

HEALTH TRACKER

Project:

HEALTHTRACKER

Leaded By :

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Developers/Designers :

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Introduction

- HealthTracker will provide health check using BMI and will suggest a healthy diet.
- Calories intake, recipe of healthy foods to keep yourself fit which is key to live a long life.

Result

- We have already covered the feasibility, ideas behind project, functioning, tools and other requirements data in previous presentation.
- As expected our project is completed successfully within stipulated time.
- In this presentation we are presenting some screenshots showing some demo and give you an idea that how our project is looking and working.

Screenshots attached :

User Login

Recipe Corner

Responsivity

User Signup

Dropdown (Navbar)

Particular Recipe

BMI calculator

Storage in database

Calorie Tables

Contact Page

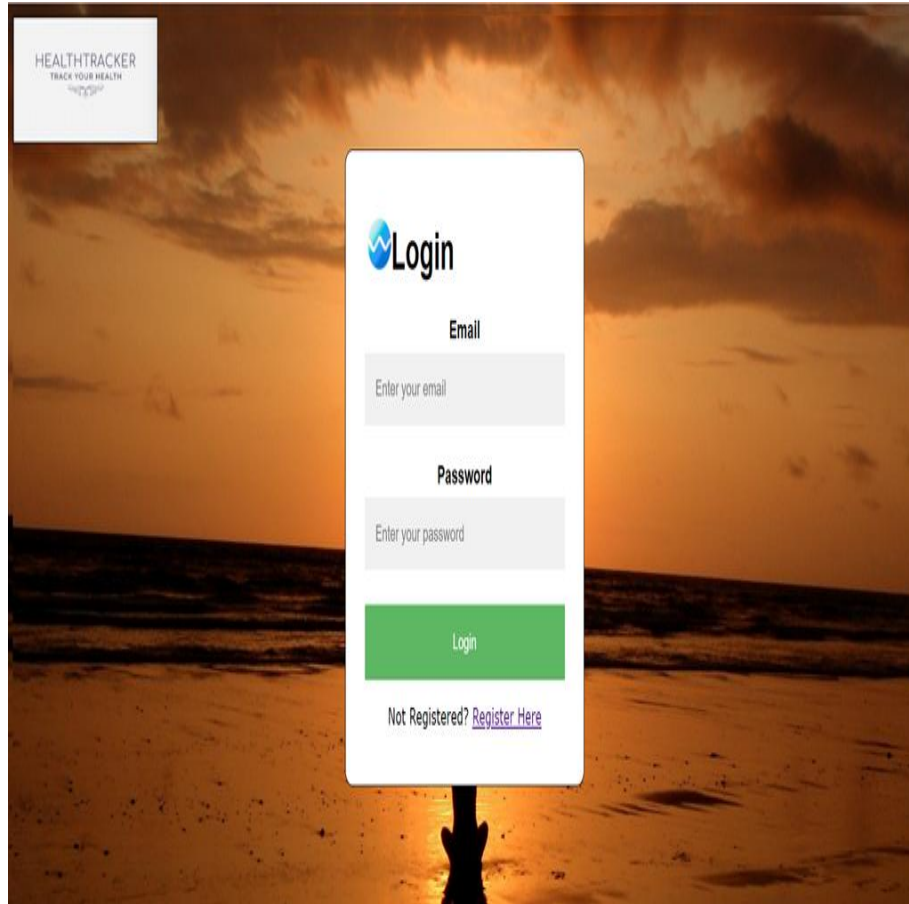
Homepage

About

Chatbot

Overweight/Underweight /Normal/Obese Pages

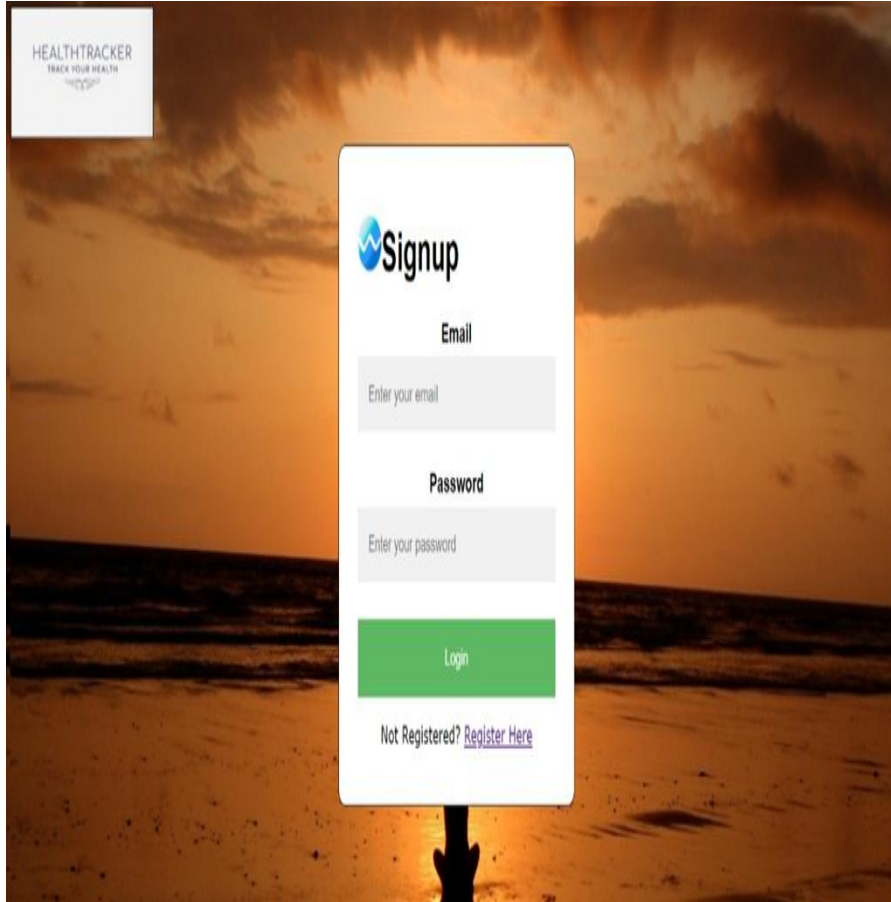
Note: Screenshots quality are reduced. So. avoid quality. Screenshot for complete page are attached as some extra pictures at last.



Login Page:

Page where existing users will login.

User are required to enter their previously registered email id and password.



Signup Page:

Page where new users will make them registered user.

If they are already registered they may redirect to login also.

Ayush's Org - 2020-1... Access Manager Support Billing All Clusters Ayush

Project 0 Atlas Realm Charts

Overview Real Time Metrics Collections Profiler Performance Advisor Online Archive Command Line Tools

DATABASES: 3 COLLECTIONS: 4

+ Create Database

Q NAMESPACES

- details
- healthtracker
 - users
 - todo

healthtracker

DATABASE SIZE: 1.87KB INDEX SIZE: 72KB TOTAL COLLECTIONS: 1

CREATE COLLECTION

Collection Name	Documents	Documents Size	Documents Avg	Indexes	Index Size	Index Avg
users	14	1.87KB	137B	2	72KB	36KB

Screenshot of database created in mongoDB


```
_id: ObjectId("5fc7c273f7643b1cd4b9c02f")  
email: "123@GMAIL.COM"  
password: "$2b$10$D9UmJEvqcZXKtln8bFEgSusRmYsdjlH.unARNHjhmZoOmDsYzOfX2"  
__v: 0
```

```
_id: ObjectId("5fc7c34a936028260cc1ce0a")  
email: "TRY1@GMAIL.COM"  
password: "$2b$10$ikgPLq60Q5sY4MjE3uzzOeg2U5PUPav958H6PFza7YtLReBn.rAY0"  
__v: 0
```

Screenshot of data storing in
healthtracker database

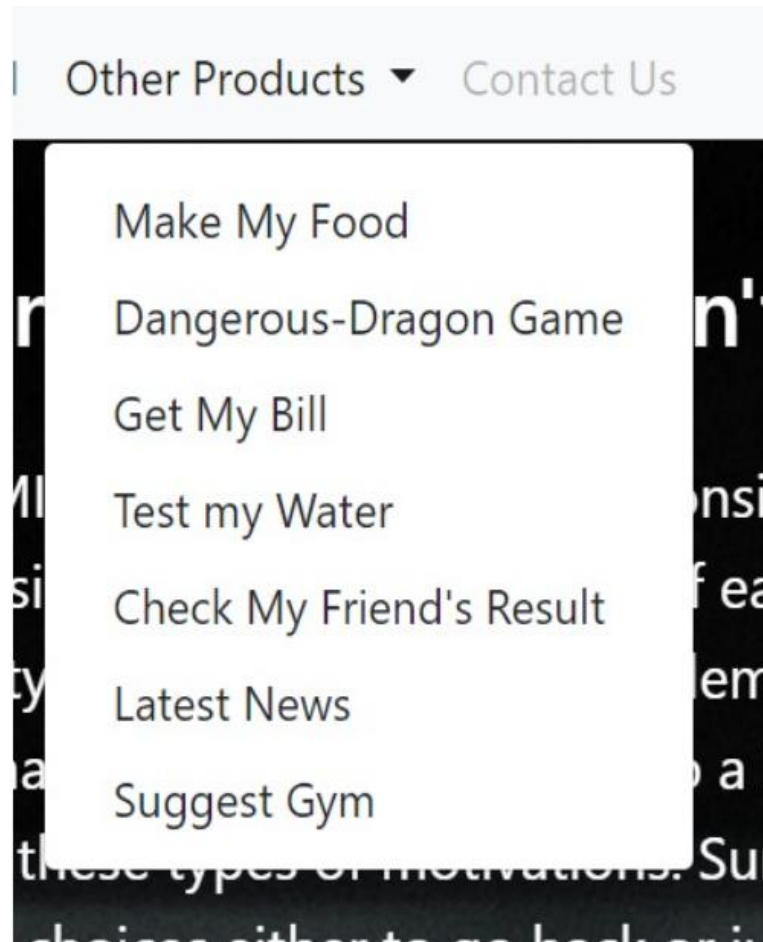
ABOUT



HEALTH is a vital aspect of life. As said "HEALTH IS WEALTH", today's busy schedule has lead to decreased health and moreover due to COVID-19 and nationwide lockdown has lead to lethargic and lazy lifestyle for many. Mental health is also affected along with drop in physical health. HEALTHTRACKER helps you to give a reference line to check your health status.

Homepage:

First page where user will come after successfully logged in. It will consist of dropdown menu which will be key to access our full project.



DropDown Menu

It will allow user to move to the products that HEALTHTRACKER contains.

HEALTHTRACKER
TRACK YOUR HEALTH
"HEALTHY" "HAPPY"

Track My BMI Other Products ▾ Contact Us

BMI-Calculator

— Powered BY HEALTHTRACKER

Enter Your Height(in Cms)

Enter Your Weight(in Kgs)

Check

Enter Your Height(in Cms)


Enter Your Weight(in Kgs)

Check

You are OverWeight! Your BMI is 28.1

You need to change your diet.Don't worry, HEALTHTRACKER will help you.

Check

May I help You?


BMI calculator

Underweight ? Don't Worry!

Having a BMI below 18.5 is generally considered to be unhealthy.

Being drastically underweight can lead to a significant increase in risk of early death as it can impair immune function and lead to osteoporosis. It can also lead to lower fertility and an increased risk of dementia. Some people may also want to put weight on to boost their self esteem, improve their self image, and get stronger to do a better job at work or in athletic competitions. There are also significant health considerations beyond these types of motivations. Sure, By above lines you will fear more than before but you can change yourself if you want. You have 2 choices either to go back or just go down. It depends on you. **HEALTHTRACKER** will always wish for your favour.

Promises

Gaining weight for skinny and losing weight for chubby is really a challenging task.

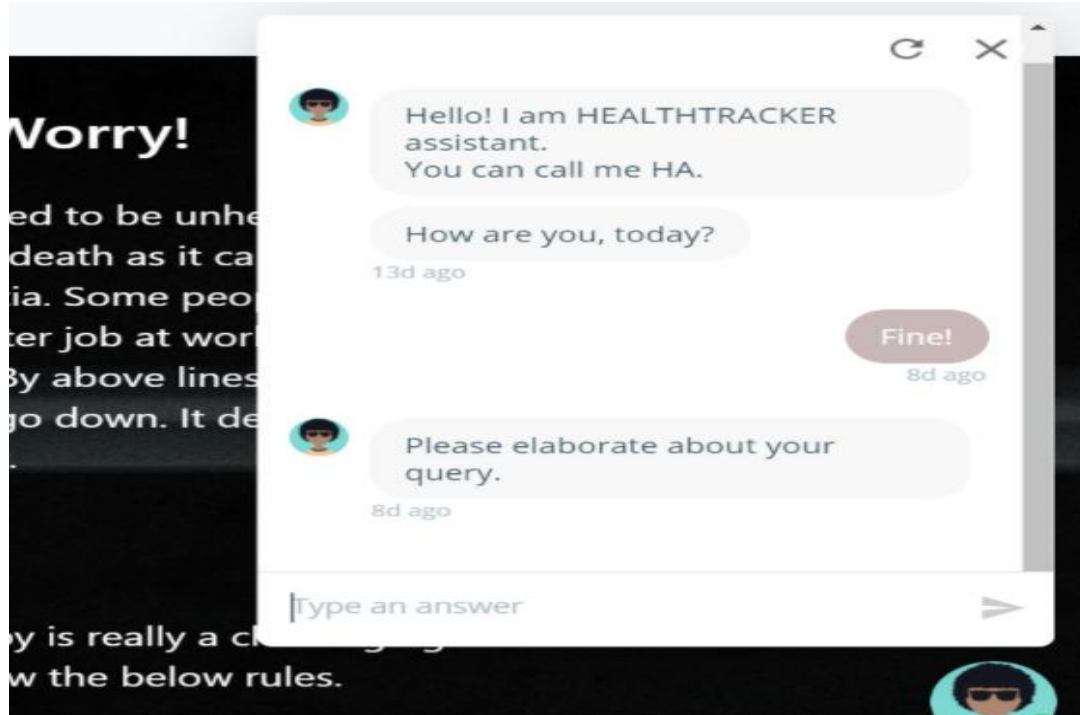
You must promise yourself that you will follow the below rules.

May I help You?



Underweight/Overweight/Normal/Obese pages will be shown to user.

Chatbot:



Recipe Corner

[Home](#)[About](#)[BMI Calculator](#)[Other Services](#)[Contact](#)

Recipe Corner

-powered by Health Tracker

Here are some Healthy Food Recipes you can try out for getting Healthy.
You can choose recipe as per your choice like **Vegetarian** or **Non-Vegetarian**. Also compare Calorie of different food items and choose accordingly.



Particular Recipe Page

[Home](#)[About](#)[BMI Calculator](#)[Other Services](#)[Contact](#)

Recipe Corner

-powered by Health Tracker

LITCHI GINGER COOLER:

Here's a perfect summer beverage to quench your thirst! Litchi ginger cooler is a refreshing blend of basil leaves, ginger, litchi and jaggery syrup, that is sure to leave you drooling.



Contact Page

HEALTHTRACKER
TRACK YOUR HEALTH

[Home](#) [About](#) [BMI Calculator](#) [Other Services](#)

Contact:

First Name

Your name..

Last Name

Your last name..

Country

India

State

Enter State..

City

Enter City..

Address (OPTIONAL)

Enter Address (OPTIONAL)..

Subject

Write something..

Send Message

Footer

Our Other Services...

Click on the link you want to.

[HealthTracker](#)

[Recipe](#)

[Dangerous Dragon Game](#)

[University Roll Number Predictor](#)

[Test my Water](#)

[Get My Bill](#)

[And Many More...](#)

Contact:



Or you can mail to [Archit](#) & [Ayush](#).

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Calorie Table

Requirements

With the given graph, You cannot conclude that what actually your body needs. Here, We are providing you the list of various food that you can include in your diet as per requirements.

Food	Amount(gms/ml)	Calories
Rice (Brown)	100	353.7
Rice Parboiled	100	351.5
Rice Raw milled	100	356.3
Wheat whole	100	321.9
Wheat flour	100	320.2
Bulgar wheat	100	341.7
Refined flour	100	351.8
Ragi	100	320.7
Rice flakes	100	353.7
Wheat semolina	100	353.7

About Page

HEALTHTRACKER



May I help You?



HEALTHTRACKER is intentionally designed to help those peoples who are physically imperfect and want to change their personality and development. HEALTHTRACKER calculates/predict data on the basis of arithmetic calculations that results in exact calculations. HEALTHTRACKER will never be paid for users in future.

HEALTHTRACKER provides you numerous of functions but main motive of this project is to help those peoples who really want to change their physical personality. We can not give guarantee that you will reach your goal but we assure you that you will achieve your goal but you have to work hard. HEALTHTRACKER can only provide direction to their users.

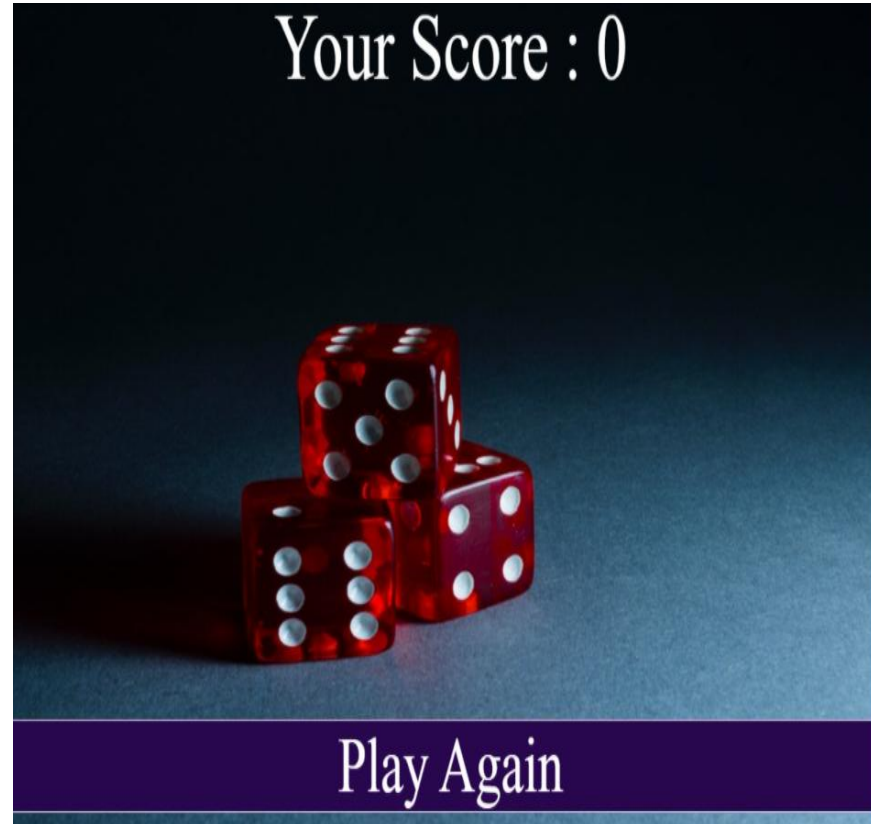
Developer/Designers

Ayush Khandelwal
Archit Agrawal

May I help You?



Game: Dangerous Dragon



Some Random Codes

```
const mongoose = require('mongoose');
const User = require('../models/User');
const jwt = require('jsonwebtoken');
const handleError = (err) => {
  if (err.message.includes('user validation failed')) {
    console.log('Some error occured');
    Object.values(err.errors).forEach(({ properties }) => {
      console.log(val);
      console.log(properties);
      errors[properties.path] = properties.message;
    });
  }
  if (err.code === 11000) {
    console.log('Email already registered');
    email.errors = 'Email already registered';
    exit();
  }
  return errors;
}
```

MS OUTPUT DEBUG CONSOLE TERMINAL

1: node

without a catch block, or by rejecting a promise which was not handled with .catch(). To terminate the node process on unhandled rejection, use the CLI flag '--unhandled-rejections=strict' (see https://nodejs.org/api/cli.html#cli_unhandled_rejections_mode)
id: 1)
:9072] [DEP0018] DeprecationWarning: Unhandled promise rejections are deprecated. In the future, promise rejections that are not handled will terminate the Node.js process with a non-zero exit code.
sent successfully
'5fd46fd57c89ae23707d10a8', iat: 1607757784, exp: 1608016984 }

```
const express = require('express');
const mongoose = require('mongoose');
const app = express();
const routes = require('./routes/authRoutes');
const cookieParser = require('cookie-parser');
const { requireAuth } = require('./middleware/authMiddleware');

app.set('view engine', 'ejs');
app.use(express.json());
app.use(express.static('public'));
app.use(cookieParser());

app.set('views',)
app.get('/', requireAuth, (req, res) => {res.render('homepage')});
app.get('/bmi.ejs', (req, res) => {res.render('bmi.ejs')});
app.get('/about.ejs', (req, res) => {res.render('about.ejs')});
app.get('/underweight.ejs', (req, res) => {res.render('underweight.ejs')});
app.get('/normal.ejs', (req, res) => {res.render('normal.ejs')});
app.get('/overweight.ejs', (req, res) => {res.render('overweight.ejs')});
app.get('/obese.ejs', (req, res) => {res.render('obese.ejs')});
app.get('/homepage.ejs', requireAuth, (req, res) => {res.render('homepage')});
```

MS OUTPUT DEBUG CONSOLE TERMINAL

1: powershell

Windows PowerShell
Copyright (C) Microsoft Corporation. All rights reserved.
Type 'help' for help.
PS C:\Program Files\PowerShell\7> Set-Location C:\Users\user\Documents\Programming\Projects\HEALTHTRACKER
PS C:\Users\user\Documents\Programming\Projects\HEALTHTRACKER> nodemon app

Third Party Packages Used:

```
scripts: {  
  "test": "echo \"Error: no test specified\" && exit 1"  
},  
"author": "ayush",  
"license": "ISC",  
"dependencies": {  
  "bcrypt": "^5.0.0",  
  "body-parser": "^1.19.0",  
  "bootstrap": "^4.5.3",  
  "cookie-parser": "^1.4.5",  
  "ejs": "^3.1.5",  
  "express": "^4.17.1",  
  "jsonwebtoken": "^8.5.1",  
  "mongoose": "^5.10.12",  
  "node": "^15.0.1",  
  "nodemon": "^2.0.6",  
  "validator": "^13.1.17"  
}
```

Some More Screenshots

Promises

Gaining weight for skinny and losing weight for chubby is really a challenging task.
You must promise yourself that you will follow the below rules.

Never feel Depressed.
Never loose hope.
Give full effort
Eat Healthy food rather than junk

If you will then you win!

Gain Weight Fast & Safely

Genetically some people are predisposed to being overweight, while others struggle to put weight on. The general rule of weight gain is you have

Proper Workout

Exercises you will loose your weight. No, that's doesn't happen. Exercises
Exercises gives shape to your body. Squats is the important exercise if
with duration that you must include in your routine. Before, going to sta
in first 21 days or more than that but after that you will like to do work

Thankyou so much for visiting.
WORK HARD!

Redirect me to [Homepage](#)

We are happy to see you fit!

g fit always is really a difficult task. Don't worry, we will

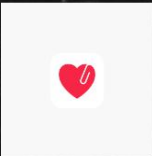
Promises

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HOW IT WORKS

It will calculate fitness through BMI. HEALTHTRACKER helps you to check your health & maintain it according to the results. It help in giving a line of reference to check fitness level. It will calculate your BMI and as per the results, it will show you the category you fall in like healthy, overweight, underweight, Obesity type. Based on the result it will recommend you a calorie intake required by your body. You can also check out some helthy food recipes provided in the Recipe section on the webpage by simply clicking on the 'Recipe' link given under the 'Other Services' section.

Homepage

ARE
You
READY!

Let's Get Started

Our Other Services...

Click on the link you want to.

[HealthTracker](#)

[Recipe](#)

[Dangerous Dragon Game](#)

[University Roll Number Predictor](#)

[Test my Water](#)

[Get My Bill](#)

[And Many More...](#)

Contact:



Or you can mail to [Archit & Ayush](#).

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[Home](#)[About](#)[BMI Calculator](#)[Other Services](#)[Contact](#)

Recipe Corner

-powered by Health Tracker

Here are some Healthy Food Recipes you can try out for getting Healthy.
You can choose recipe as per your choice like **Vegetarian** or **Non-Vegetarian**. Also compare Calorie of different food items and choose accordingly.

Recipe page



Pulao

Vegetarian

Calorie: 359 per 100gm

[Get Recipe](#)

Lithchi Ginger Cooler

Vegetarian

Calories: 181kCal

[Get Recipe](#)

Tricolor Salad

Vegetarian

Calories: 340 kCal

[Get Recipe](#)

Gulab Badam Chikki

Vegetarian

Calories: 79 kCal

[Get Recipe](#)

Checker Board Cookies

Vegetarian

Calorie: 165kCal



Sabudana Khichdi

Vegetarian

Calories: 655kCal



Lauki Kofta

Vegetarian

Calories: 110 kCal



Lentil Vegetable Soup

Vegetarian

Calories: 56kCal



Blue Berry Muffin

Vegetarian
(May contains egg)

Calorie: 467kCal

[Get Recipe](#)

Matar Paneer Masala

Vegetarian

Calories: 450kCal

[Get Recipe](#)

Chicken Quineo Biryani

Non-Vegetarian

Calories: 240 kCal

[Get Recipe](#)

Navratan Korma

Vegetarian

Calories: 233kCal

[Get Recipe](#)

Particular recipe page (as example)



LITCHI GINGER COOLER:

Here's a perfect summer beverage to quench your thirst! Litchi ginger cooler is a refreshing blend of basil leaves, ginger, litchi and jaggery syrup, that is sure to leave you drooling.



Ingredients Of Litchi Ginger Cooler-

- 8 fresh litchi (deseeded), peeled
- 3 Fresh ginger slices
- 4 tsp fresh Thai basil leaves
- 4 tsp fresh Thai basil leaves, chopped
- 50 ml jaggery syrup
- 500 ml cold drinking water
- 3 Ice cubes

How to Make Litchi Ginger Cooler

1. Mix litchi, thai basil leaves, jaggery syrup and cold water with the help of blender.
2. Crush the ginger slices a little and add it to the drink.
3. Keep it in the refrigerator for an hour.
4. After this add 3 ice cubes in the glass then put garnish with chopped thai basil leaves. It's ready to be served now.

Serve & enjoy your Day.!!

THANK YOU!

HEALTHTRACKER

TRACK YOUR HEALTH



Thank You