofie","1-4",aptSport,boliCardiace,tBoala,interventiiChirurgicale));

System.***out***.println(*intToNume*(10010033));

System.***out***.println(10010%100);

}

**public** **static** String register(String s,String stilDeViata,String cc,String ob,String nStres,**boolean** aptSport,**boolean** boliCardiace,**boolean** tBoala,**boolean** interventiiChirurgicale){

**int** rez=0;

System.***out***.println("SEXUL ESTE " +s+" "+stilDeViata+" "+cc+" "+ob+" "+nStres);

**if**(s.equals(Constante.***barbat***)){

rez+=Constante.***intBarbat***;

}**else** **if**(s.equals(Constante.***femeie***)){

rez+=Constante.***intFemeie***;

}

**if**(stilDeViata.equals(Constante.***sedentar***)){

rez+=Constante.***intSedentar***;

}**else** **if**(stilDeViata.equals(Constante.***semiActiv***)){

rez+=Constante.***intSemiActiv***;

}**else** **if**(stilDeViata.equals(Constante.***activ***)){

rez+=Constante.***intActiv***;

}

**if**(cc.equals(Constante.***ectomorf***)){

rez+=Constante.***intEctomorf***;

}**else** **if**(cc.equals(Constante.***mezomorf***)){

rez+=Constante.***intMezomorf***;

}**else** **if**(cc.equals(Constante.***endomorf***)){

rez+=Constante.***intEndomorf***;

}

**if**(ob.equals(Constante.***slabire***)){

rez+=Constante.***intSlabire***;

}**else** **if**(ob.equals(Constante.***hipertrofie***)){

rez+=Constante.***intHipertrofie***;

}

**if**(nStres.equals(Constante.***lowStress***)){

rez+=Constante.***intLowStress***;

}**else** **if**(nStres.equals(Constante.***midStress***)){

rez+=Constante.***intMidStress***;

}**else** **if**(nStres.equals(Constante.***highStress***)){

rez+=Constante.***intHighStress***;

}

**if**(aptSport){

rez=-1;

}**else** **if**(boliCardiace){

rez=-1;

}**else** **if**(tBoala){

rez=-1;

}**else** **if**(interventiiChirurgicale){

rez=-1;

}

System.***out***.println("REZ ESTE "+rez);

String result=*result*(rez);

**return** result;

}

**public** **static** String result(**int** rez){

String numePdf = **null**;

**if**(rez==-1){

numePdf="Nu sunteti apt de sport.";

}**else** **if**(rez==10010513 || rez==20010513){

numePdf="MenBeginnerBM";

}**else** **if**(rez==10001513 || rez==20001513){

numePdf="MenBeginnerLW";

}**else** **if**(rez==10010523 || rez==20010523){

numePdf="MenIntBM";

}**else** **if**(rez==10001523 || rez==20001523){

numePdf="MenIntLW";

}**else** **if**(rez==10010533 || rez==20001523){

numePdf="MenAdvBM";

}**else** **if**(rez==10001533 || rez==20001533){

numePdf="MenAdvLW";

}

**return** numePdf;

}

1. Sitemap-ul aplicatiei

<?xml version="1.0" encoding="utf-8"?>

<urlset xmlns="http://www.sitemaps.org/schemas/sitemap/0.9">

<url>

<loc>http://localhost:8080/Licenta/intro.html/</loc>

<lastmod>2018-06-03</lastmod>

<changefreq />

<priority>0.5</priority>

</url>

<url>

<loc>http://localhost:8080/Licenta/intro.html/Admin.jsp</loc>

<lastmod>2018-06-03</lastmod>

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<loc>http://localhost:8080/Licenta/intro.html/adminArticle.jsp</loc>

<lastmod>2018-06-03</lastmod>

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<loc>http://localhost:8080/Licenta/intro.html/adminExercises.jsp</loc>

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<lastmod>2018-06-03</lastmod>

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<url>

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<lastmod>2018-06-03</lastmod>

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<loc>http://localhost:8080/Licenta/intro.html/diet.js</loc>

<lastmod>2018-06-03</lastmod>

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<lastmod>2018-06-03</lastmod>

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<changefreq />

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</url>

<url>

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<lastmod>2018-06-03</lastmod>

<changefreq />

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<loc>http://localhost:8080/Licenta/intro.html/endomorphMaleFemale.png</loc>

<lastmod>2018-06-03</lastmod>

<changefreq />

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<lastmod>2018-06-03</lastmod>

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<lastmod>2018-06-03</lastmod>

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