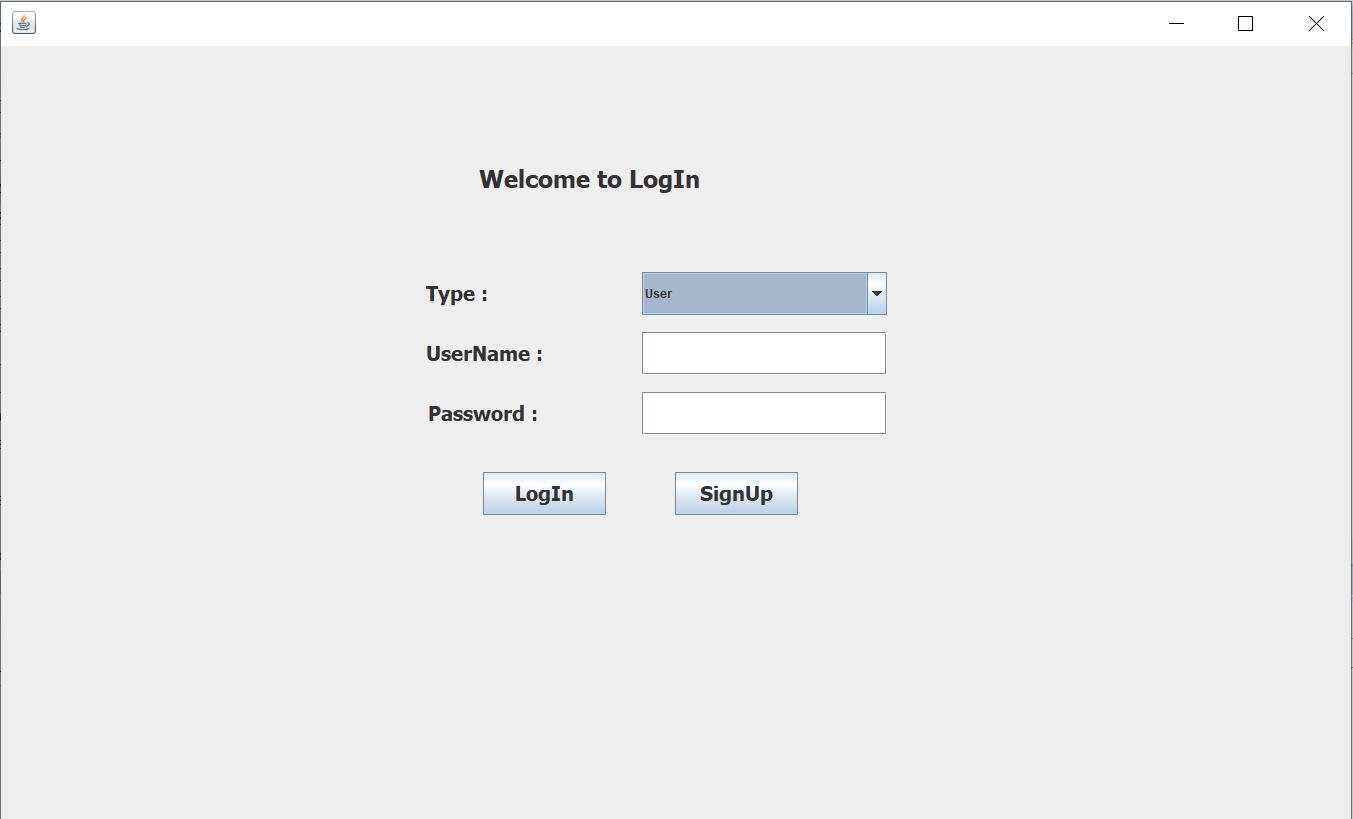
**User Documentation**

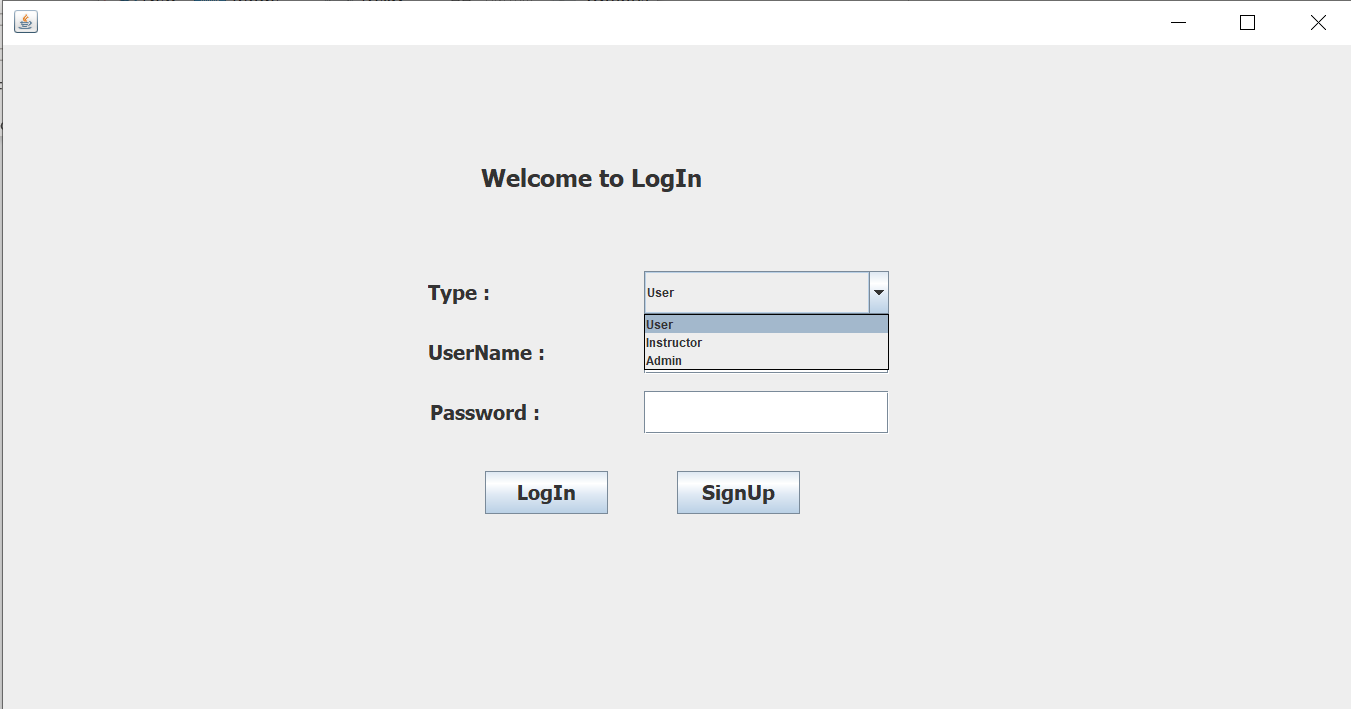
**Signup Activity**

1. When user open fitness tracker application the first page of Login is opened.

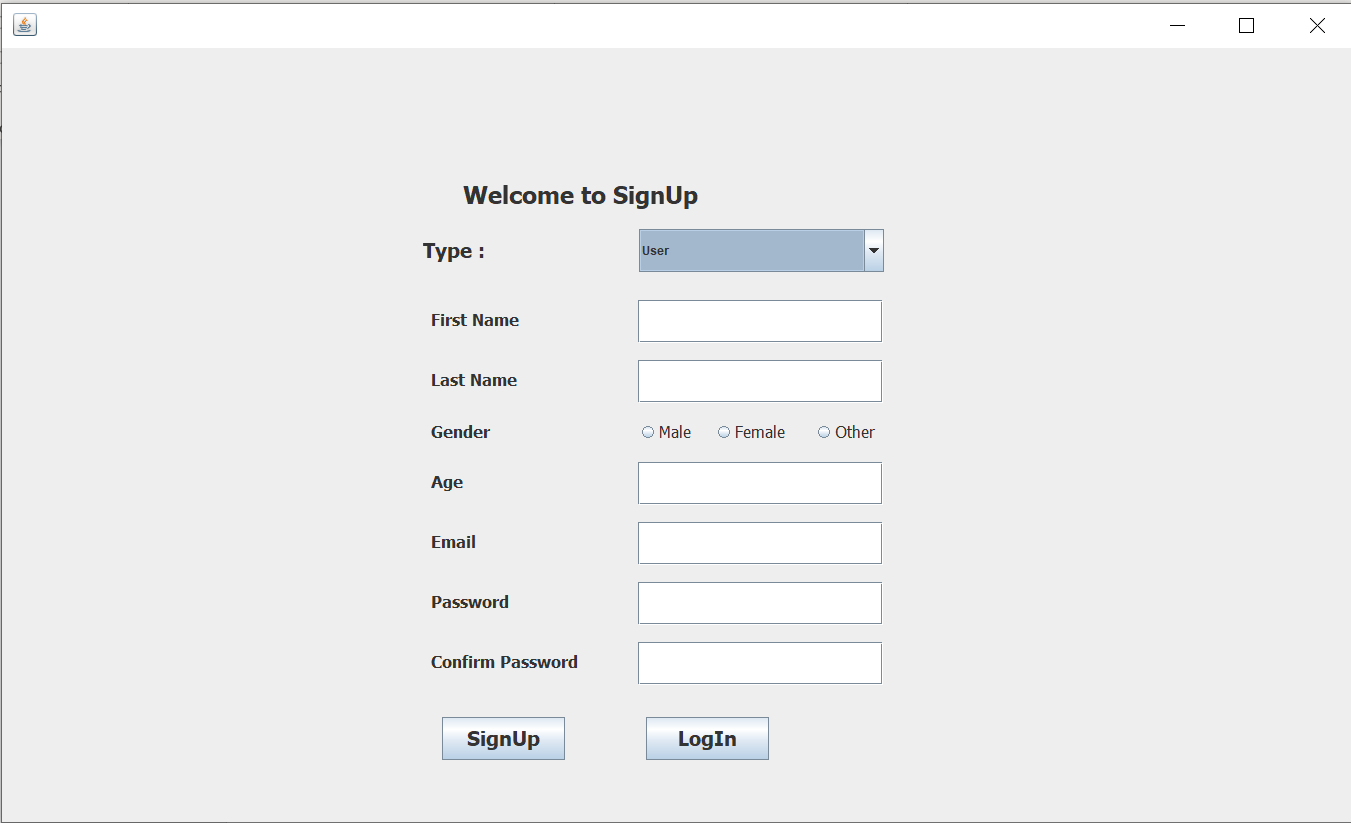
If user already have an account, then user will fill credentials and press Login button.



1. A person can Login in application as User, Instructor or Admin. If a person doesn’t have an Account then by clicking on Signup button it goes to signup page to fill the required Information.

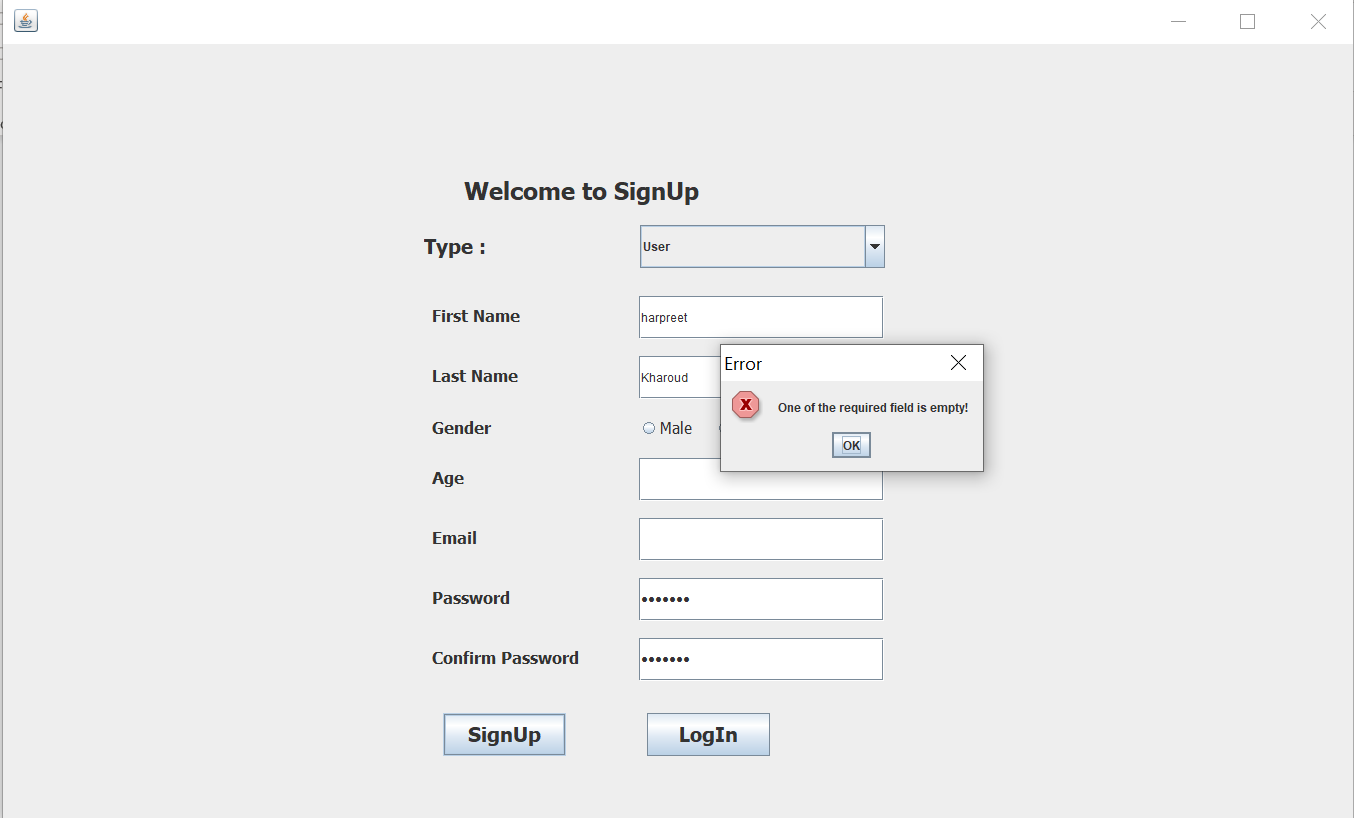


1. If User don’t have an Account, then user will fill signup form and fill required personal information. Note that only user or Instructor can Signup for application.

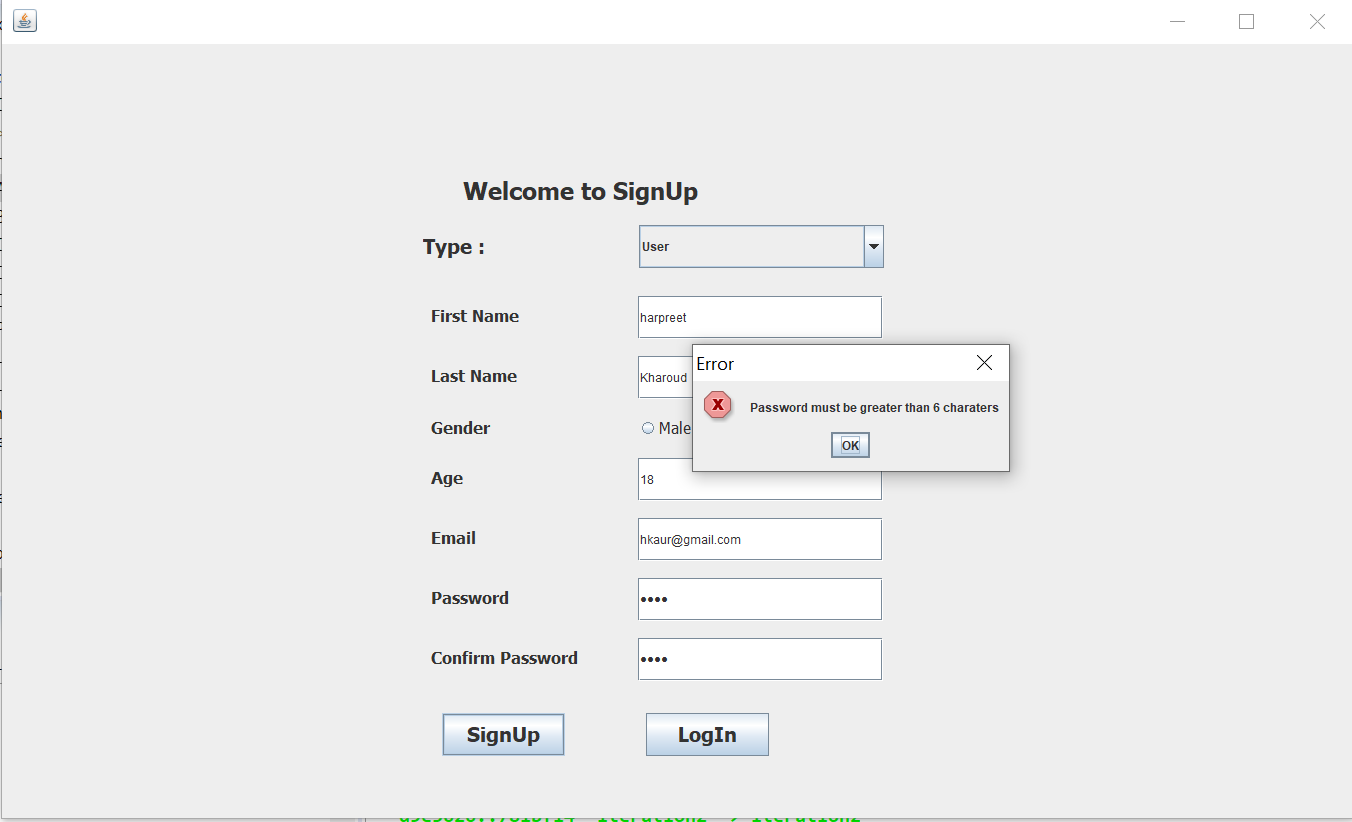


1. While filling the information, the validation on information is performed. if any field is empty that is user didn’t provide information, the error message “One of the required field is empty!”

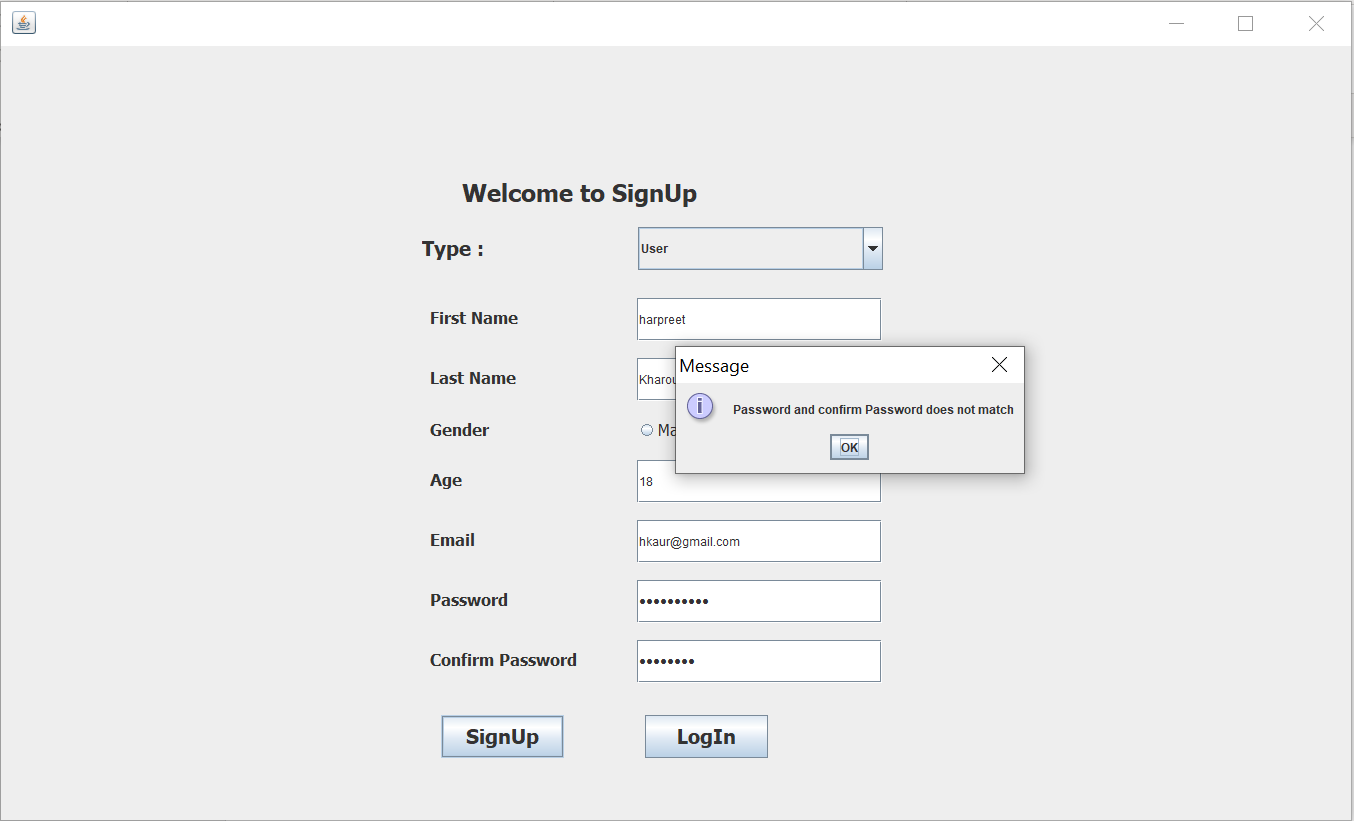
Will pop up.



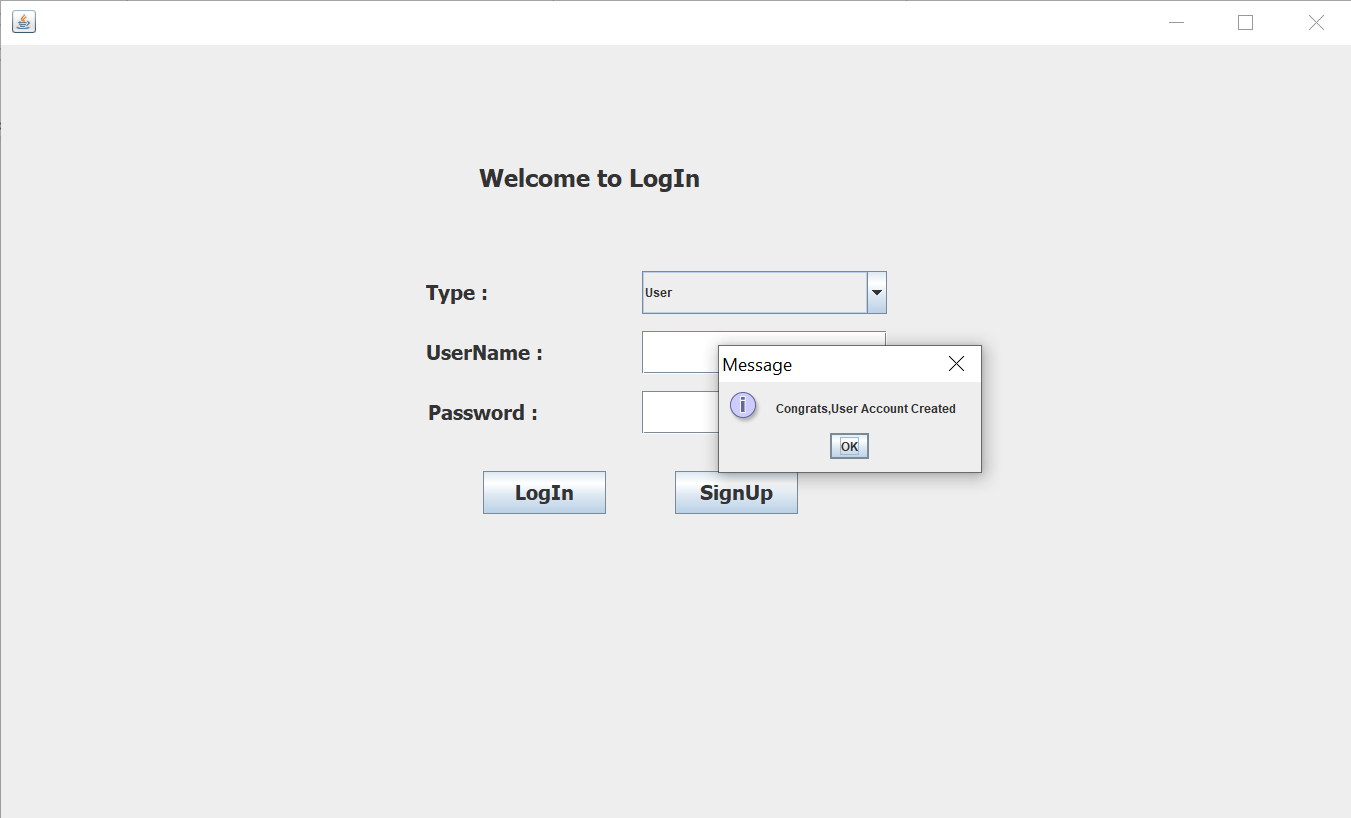
1. If user set password that is less than seven (7) characters, the error message “Password must be greater than 6 character” will popup.



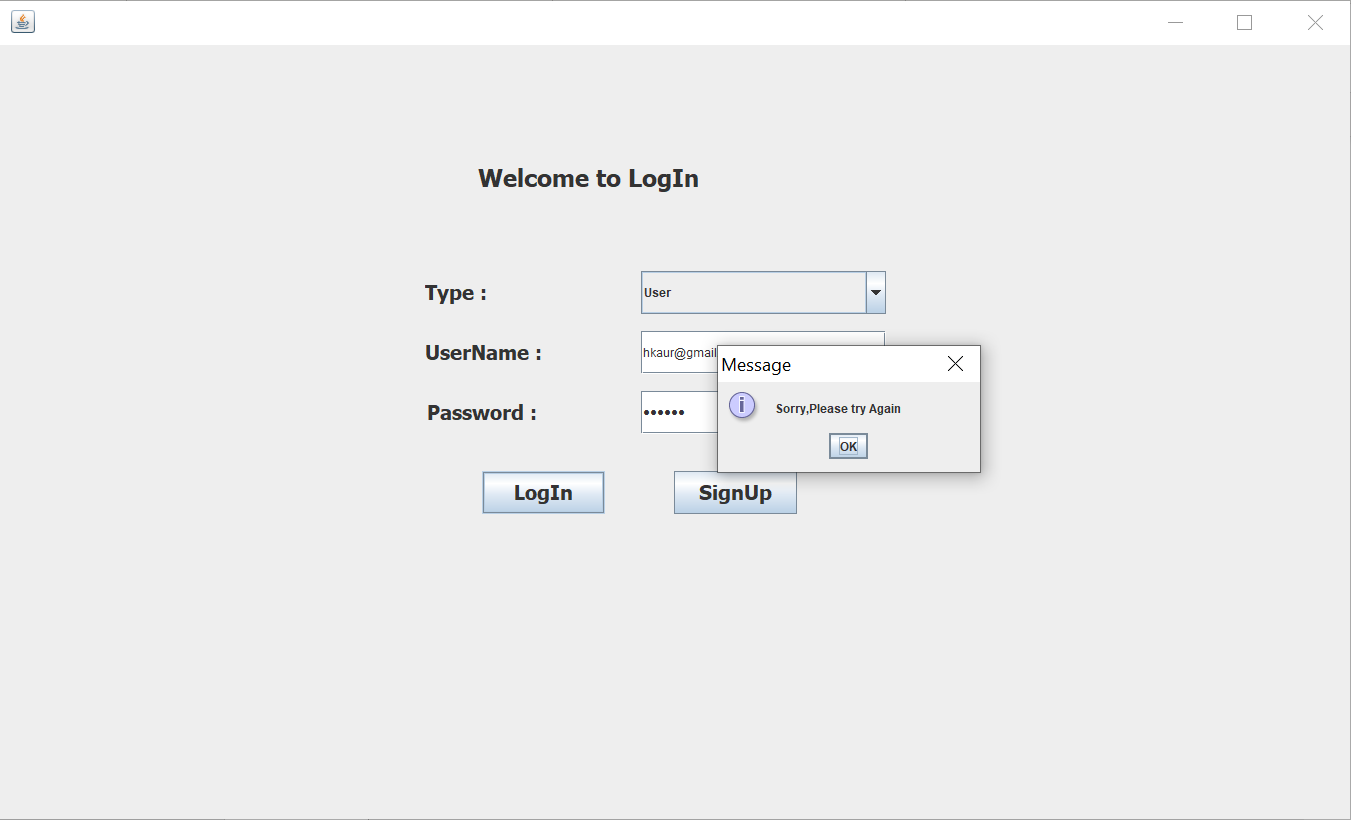
1. If the Password and Confirm password didn’t match, then error message “Password and Confirm Password does not match” will popup.



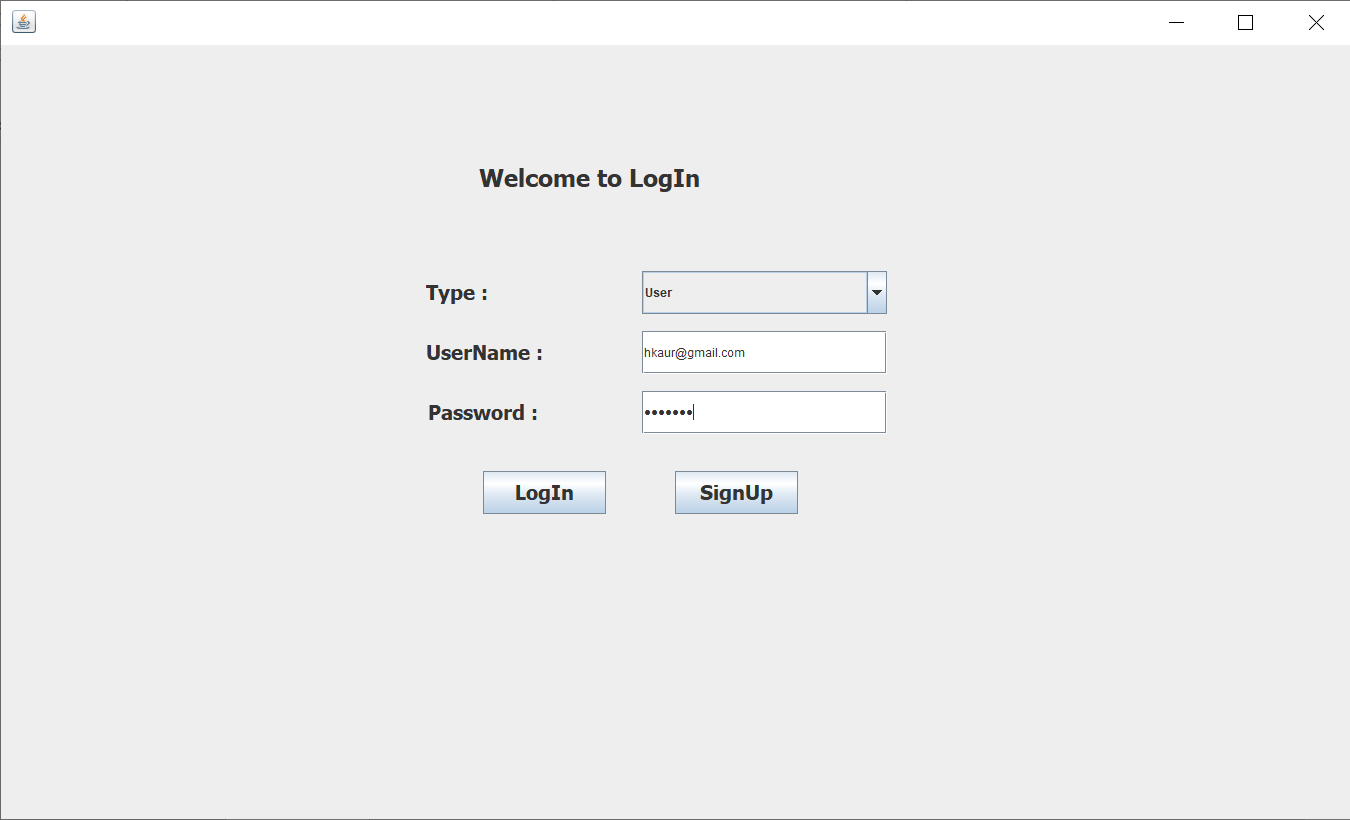
1. After validating all the information, when user press Signup button, the new Account is created showing message “Congrats, User Account Created” and Login page is displayed.



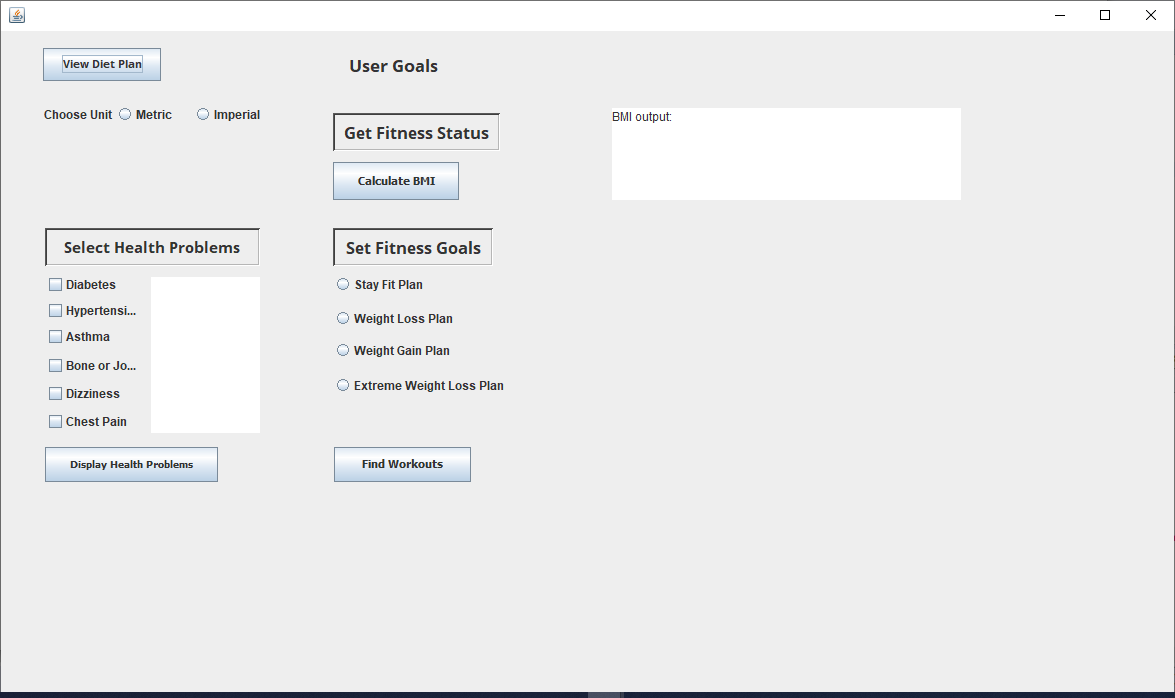
1. After filling the User Name and Password, if it doesn’t match with the username and password provided in the database then the error message “Sorry, Please try Again” will popup.



1. After filling the User Name and Password, if it matches with the username and password provided in the database then the user will be logged in and goes to next page.

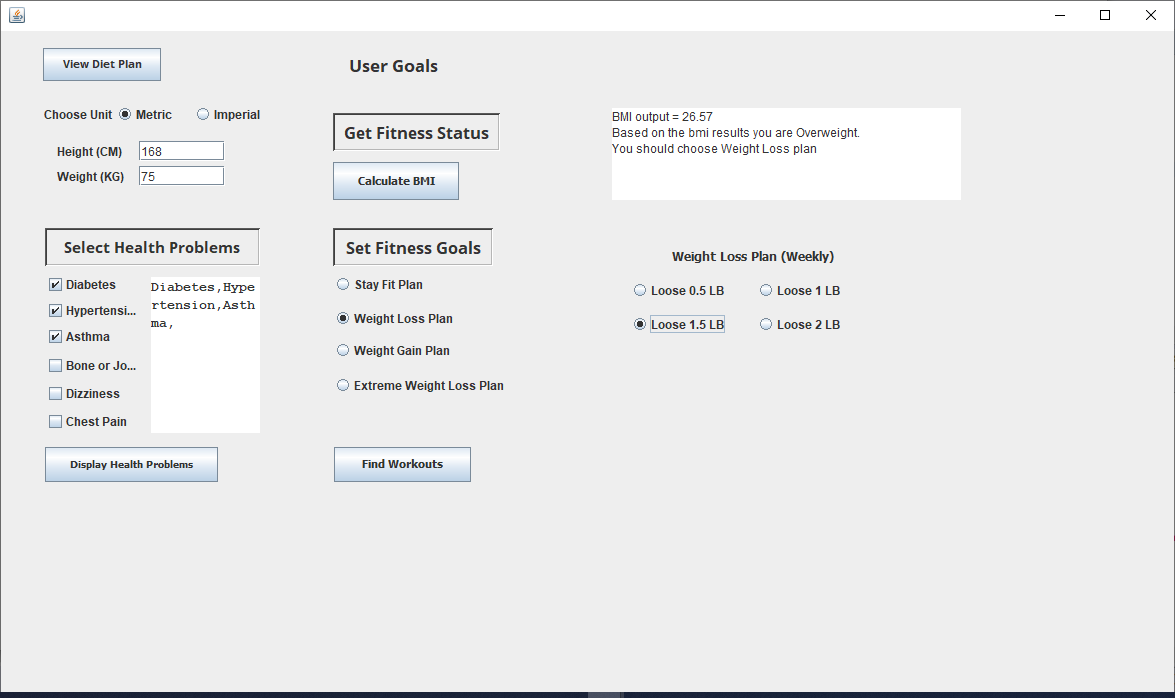


**User Goals Activity:**

After Login User will be redirected to the User Goals page, where user can input height and weight in metric or imperial units to view his/her BMI value, fitness status and suggested fitness plan.

Choose unit

c: After inputting the values click on Calculate BMI to view the BMI results. Select the health problems, Fitness plan type, and User Goal plan type. And click on Find Workouts. All the values will be added in the database and user will be redirected to the Exercises Activity (still in progress) where they will find all the required workouts for the selected plan type.



Select the user goal type

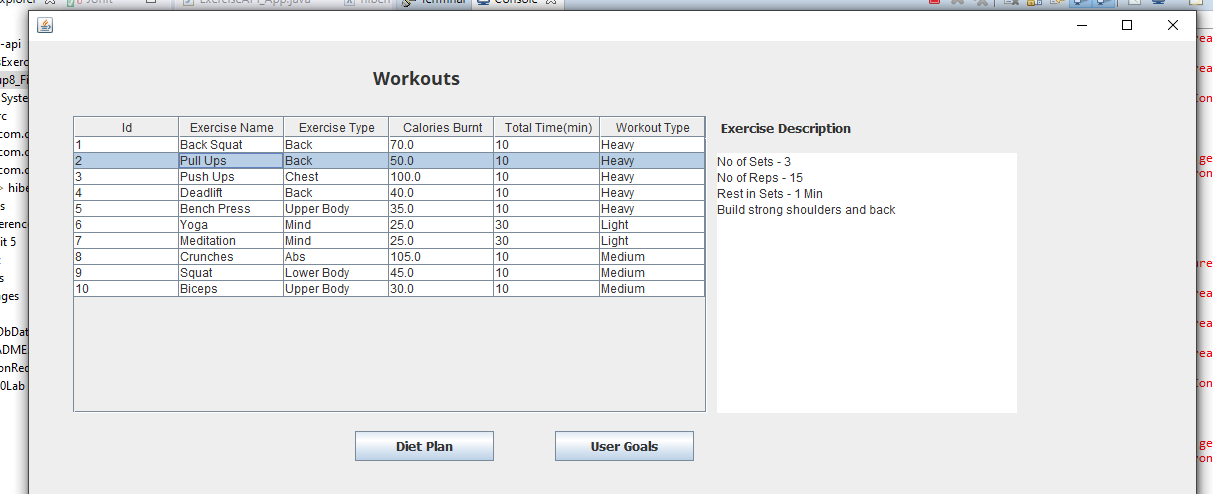
Select the fitness plan type

Select the health problems

BMI results

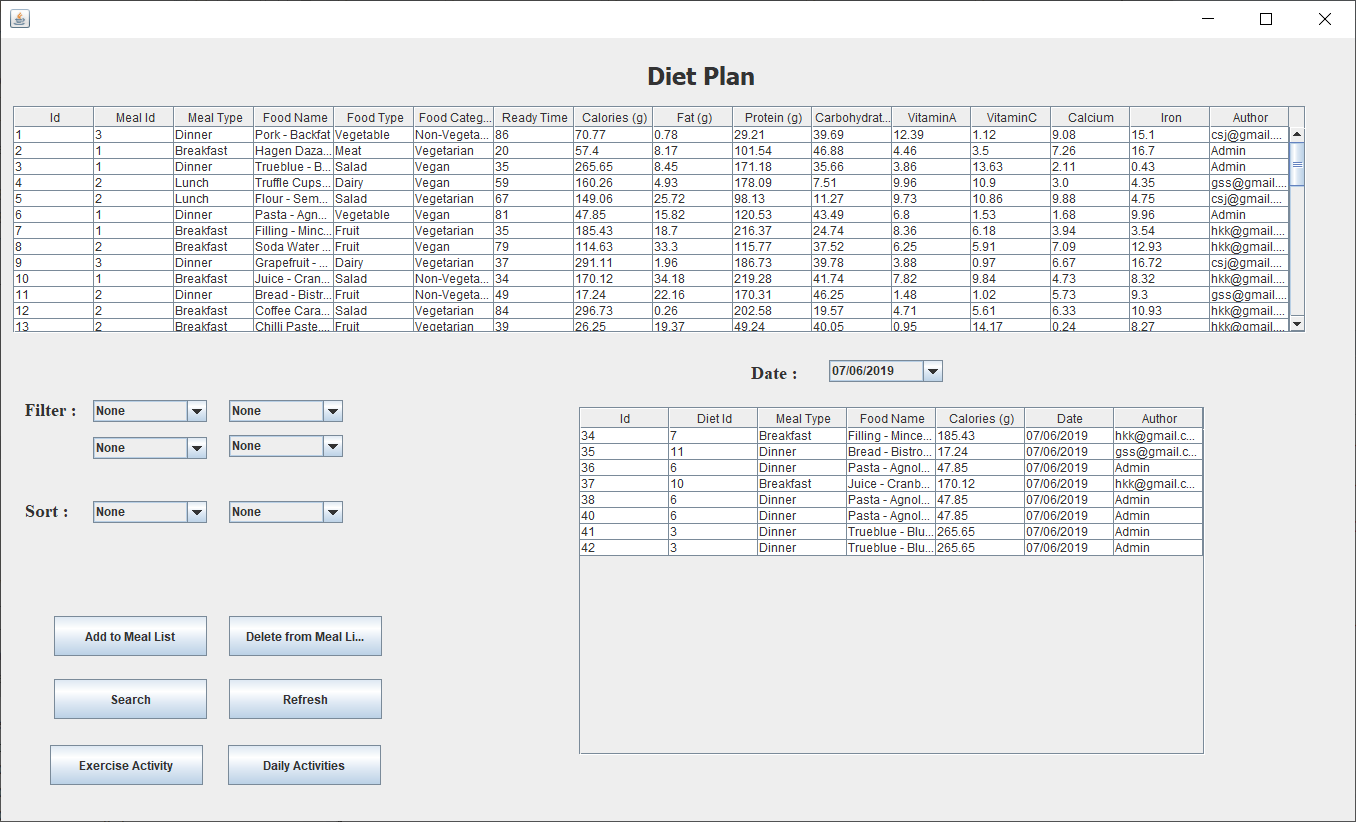
D: Find Workouts

After saving all the values User can click on Find Workouts button to find all type of workouts according to the number of health problems.

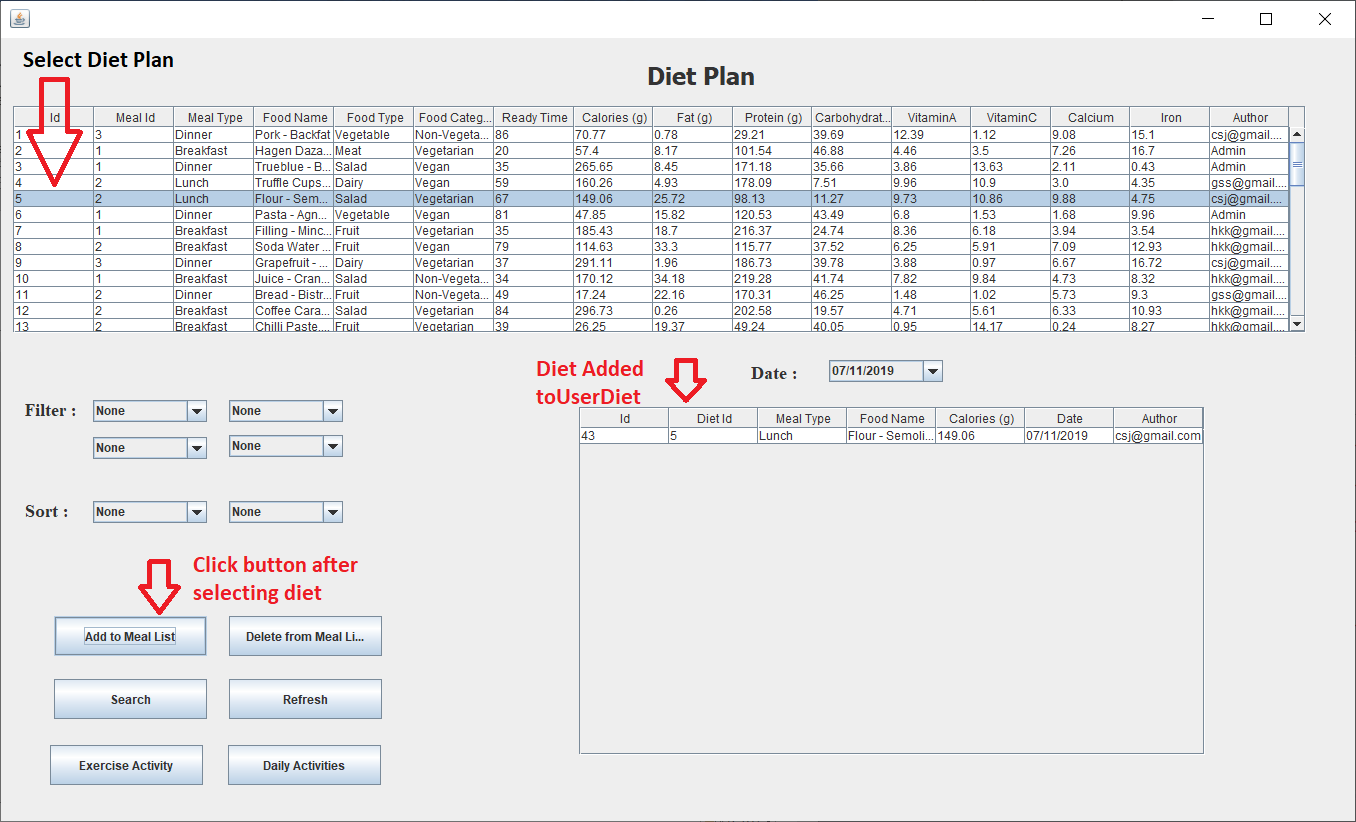


Diet Activity

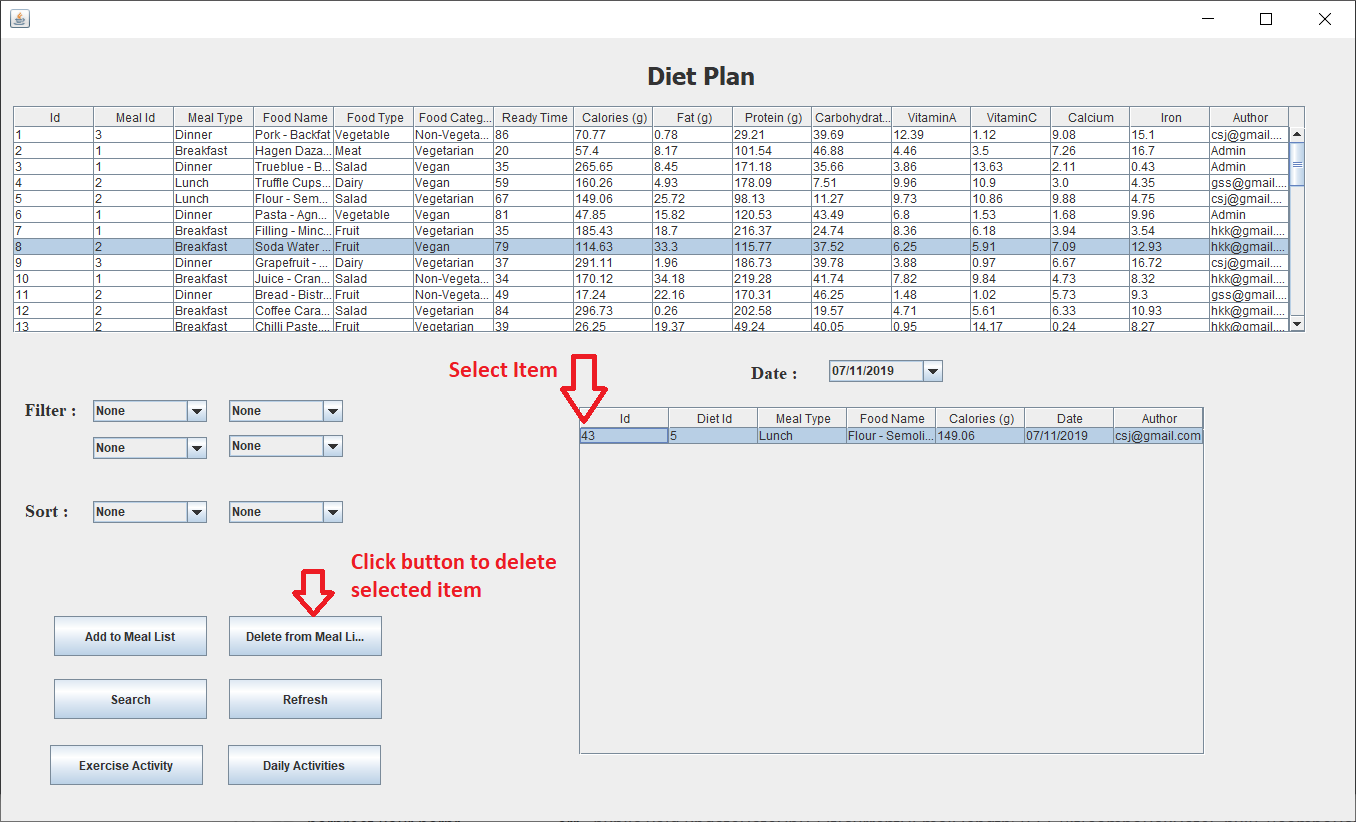
User can see the list of meals on top table and can add meal to his/her table.

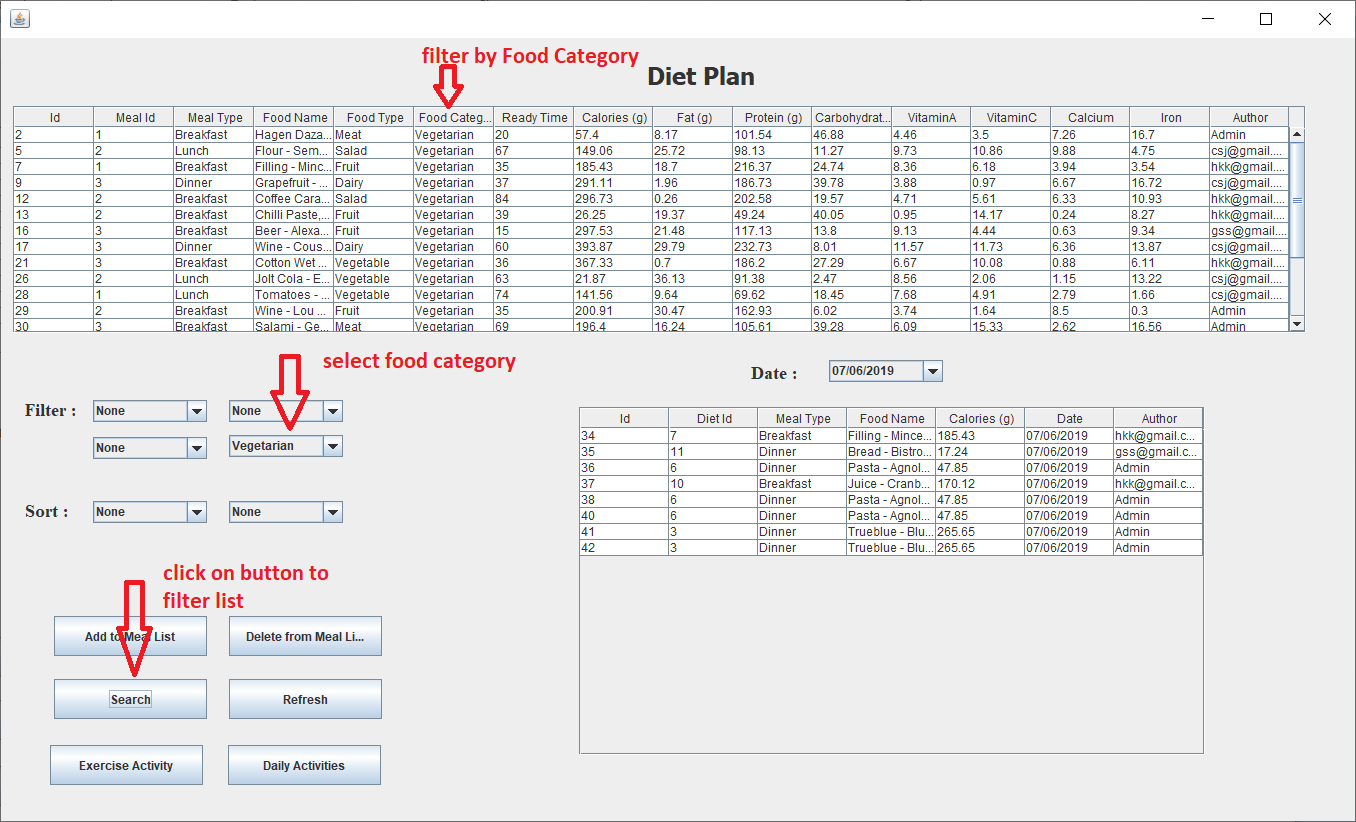


User can Select meal from top and then click on Add to Meal list button and user selected meal will add in user table below.

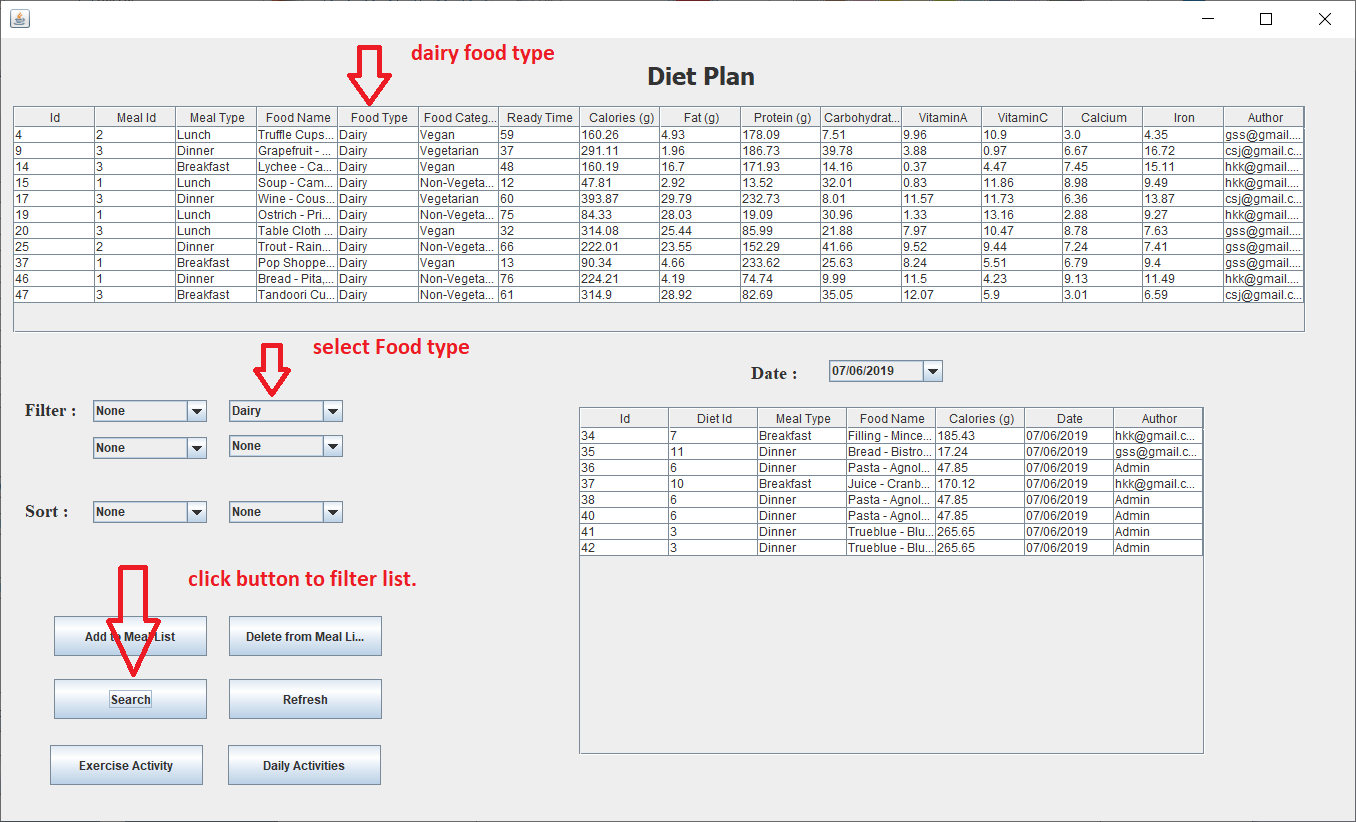


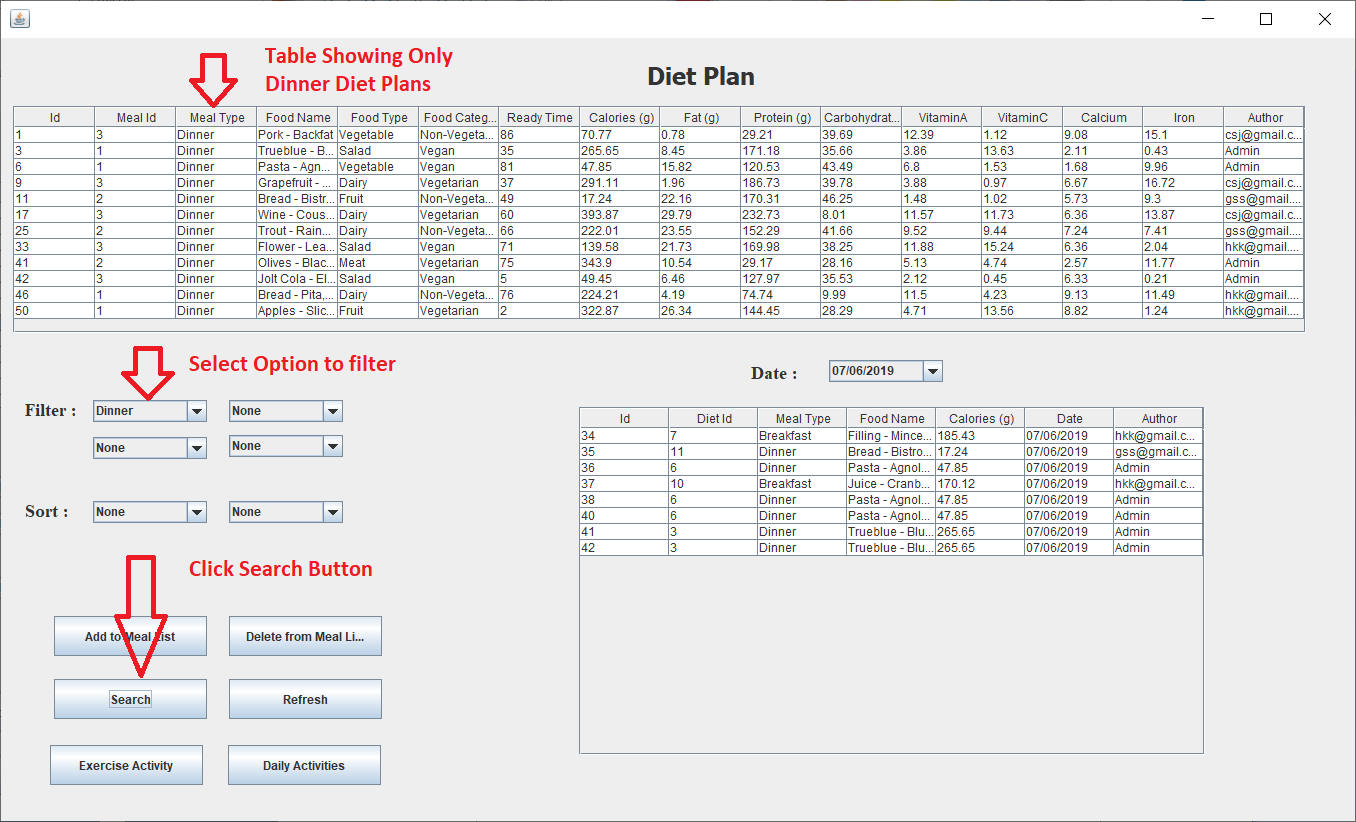
User can Select meal from user Diet table and then click on Delete from Meal list button and user selected meal will delete from user table below.



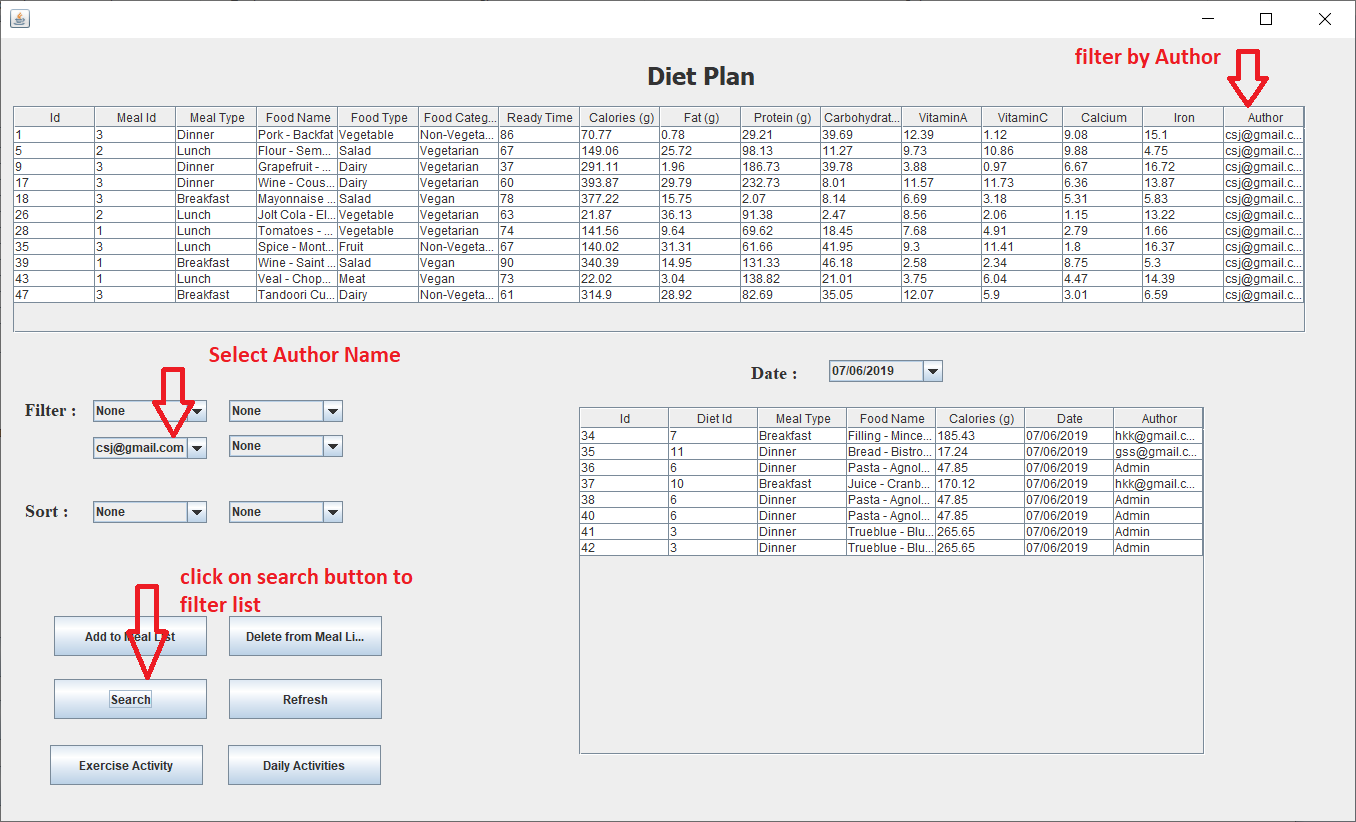
User can filter diet list by selecting food category then click on search button and user will see the filtered list in diet table on top.

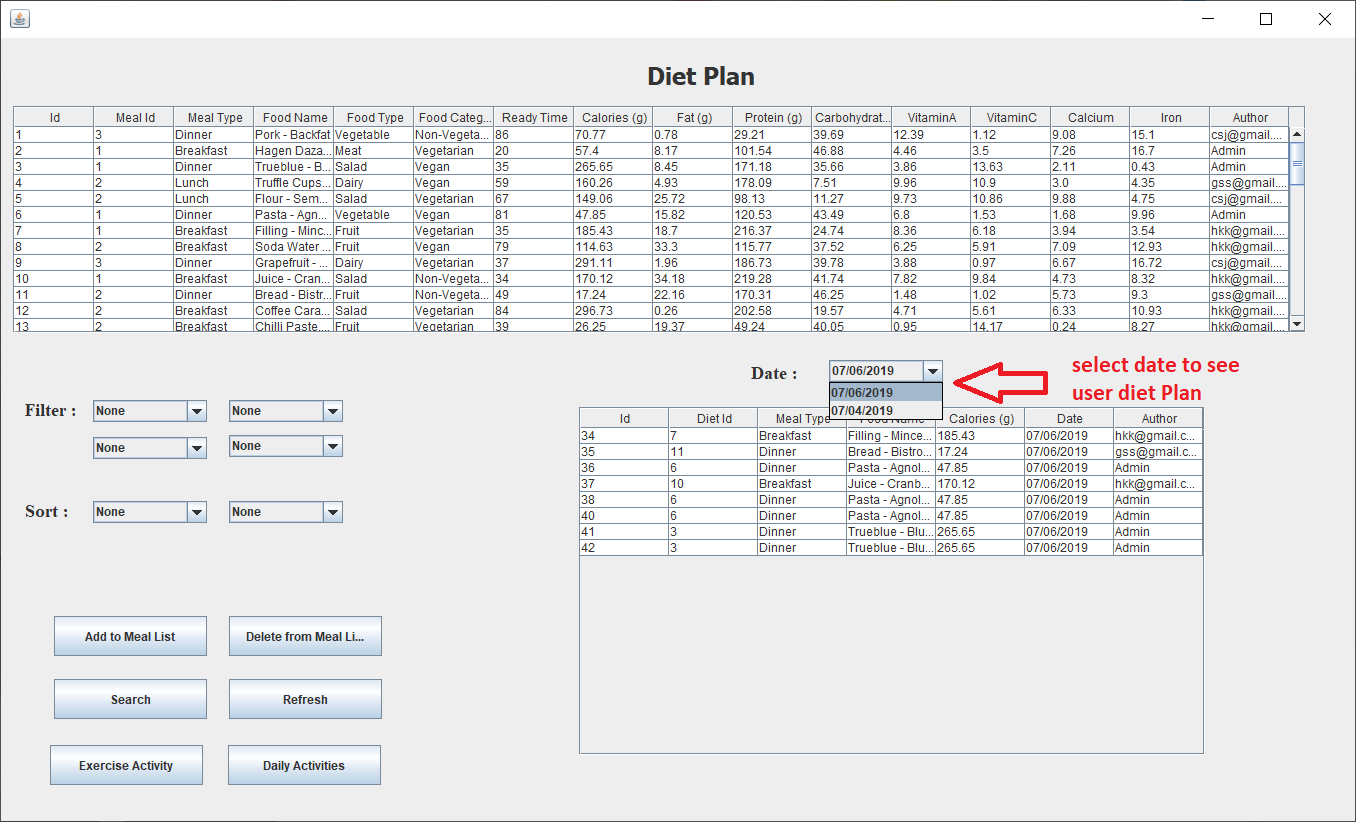
User can filter diet list by selecting food type then click on search button and user will see the filtered list in diet table on top



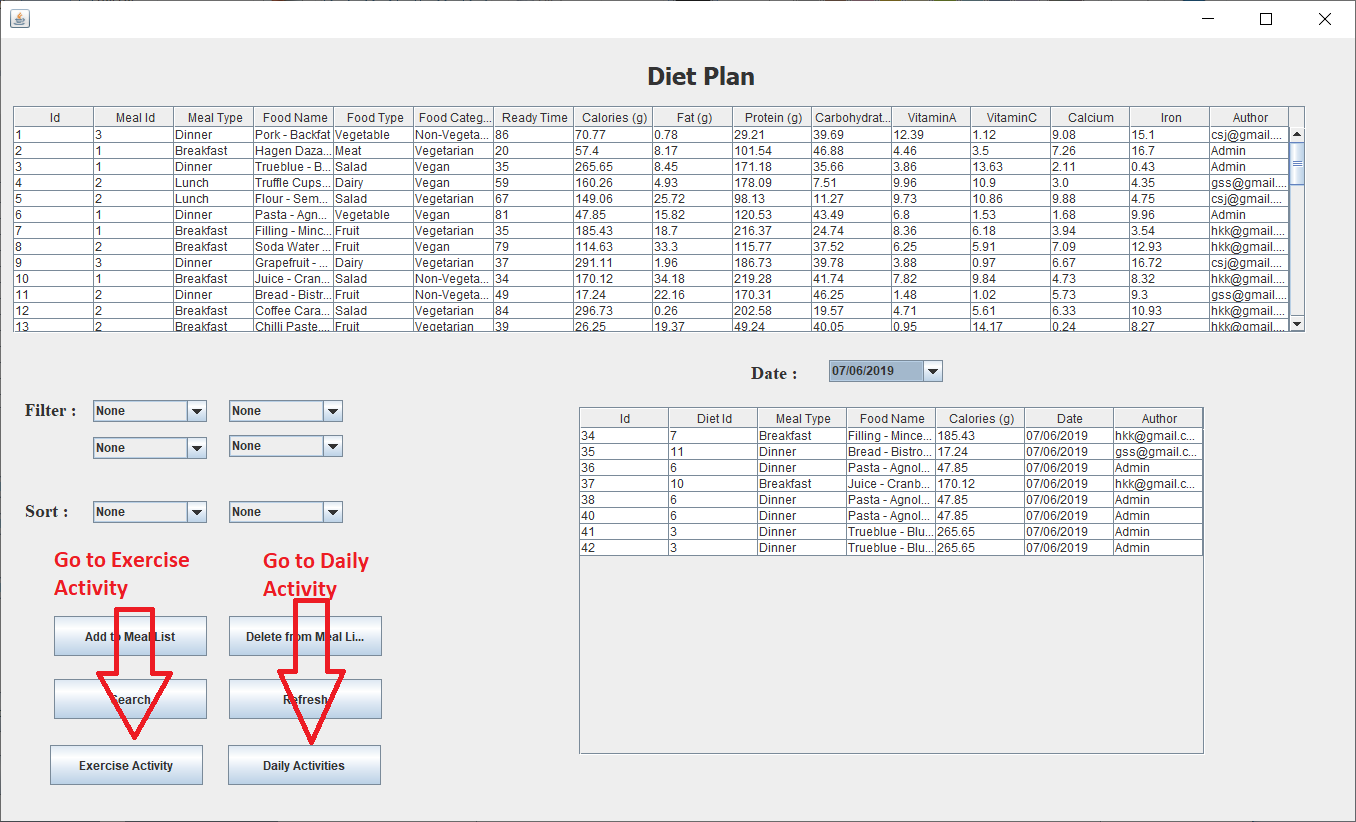
User can filter diet list by selecting meal type then click on search button and user will see the filtered list in diet table on top.

User can filter diet list by selecting author then click on search button and user will see the filtered list in diet table on top

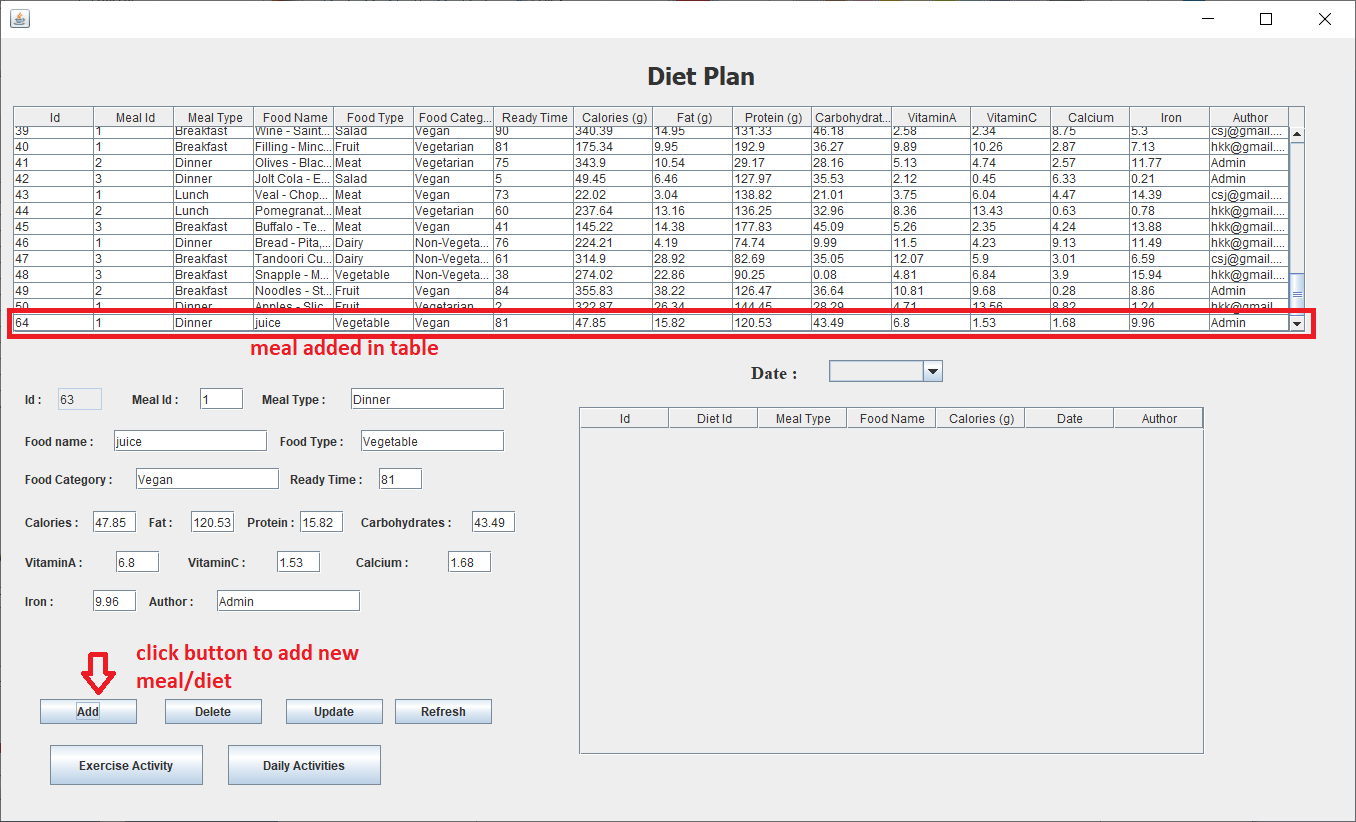


User can check previous added meals by selecting old date from combo box.

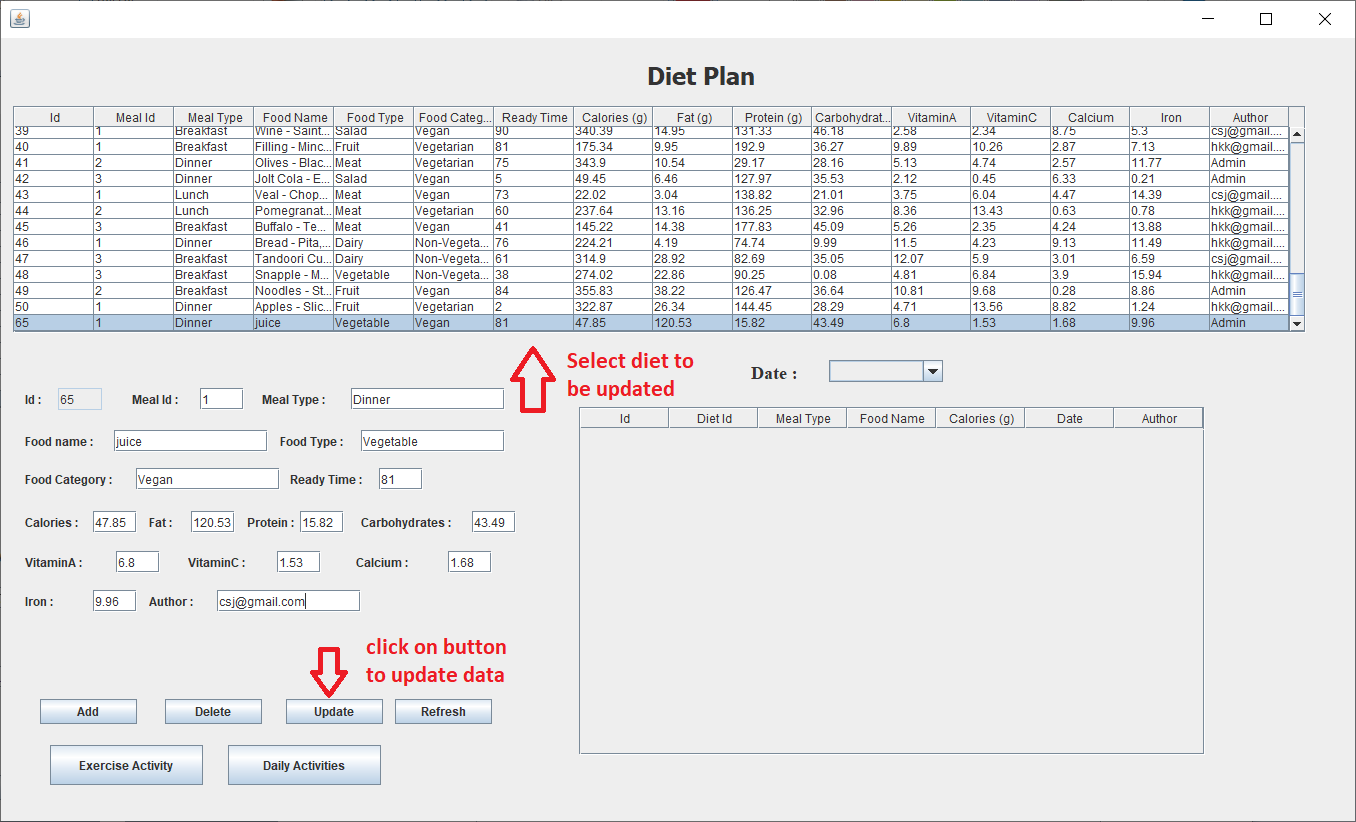
User can go to these activities by click on respective buttons as shown below.



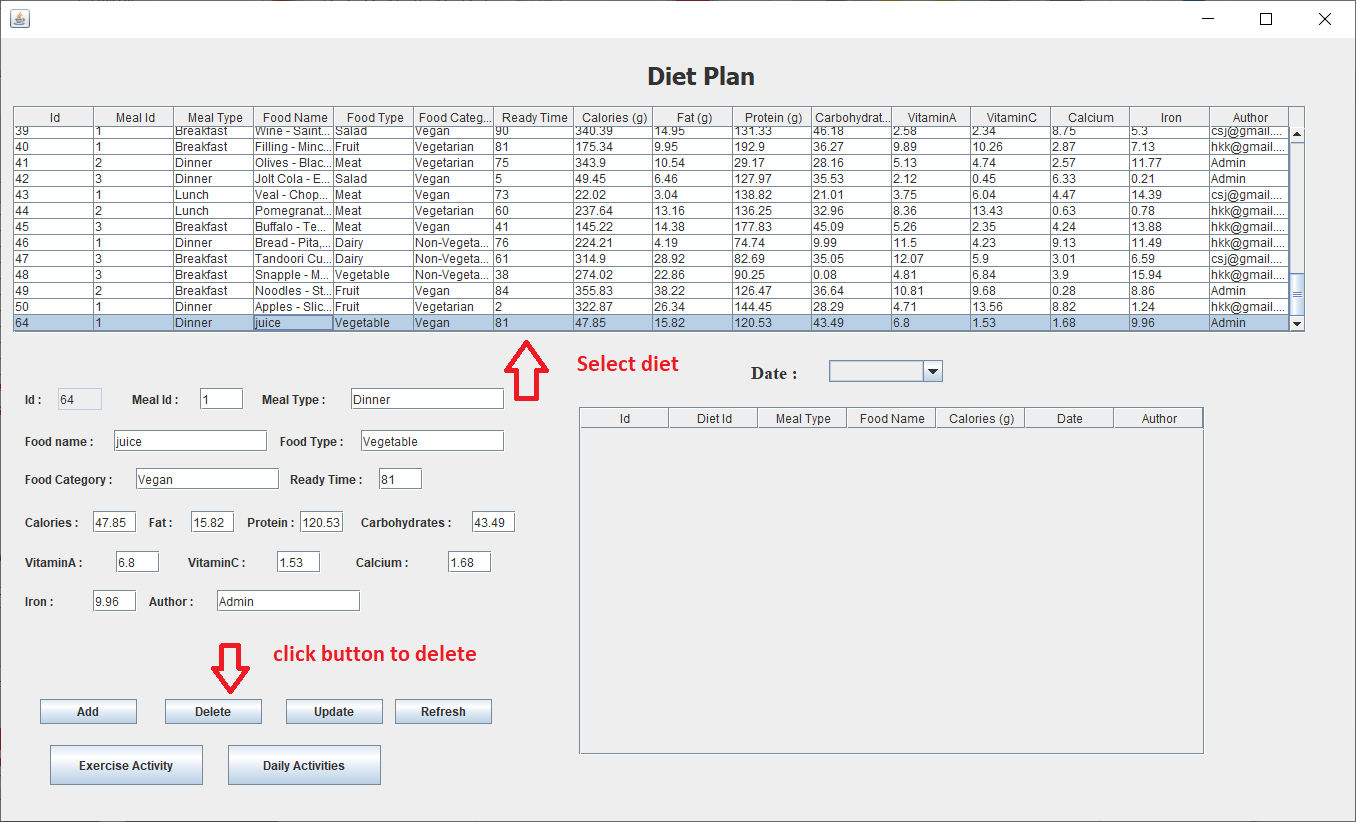
Instructor or admin can add diet by entering following data and then click add button.



Instructor or admin can update diet by select diet from table and make changes then click update button.

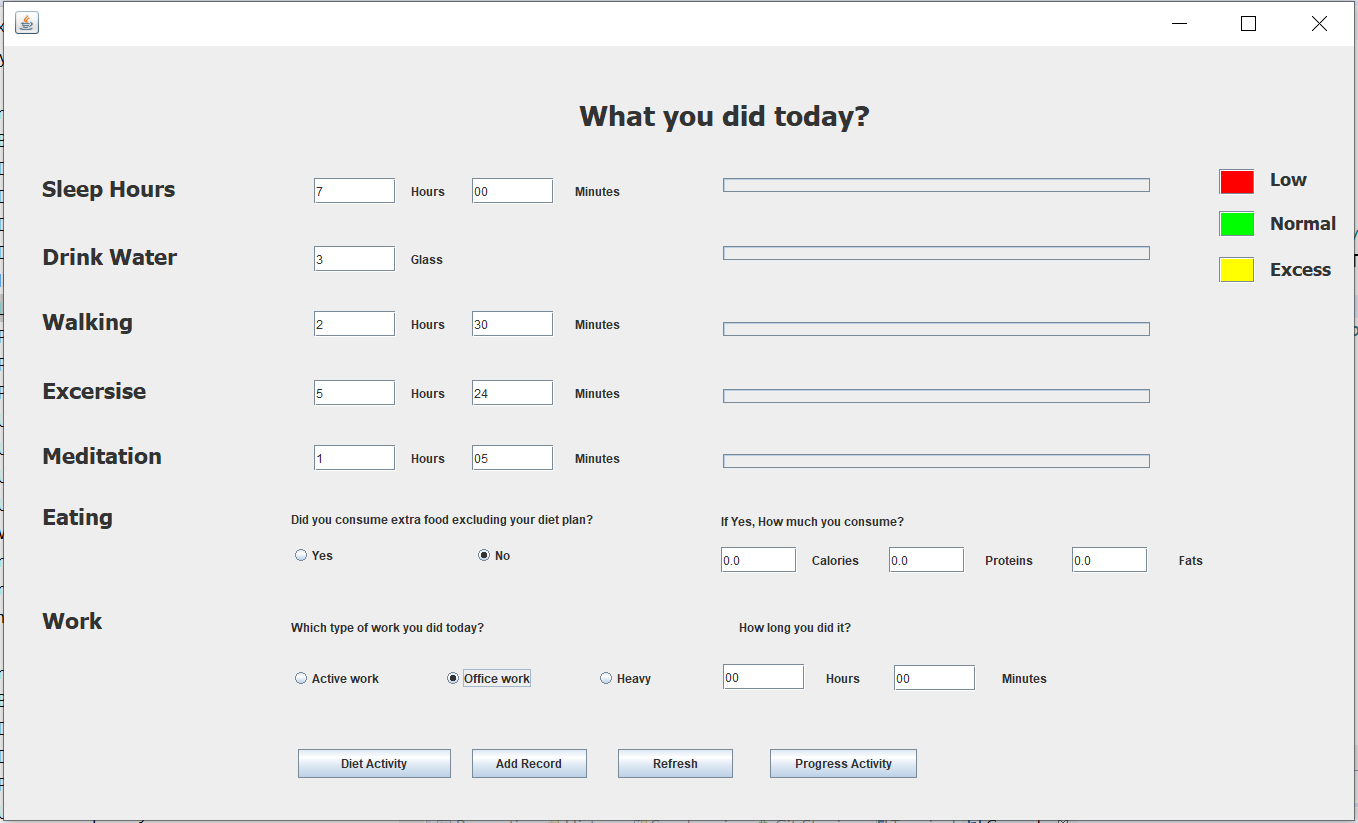


Instructor or admin can delete diet by select diet from table and then click delete button.

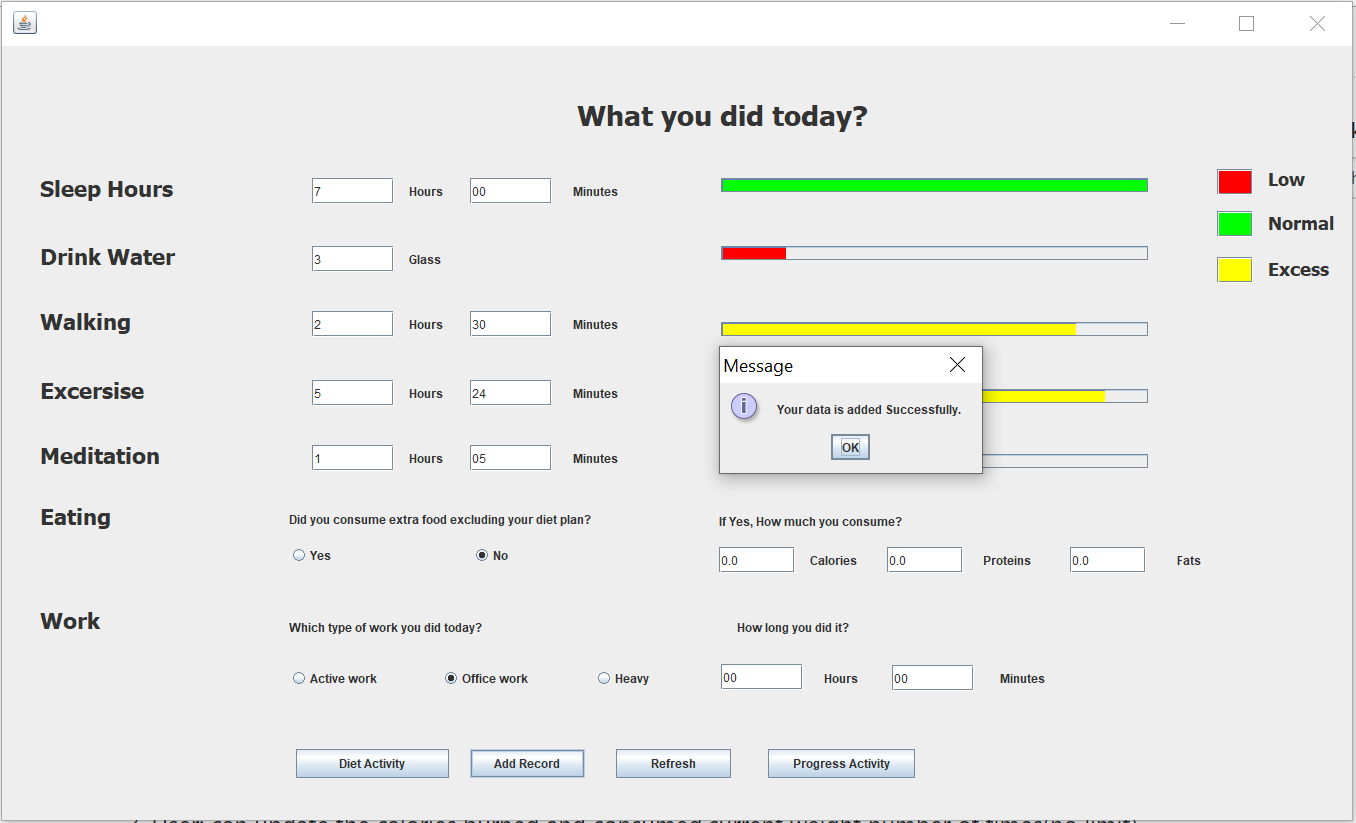


Daily Activity

* When user click Daily Activity button in previous Diet Activity, this screen will be displayed to user.

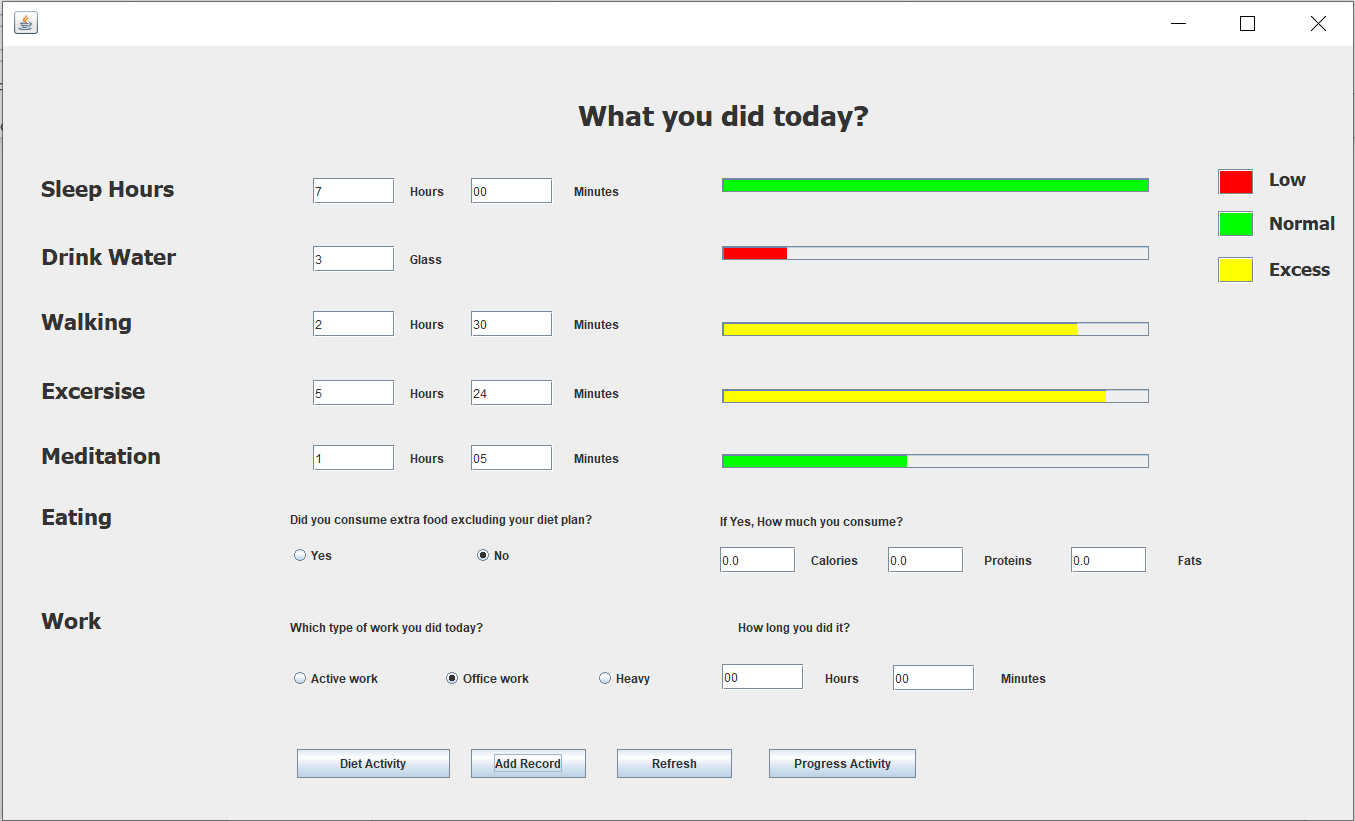


* User provides all the information and activities that user did in whole day, and then click Add Record button, the data is recorded Successfully showing message that “Your data is added Successfully”.

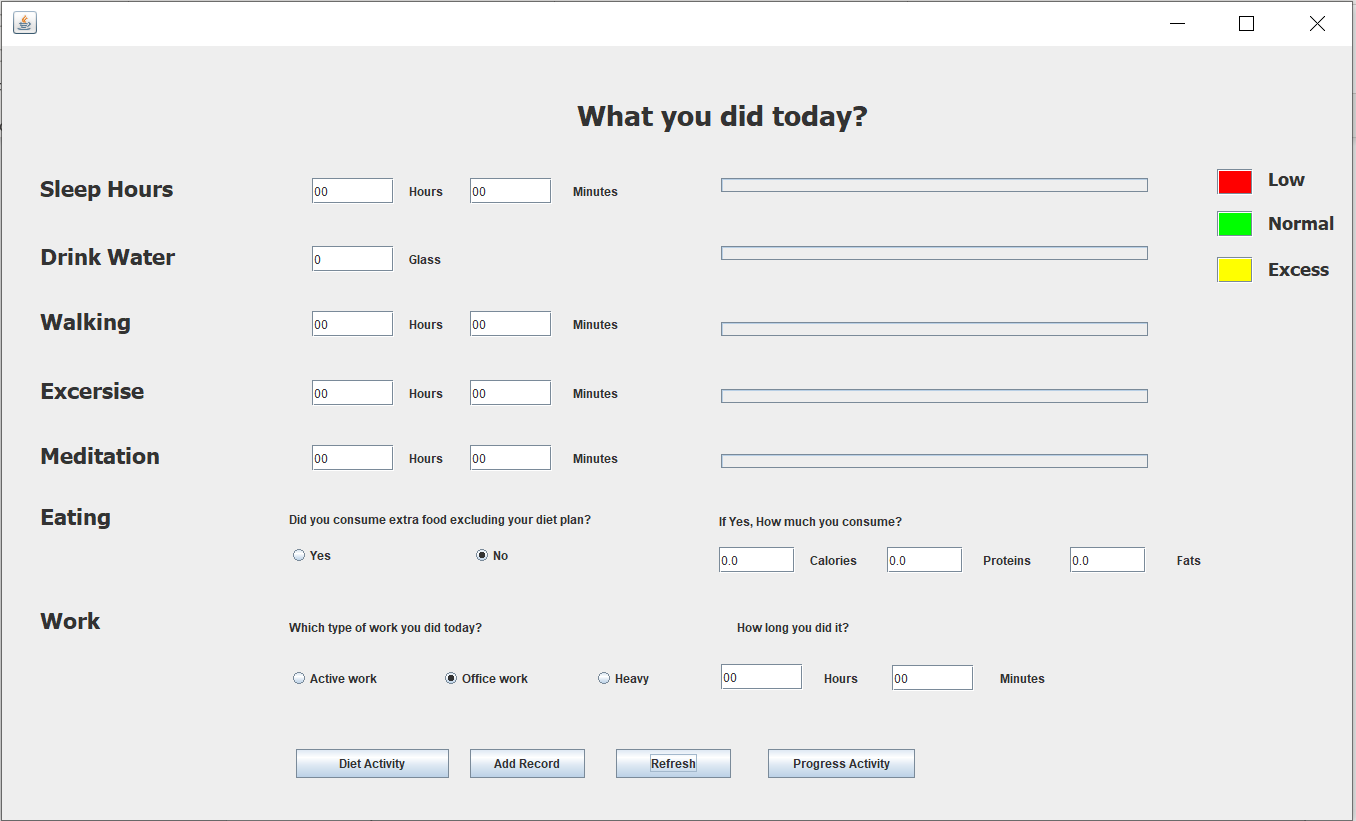


* User’s data is recorded, and the progress bars will show whether user has performed an activity at normal range that is required to remain fit or not. The day’s activity is categorized into three ranges:

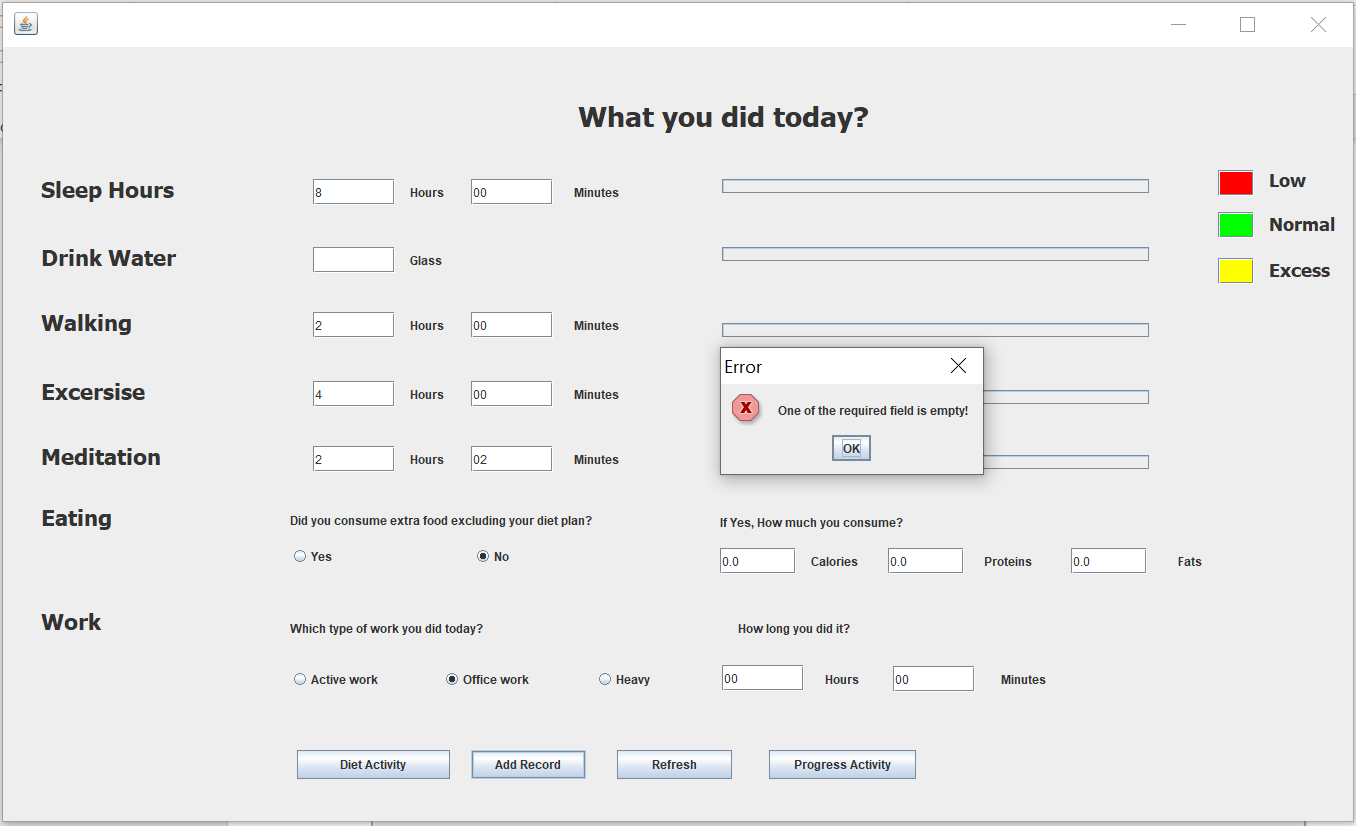
1. Low (Red), shows some activity has been performed minimal, user still needs to do more.
2. Normal (Green) depicts the activity is in the normal range and has been performed within a required range
3. Excess (Yellow) portrays the user has performed a certain activity for more hours than required.



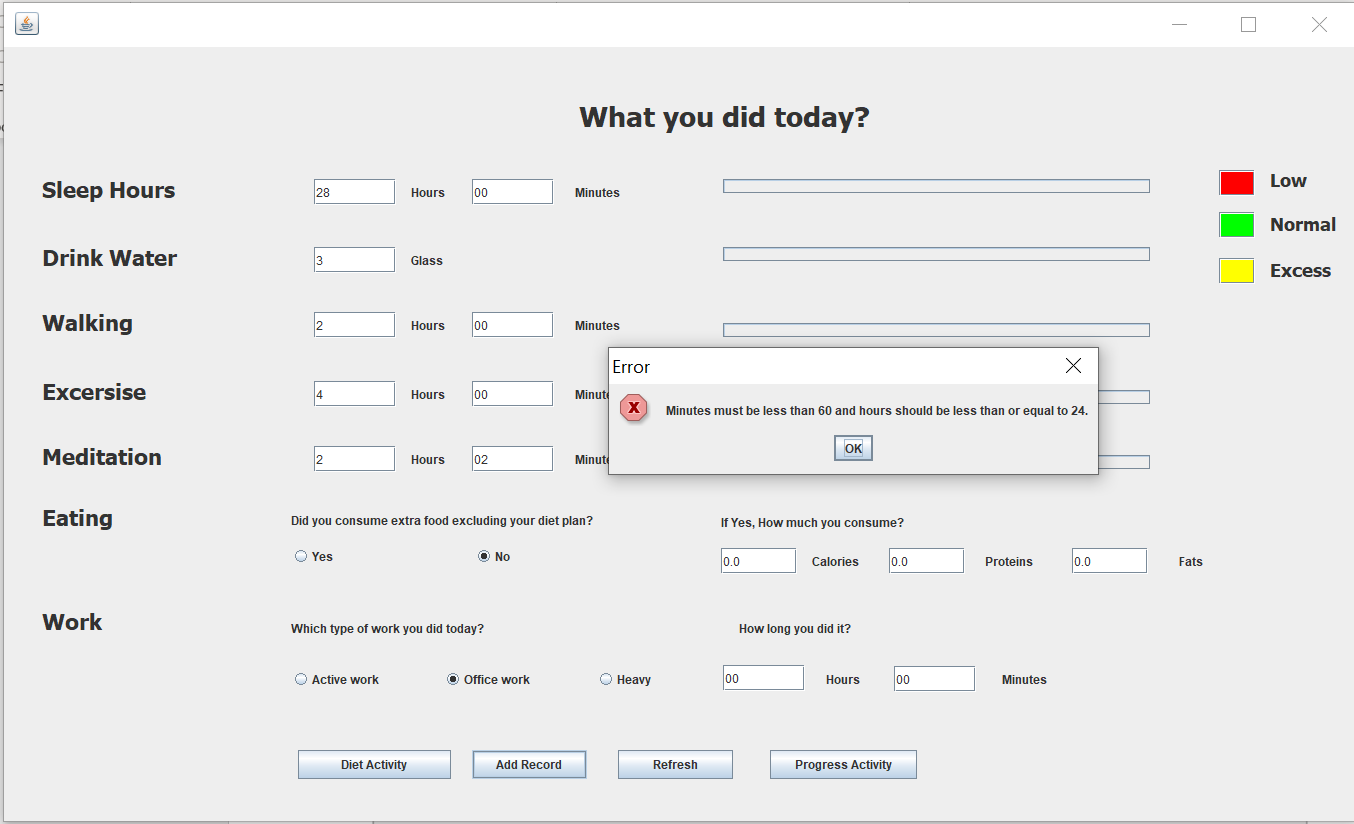
* When user clicks the refresh button all the entered data values will be reset to 00.

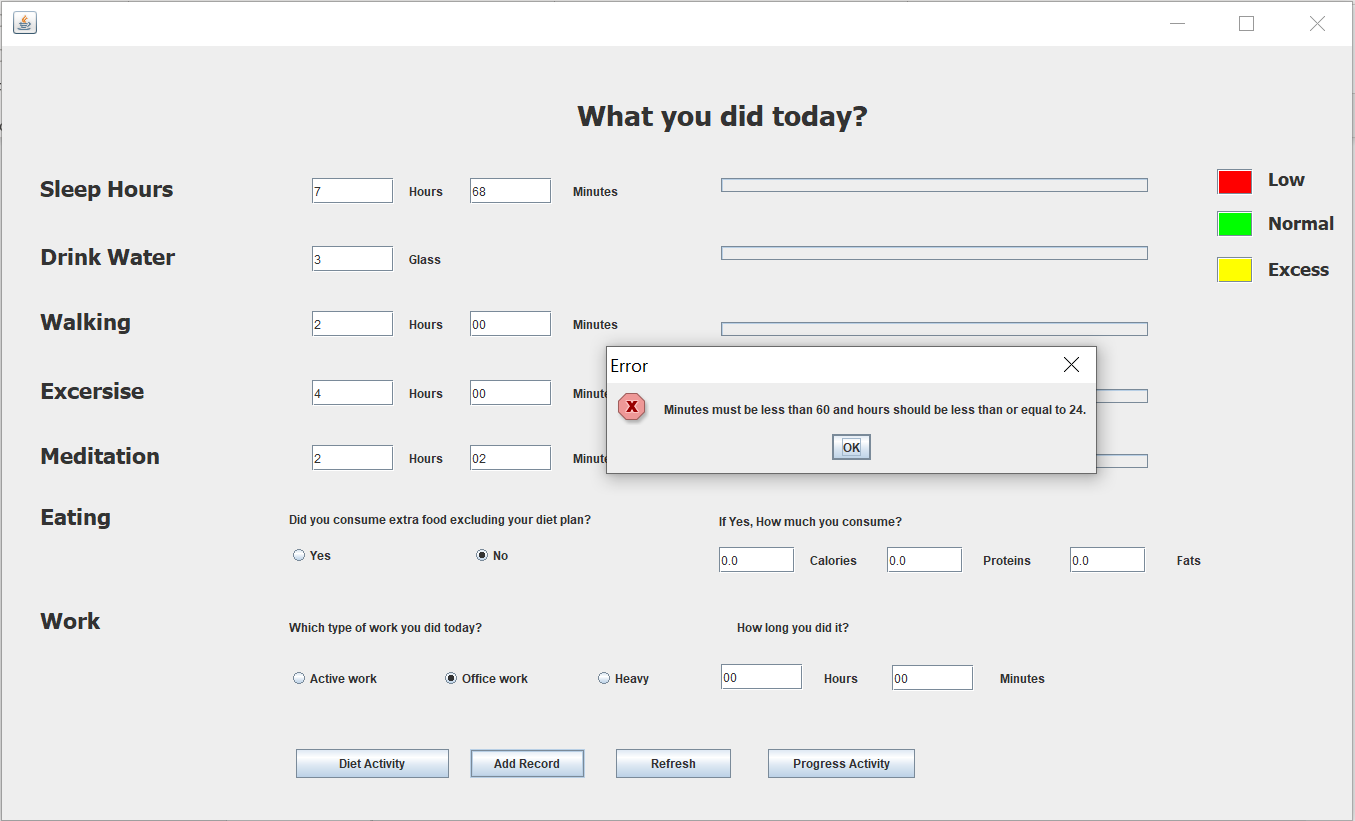


* If any one of the required fields is empty and user try to add record, then the message “One of the required field is empty” will be displayed.



* If user insert more than 24 hours in Hours field or more than 60 minutes in minutes Field, the message “Minutes must be less than 60 and hours should be less than or equal to 24.





* If user will insert any negative value in input field, the message “Minutes/Hours must be greater then 0” will be displayed.

