

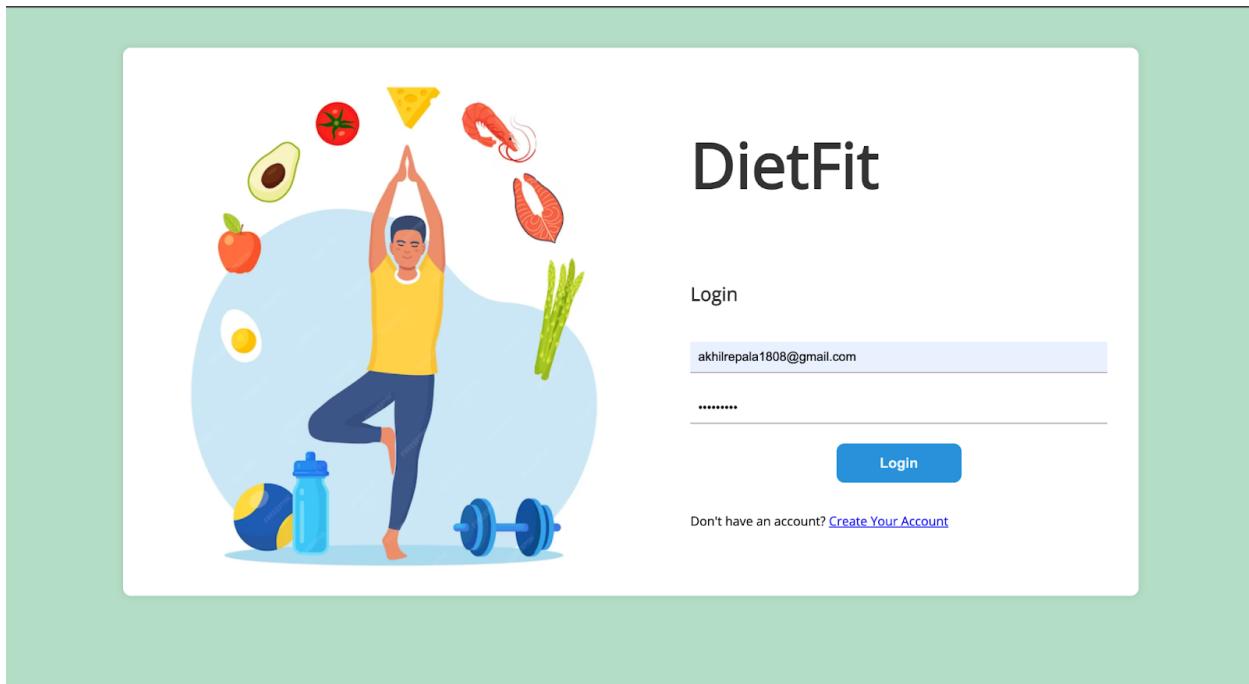
## INSTRUCTIONS PAGE

### TEAM MEMBERS:

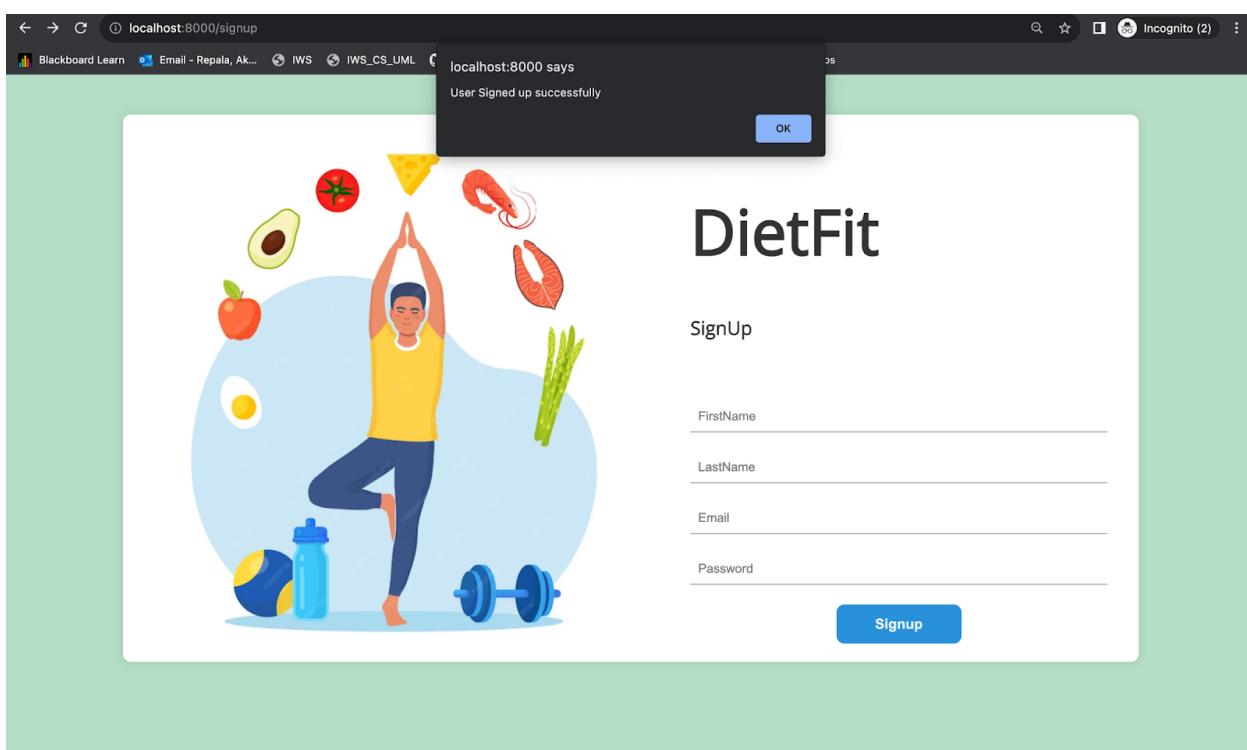
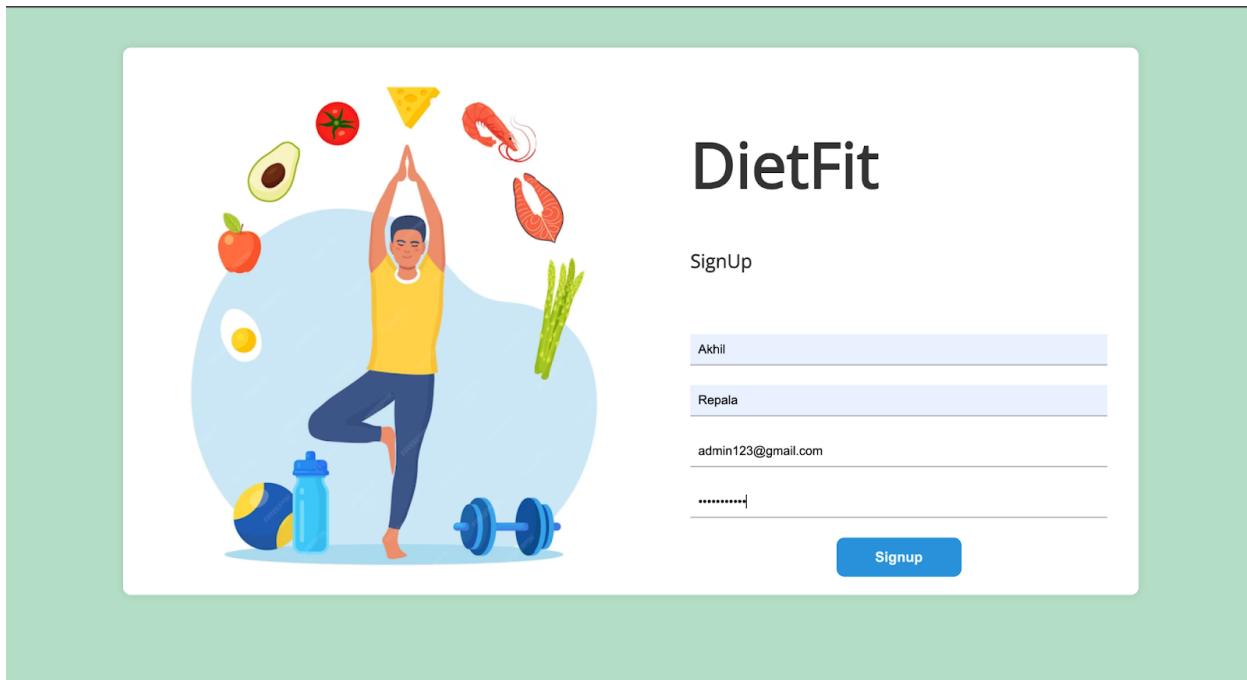
- Akhil Repala - Akhil\_Repala@student.uml.edu - 02036493
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### Instructions:

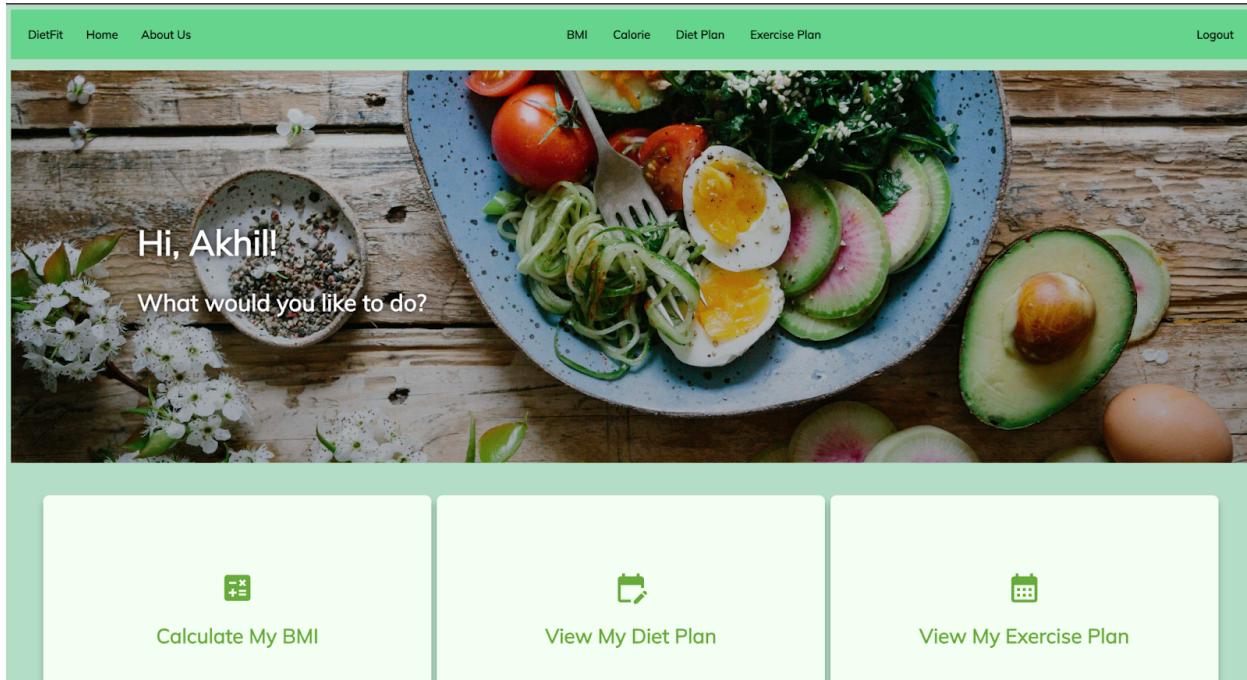
When we open the link below for our Dietfit application, it opens the landing page like below in which users can enter their details like email and password (already a user) to get into the website as shown below. For example, if login is failed due to incorrect password or incorrect email then we are throwing an error message as a pop up.



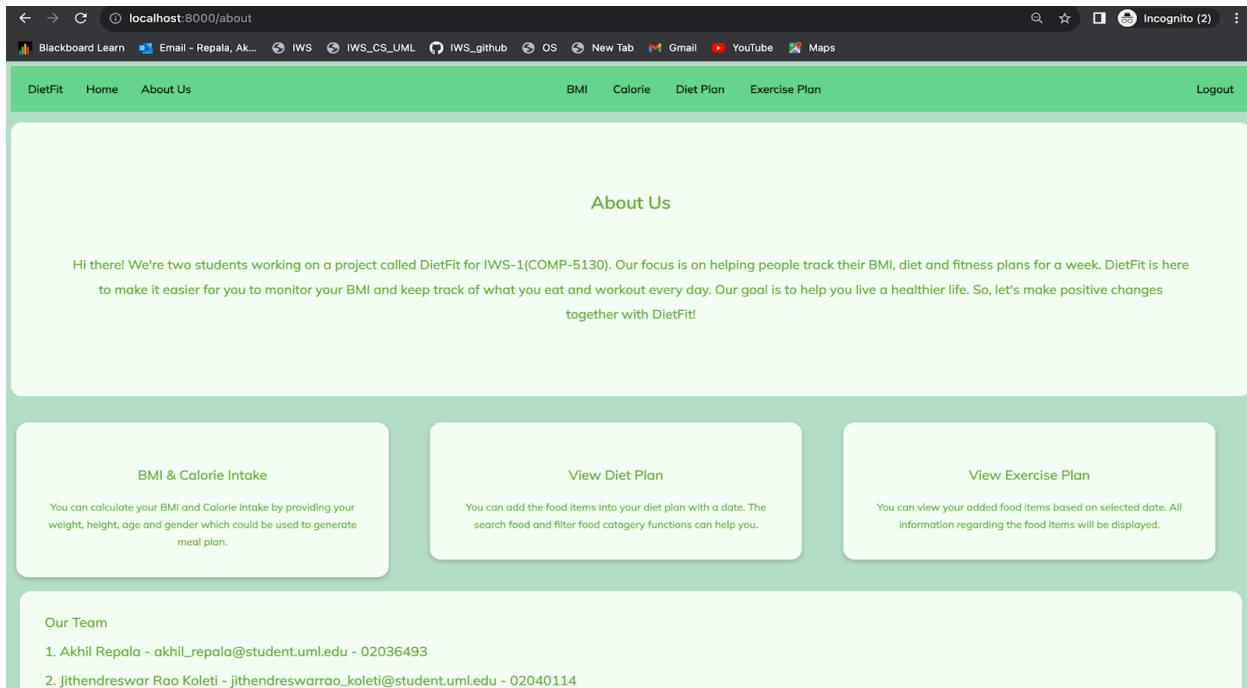
If any user is new to our application then click on the create your account and give details like first name, last name, email and password as shown below. Here, we are validating whether the email is a proper email or not and the password should be of 9 characters where it should contain minimum 9 characters along with one uppercase letter, one special character, one number and one uppercase character. After filling the details like below image and click on that signup button and if everything is valid then it shows a pop up of a message (User signed up successfully) as shown below.



Once login is successful then it redirects to the home page as shown below. In the home page, we are displaying the user name and the navigation bar consists of about us, bmi, calorie, diet plan, exercise plan and logout buttons. In the home page, if we click on Calculate My BMI then it redirects to the BMI page. Similarly, if we click on the View My Diet Plan then it redirects to the diet plan page and same for View My Exercise Plan it goes to the exercise plan page.



If the user clicks on the **About Us** on navigator then it redirects to the about page as shown below. It contains information about Dietfit app and description of each feature in the app and the team members information.



The screenshot shows the 'About Us' page of the DietFit application. At the top, there is a navigation bar with links for 'DietFit', 'Home', 'About Us', 'BMI', 'Calorie', 'Diet Plan', 'Exercise Plan', and 'Logout'. The main content area has a green header 'About Us'. Below it, a text block says: 'Hi there! We're two students working on a project called DietFit for IWS-1(COMP-5130). Our focus is on helping people track their BMI, diet and fitness plans for a week. DietFit is here to make it easier for you to monitor your BMI and keep track of what you eat and workout every day. Our goal is to help you live a healthier life. So, let's make positive changes together with DietFit!' Below this, there are three cards: 'BMI & Calorie Intake', 'View Diet Plan', and 'View Exercise Plan'. Each card contains a brief description and a link to more information. At the bottom, there is a section titled 'Our Team' with two team members listed.

**About Us**

Hi there! We're two students working on a project called DietFit for IWS-1(COMP-5130). Our focus is on helping people track their BMI, diet and fitness plans for a week. DietFit is here to make it easier for you to monitor your BMI and keep track of what you eat and workout every day. Our goal is to help you live a healthier life. So, let's make positive changes together with DietFit!

**BMI & Calorie Intake**

You can calculate your BMI and Calorie intake by providing your weight, height, age and gender which could be used to generate meal plan.

**View Diet Plan**

You can add the food items into your diet plan with a date. The search food and filter food category functions can help you.

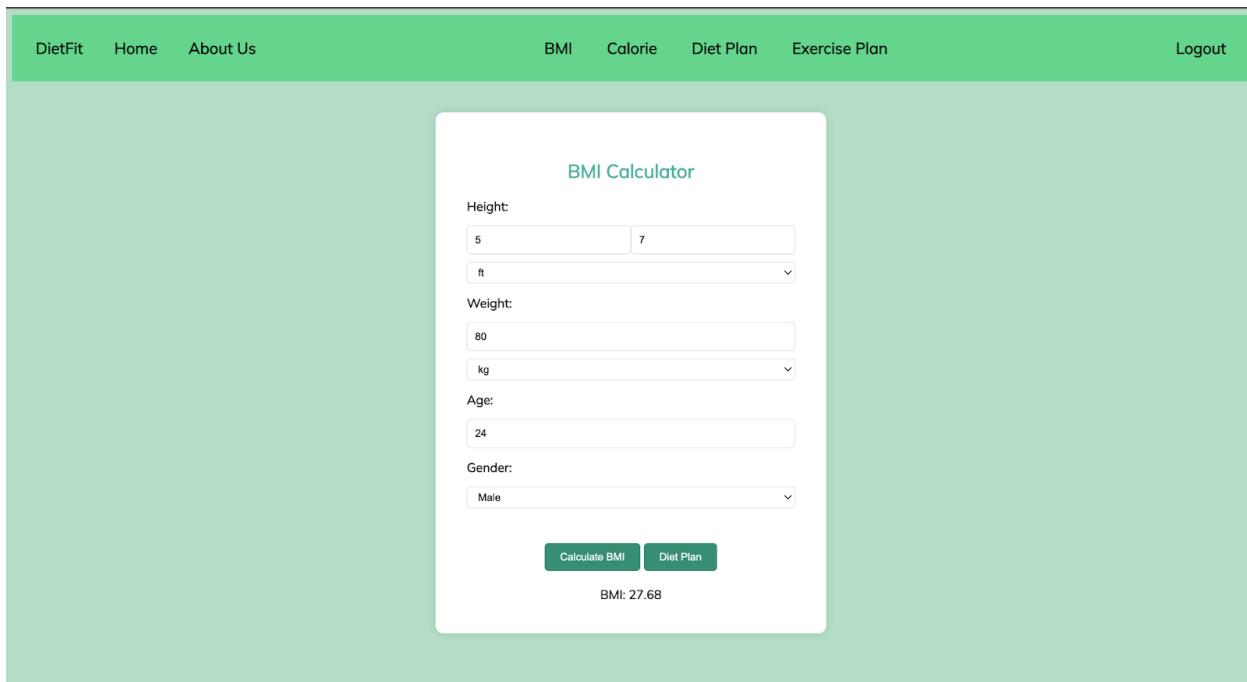
**View Exercise Plan**

You can view your added food items based on selected date. All information regarding the food items will be displayed.

**Our Team**

1. Akhil Repala - akhil\_repala@student.uml.edu - 02036493  
2. Jithendreswar Rao Koleti - jithendreswarrao\_koleti@student.uml.edu - 02040114

Regarding the BMI, the user has to go to the BMI page by clicking on **BMI** on the navigation bar. after giving the user details like weight, height, gender and age. Here, height can be given in two formats ft and cm. Also, weight can be given in two formats like kg or lbs. For this, the user has to select by clicking on the dropdown for ft or cm regarding height and same as for weight too. After giving the details, BMI is calculated as shown below.



The screenshot shows the 'BMI Calculator' page of the DietFit application. At the top, there is a navigation bar with links for 'DietFit', 'Home', 'About Us', 'BMI', 'Calorie', 'Diet Plan', 'Exercise Plan', and 'Logout'. The main content area has a green header 'BMI Calculator'. Below it, there are input fields for Height (feet/inches), Weight (kg/lbs), Age, and Gender. There are also 'Calculate BMI' and 'Diet Plan' buttons. The calculated BMI value is displayed as 27.68.

**BMI Calculator**

Height:

Weight:

Age:

Gender:

Calculate BMI   Diet Plan

BMI: 27.68

Regarding the daily calorie intake, the user has to go to the Calorie page by clicking on **Calorie** on the navigation bar. So, the user has to give the details like weight, height, gender ,age and activity level. Here, height can be given in two formats ft and cm. Also, weight can be given in two formats like kg or lbs. For this, the user has to select by clicking on the dropdown for ft or cm regarding height and same as for weight too. After giving the details, daily calorie intake is calculated as shown as below.

The screenshot shows a web application interface for a calorie calculator. At the top, there is a green header bar with links for DietFit, Home, About Us, BMI, Calorie, Diet Plan, Exercise Plan, and Logout. The main content area has a light green background. A white modal window titled "Calorie Calculator" is centered. Inside the modal, there are input fields for Height (5 ft 7 in), Weight (80 kg), Age (24), Gender (Male), and Select activity level (Lightly Active). Below these fields are two buttons: "Calculate Calorie Intake" and "Diet Plan". At the bottom of the modal, it displays "Calorie Intake Count: 2581 kcal".

After checking the daily calorie intake, users can go to the diet plan page by clicking on the **Diet Plan** on the navigation bar. If the user has any allergy with the food then they can select the allergy type by clicking on **Allergies** on the filter for all meals. Also, users can specify their diet type by clicking on the **Diet** on the filter for all meals. User has to specify the min and max amount of calories in which the user is planning to take for each day. Users can specify their choices of food per meal like breakfast, lunch and dinner. For each meal, please click on the meal (**Breakfast, Lunch, Dinner**) on the meal filters and add your choice of food. All the selected items by the user will be displayed on the right side based on their category on the right side. I have selected some filters for my diet plan as shown below and if a user can remove that filter by clicking on the X mark on the selected items.

**Set filters for all meals**

Allergies  
Diet  
Calories

**Set your meals**

Breakfast  
Lunch  
Dinner

Dinner			
Biscuits and cookies	Bread	Cereals	Condiments and sauces
Desserts	Drinks	Egg	Ice cream and custard
Main course	Pancake	Pasta	Pastry
Pies and tarts	Pizza	Preps	Preserve
Salad	Sandwiches	Seafood	Side dish
<b>Soup</b>	Special occasions	Starter	Sweets

For all meals			
Allergies: Celery-free	X		
Diet: Balanced	X		
1000-2000kcal	X		
Breakfast			
Bread	X		
Egg	X		
Lunch			
Salad	X		
Sandwiches	X		
Dinner			
Seafood	X		
Soup	X		

**SEARCH**

After setting the filters, the user can click on the search button. After that, Dietfit displays a weekly meal plan as shown below. For each day, there will be three meals in which we are showing the dish name, calories of the dish, protein content, fat content and carbs content of that dish.

**Your Weekly Meal Plan**

<b>Day 1 - Breakfast</b> Bacon, Corn and Cheddar Skillet Bread • Calories: 476 kcal • Protein: 15 g • Fat: 21 g • Carbs: 55 g <b>More details</b>	<b>Day 1 - Lunch</b> Pasta Salad with Tomatoes • Calories: 500 kcal • Protein: 13 g • Fat: 17 g • Carbs: 74 g <b>More details</b>	<b>Day 1 - Dinner</b> White Bean and Barley Soup With Tomatoes and Greens • Calories: 499 kcal • Protein: 22 g • Fat: 16 g • Carbs: 71 g <b>More details</b>
<b>Day 2 - Breakfast</b> Braided Sesame Seed Bread • Calories: 474 kcal • Protein: 12 g • Fat: 15 g • Carbs: 70 g <b>More details</b>	<b>Day 2 - Lunch</b> Ham and Hummus Sandwiches • Calories: 500 kcal • Protein: 23 g • Fat: 21 g • Carbs: 57 g <b>More details</b>	<b>Day 2 - Dinner</b> Garlic Smashed Potatoes • Calories: 500 kcal • Protein: 15 g • Fat: 18 g • Carbs: 70 g <b>More details</b>
<b>Day 3 - Breakfast</b> Bacon Corn Bread • Calories: 472 kcal • Protein: 13 g • Fat: 17 g • Carbs: 65 g <b>More details</b>	<b>Day 3 - Lunch</b> Lentils, Radicchio and Walnuts with Honey recipes • Calories: 500 kcal • Protein: 17 g • Fat: 24 g • Carbs: 55 g <b>More details</b>	<b>Day 3 - Dinner</b> Risotto with Sun-Dried Tomatoes and Mozzarella • Calories: 499 kcal • Protein: 23 g • Fat: 18 g • Carbs: 59 g <b>More details</b>

Here, the user clicks on the more details button then it opens a window as shown below. In that, Dietfit is showing the dish name, dish image, ingredients for that dish and a source link for that

dish. Users can go to that link and can get more information about the dish.

Day	Breakfast	Lunch	Dinner
Day 2	Braided Sesame Seed Bread • Calories: 474 kcal • Protein: 12 g • Fat: 15 g • Carbs: 70 g <a href="#">More details</a>	Ham and Hummus Sandwiches • Calories: 500 kcal • Protein: 23 g • Fat: 21 g <a href="#">More details</a>	Garlic Smashed Potatoes • Calories: 500 kcal • Protein: 15 g • Fat: 18 g • Carbs: 70 g <a href="#">More details</a>
Day 3	Bacon Corn Bread • Calories: 472 kcal • Protein: 13 g • Fat: 17 g • Carbs: 65 g <a href="#">More details</a>	Dish: Italian-Style Fried Brussel Sprouts recipes <span style="color:red;">X</span>  Ingredients: 1. 4 cups of washed and freshly trimmed Brussel sprouts. 2. pinch of kosher salt for water. 3. 1 cup of all-purpose flour. 4. 3 large eggs that were lightly beaten. 5. 1/2 cup of panko bread crumbs. 6. 1/2 of a cup of grated Romano cheese. 7. 1 teaspoon of dried basil. 8. 1/2 of a teaspoon of dried oregano. 9. 1/2 teaspoon garlic powder. 10. kosher salt. 11. freshly ground pepper. 12. 1/4 of a cup of oil of your choice for frying.  Source: <a href="http://themcallumshamrockpatch.com">themcallumshamrockpatch.com</a>	
Day 4	Italian Bundtwich • Calories: 478 kcal • Protein: 22 g • Fat: 23 g • Carbs: 45 g <a href="#">More details</a>	Risotto with Sun-Dried Tomatoes and Mozzarella • Calories: 499 kcal • Protein: 23 g • Fat: 18 g • Carbs: 59 g <a href="#">More details</a>	
Day 5	Cheesy Focaccia Bread • Calories: 472 kcal	Marinated Bean Salad • Calories: 500 kcal	Italian-Style Fried Brussel Sprouts recipes • Calories: 499 kcal • Protein: 19 g • Fat: 23 g • Carbs: 52 g <a href="#">More details</a>
			Day 5 - Dinner Cauliflower-Lime Curry • Calories: 499 kcal

In some cases, Dietfit cannot generate the data for some user based filters and in that case we are asking users to modify the filters by a pop up message as shown below.

Set filters for all meals

Allergies

Diet

Calories

Set your meals

Breakfast

Lunch

Dinner

localhost:8000 says
Request got failed with an error no data found for this combination filter, try modifying the filter
OK

**Dinner**

Biscuits and cookies	Bread	Cereals	Condiments and sauces
Desserts	Drinks	Egg	Ice cream and custard
Main course	Pancake	Pasta	Pastry
Pies and tarts	Pizza	Preps	Preserve
Salad	Sandwiches	Seafood	Side dish
Soup	Special occasions	Starter	Sweets

**Breakfast**

Bread	X
Cereals	X
Egg	X

**Lunch**

Sandwiches	X
Salad	X

**Dinner**

Soup	X
Side dish	X

SEARCH

After checking the diet plan, users can go to the diet plan page by clicking on the **Exercise Plan** on the navigation bar. Users have to select the muscle type, exercise type and exercise difficulty level filters by clicking on the (**Muscle Type, Exercise Type, Difficulty**) of exercise parameters as shown below. After that, please click on the search button for a weekly exercise plan.

DietFit   Home   About Us   BMI   Calorie   Diet Plan   Exercise Plan   Logout

Select the exercise parameters

Muscle Type

Exercise Type

Difficulty

Difficulty

beginner   intermediate   expert

Selected Parameters:

- Muscle: biceps
- Exercise: strength
- Exercise: stretching
- Exercise: powerlifting
- Difficulty: beginner

SEARCH

Dietfit generates a weekly exercise plan by considering the user given parameters as shown below. For each day, we are generating the three exercises and displaying the name, type, muscle type, equipment used for the exercise.

Your Weekly Exercise Plan

Day 1

<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>
<ul style="list-style-type: none"> <li>Name: Incline Hammer Curls</li> <li>Type: strength</li> <li>Muscle: biceps</li> <li>Equipment: dumbbell</li> <li>Difficulty: beginner</li> </ul> <p><a href="#">Instructions</a></p>	<ul style="list-style-type: none"> <li>Name: Wide-grip barbell curl</li> <li>Type: strength</li> <li>Muscle: biceps</li> <li>Equipment: barbell</li> <li>Difficulty: beginner</li> </ul> <p><a href="#">Instructions</a></p>	<ul style="list-style-type: none"> <li>Name: Biceps curl to shoulder press</li> <li>Type: strength</li> <li>Muscle: biceps</li> <li>Equipment: dumbbell</li> <li>Difficulty: beginner</li> </ul> <p><a href="#">Instructions</a></p>

Day 2

<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>
<ul style="list-style-type: none"> <li>Name: Flexor Incline Dumbbell Curls</li> <li>Type: strength</li> <li>Muscle: biceps</li> <li>Equipment: dumbbell</li> <li>Difficulty: beginner</li> </ul> <p><a href="#">Instructions</a></p>	<ul style="list-style-type: none"> <li>Name: Machine Bicep Curl</li> <li>Type: strength</li> <li>Muscle: biceps</li> <li>Equipment: machine</li> <li>Difficulty: beginner</li> </ul> <p><a href="#">Instructions</a></p>	<ul style="list-style-type: none"> <li>Name: Close-grip EZ-bar curl</li> <li>Type: strength</li> <li>Muscle: biceps</li> <li>Equipment: barbell</li> <li>Difficulty: beginner</li> </ul> <p><a href="#">Instructions</a></p>

By clicking on the instructions for an exercise, Dietfit displays the instructions list in a window as shown below.

Your Weekly Exercise Plan

Day 1

<b>Exercise 1</b> <ul style="list-style-type: none"><li>• Name: Incline Hammer Curls</li><li>• Type: strength</li><li>• Muscle: biceps</li><li>• Equipment: dumbbell</li><li>• Difficulty: beginner</li></ul> <a href="#">Instructions</a>	<b>Exercise 2</b> <ul style="list-style-type: none"><li>• Name: Wide-grip barbell curl</li><li>• Type: strength</li></ul>	<b>Exercise 3</b> <ul style="list-style-type: none"><li>• Name: Biceps curl to shoulder press</li><li>• Type: strength</li></ul>
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Instructions:

1. Adjust the seat to the appropriate height and make your weight selection.  
2. Place your upper arms against the pads and grasp the handles.  
3. This will be your starting position.  
4. Perform the movement by flexing the elbow, pulling your lower arm towards your upper arm.  
5. Pause at the top of the movement, and then slowly return the weight to the starting position.  
6. Avoid returning the weight all the way to the stops until the set is complete to keep tension on the muscles being worked.

X

Day 2

<b>Exercise 1</b> <ul style="list-style-type: none"><li>• Name: Flexor Incline Dumbbell Curls</li><li>• Type: strength</li><li>• Muscle: biceps</li><li>• Equipment: dumbbell</li><li>• Difficulty: beginner</li></ul> <a href="#">Instructions</a>	<b>Exercise 2</b> <ul style="list-style-type: none"><li>• Name: Machine Bicep Curl</li><li>• Type: strength</li><li>• Muscle: biceps</li><li>• Equipment: machine</li><li>• Difficulty: beginner</li></ul> <a href="#">Instructions</a>	<b>Exercise 3</b> <ul style="list-style-type: none"><li>• Name: Close-grip EZ-bar curl</li><li>• Type: strength</li><li>• Muscle: biceps</li><li>• Equipment: barbell</li><li>• Difficulty: beginner</li></ul> <a href="#">Instructions</a>
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