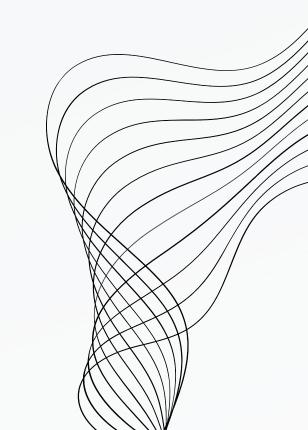# 期末專案
FITNESS AND DIET CALORIE TRACKER
健身和食物卡路里追蹤

00957058 詹堡崴

00957059 許漢強

MOTIVATION 動機

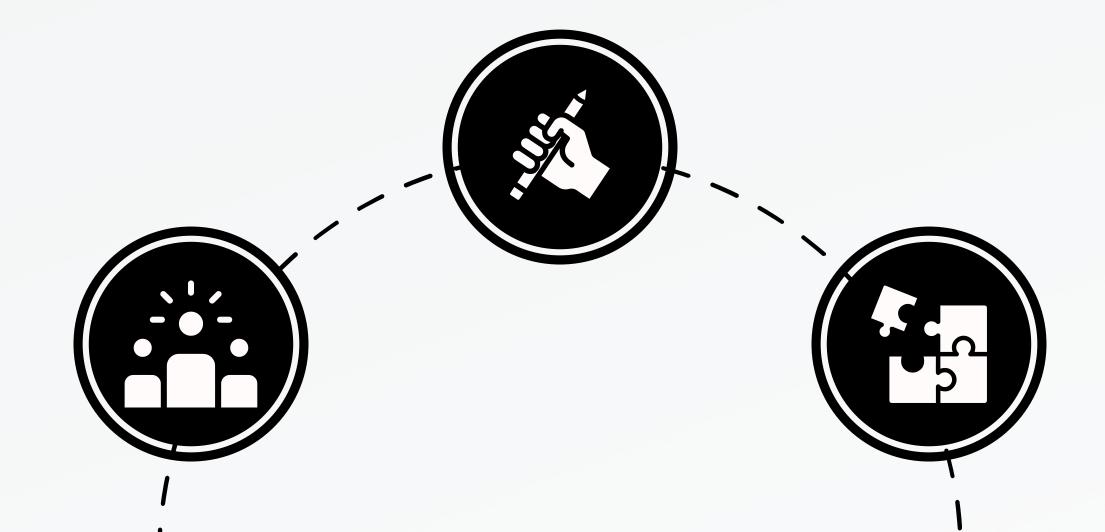**Objective n° 1**

食物和健康是生活中重要的方面

Objective n° 2

可以追蹤每日健身和食物卡路里

Objective n° 3

幫助記錄我們的健身和健康進展

所使用技術

前端：
- React (React hook)
- Tailwind CSS
- NextUI
- ReactJS Chart
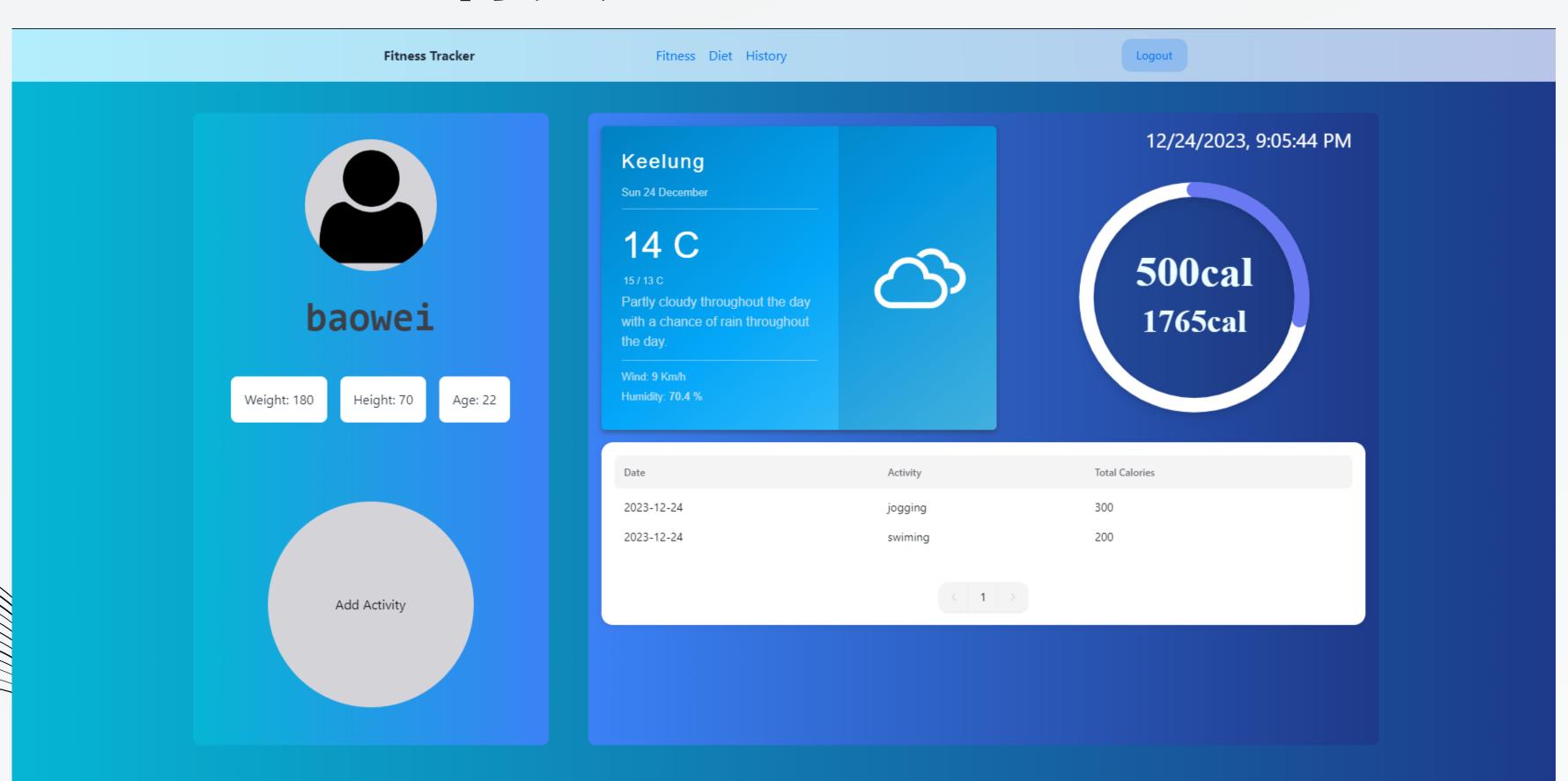- visualcrossing weather api
- circular progress bar

後端：
- Node.JS
- MongoDB Atlas
- express
- bcrypt (加密密碼)

網站架構

- Sign up and Login Features
- Activity Tracking and Activity Goal Setting
- Diet, Calorie Tracking and Calorie Goal Setting
- Data Visualization
  (Weekly Graph, Monthly Graph)

網頁 HOMEPAGE

Fitness Tracker   Fitness Diet History   Logout

baowei

Weight: 180   Height: 70   Age: 22

Add Activity

Keelung

Sun 24 December

14 C

15 / 13 C
Partly cloudy throughout the day
with a chance of rain throughout
the day.

Wind: 9 Km/h
Humidity: 70.4 %

12/24/2023, 9:05:44 PM

500cal
1765cal

Date	Activity	Total Calories
2023-12-24	jogging	300
2023-12-24	swiming	200

‹ 1 ›

資料庫 SCHEMA

fitnessentries

id 🔑	integer
user	varchar
date	date
activity	varchar
totalCalories	integer

users

id 🔑	varchar
name	varchar
height	integer
weight	integer
email	varchar
pass	varchar

calorieentries

id 🔑	integer
user	varchar
date	date
time	varchar
food	varchar
totalCalories	integer

資料庫

users

_id: ObjectId('6587ee23d7d94e904953dfaa')
name: "bao"
height: 180
weight: 70
age: 20
email: "cbwbaowei@gmail.com"
pass: "$2b$10$prag4iY9t7dW.wk7vHKjp.RCZt4hqp65M2WOZm6yw07xbf.wDEPsq"
__v: 0

_id: ObjectId('6587ef9fd7d94e904953dff1')
name: "chiam bao wei"
height: 180
weight: 60
age: 20
email: "cbwbaowei@hotmail.com"
pass: "$2b$10$7BO9PgqwgoARbBcCtpeGpeBJREjmIT65fnxASJ8CVNcAHPJzFtdfi"
__v: 0

fitnessentries

_id: ObjectId('6587efc5d7d94e904953e001')
user: ObjectId('65844452daf9058f0ada4079')
date: 2023-12-24T00:00:00.000+00:00
activity: "jogging"
totalCalories: 300
__v: 0

_id: ObjectId('6587efd5d7d94e904953e03e')
user: ObjectId('65844452daf9058f0ada4079')
date: 2023-12-24T00:00:00.000+00:00
activity: "swiming"
totalCalories: 200
__v: 0

資料庫

calorieentries

```
  ▶      _id: ObjectId('65846d77f06cd71ce04cc9a1')
         user: ObjectId('6579b3bed2f04e80a6345457')
  ▼ entries: Array (1)
     ▼ 0: Object
          date: 2023-12-22T00:00:00.000+00:00
          time: "lunch"
          food: "Bread"
          totalCalories: 200
          _id: ObjectId('65846d77f06cd71ce04cc9a2')
       __v: 0
```

YOUTUBE 鏈接

https://youtu.be/9sy1VBOTG0o

分工

- 詹堡崴 (50%)：前端 (React)
- 許漢強 (50%)：後端（Node.JS)

THANK YOU