Usage Guide for my C++ project

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June 2024

Compiling the Program

In order to run my program, you need a C++ compiler like CodeBlocks or CLion. (click on the program names for download links). Further instructions on how to make a new project and run the program can be checked on their respective websites.

Main Menu

After running the program, the user is presented with 4 options:

Create account: With this option, the user can create a new account. The user will be prompted to enter their first name, last name, and their calories objective for each day, it has to be a new user for the operation to be approved. If the user already exists/is registered, he/she will be notified and the program will return to the main menu. The calories objective for each day can be changed in the operations menu as well.

Login : With this option, the user will be prompted to enter their first and last name in order to login. If an user with a first and last name cannot be found, a message will appear and the user will be brought back to the main menu. Otherwise, they will be logged in and the operations menu will appear.

Delete account : With this option, the user will be prompted to enter the first and last name account they want to delete. If it exists, it will be deleted, together with the all the calories tracked for that user. If not, the user will be notified and returned to the main menu.

Exit : The program will be stopped.

Operations Menu

This is the menu the user is brought to after logging in, the operations the user can do are the following:

Edit objective : With this option, the user can change the calories daily objective they wish to achieve. Before inserting a new value, the user is also reminded of the current calories daily objective. It has to be between 500 and 5000 in order to be approved. If it is not, the user will be prompted to re-enter the correct value.

Add calories : With this option, the user can add calories for a specific date, either by manually inserting them with a value or by selecting from a small list of ingredients/pre-made meals (my plan is to add many more for the future). First, the user is asked to enter a date (of format DD.MM.YYYY), then is presented with the 2 options I mentioned above. If adding manually, the user must input a value higher than 0. If adding by ingredient/pre-made meal, the user is presented with the list of all ingredients/pre-made meals he/she can choose from and needs to correctly input the string for which one they want to choose.

Delete calories : With this option, the user can delete some calories for a specific date, by manually mentioning a value. The user is asked to enter a date (of format DD.MM.YYYY), then is asked to enter the value. It must be higher than 0 and smaller than the calories registered for that date to be approved.

View calories : With this option, the user can see the calories count for the date they want, including if they are right on/under/over the objective. The user is asked to enter a date (of format DD.MM.YYYY), and then is shown with the information mentioned above.

Exit : The user will be logged out and the program will be stopped.

Data Management

In order for the program to function correctly, it has to use 2 files: "accounts.csv" and "logs.csv". In the accounts file, all the users with their first name, last name and daily calories objective are kept. In the logs file, all the dates with calories for all the registered users are kept. The program also uses 2 classes that are connected to each other, as requested in the project requirements, in order to store the list of ingredients/pre-made meals, and to make the functions that the program needs to manipulate the data.