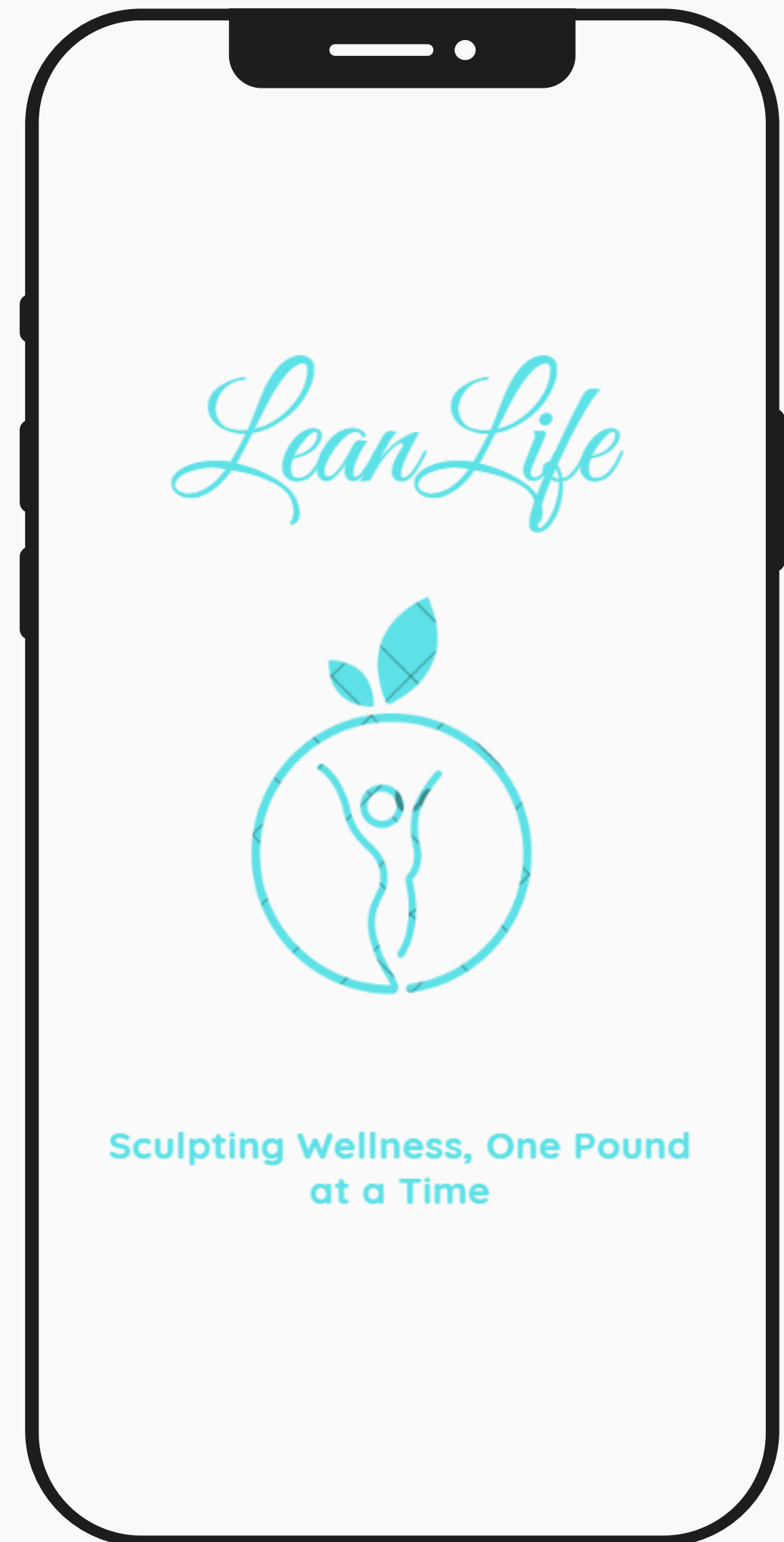


# LeanLife: Sculpting Wellness, One Pound at a Time

Weight Loss Tracker Application

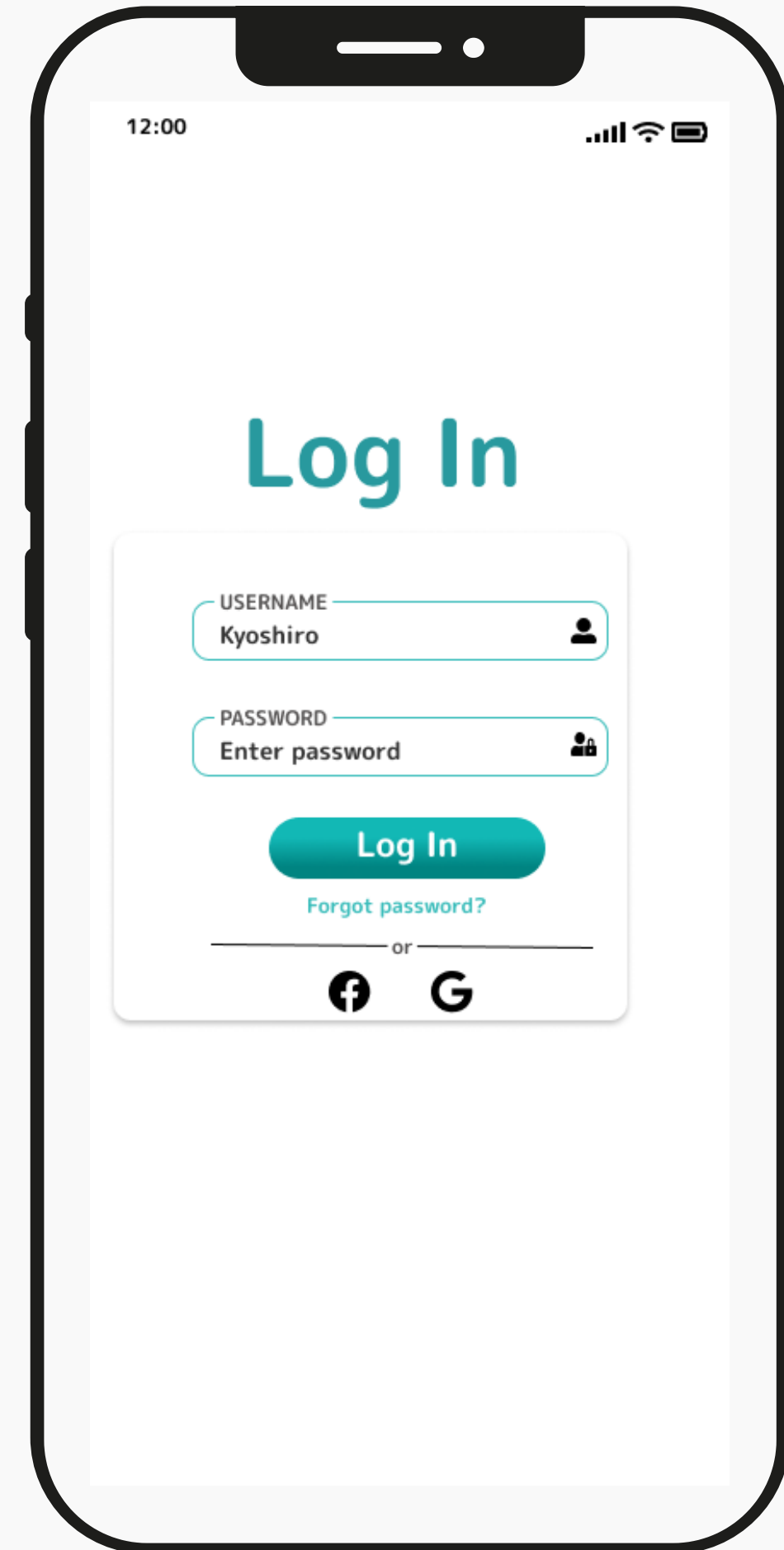
De Jesus, Maria Niña  
Latorre, Christine Joy  
Suarez, Jad Lorenz



# Login Screen

SAMPLE QUERY:

```
SELECT UserID FROM Users  
WHERE Username = 'user1' AND  
Password = 'password1';
```



# USER PROFILE

SAMPLE QUERY:

**INSERT INTO** Users (UserID, Username, Password, Email, Height, TargetWeight)

**VALUES**  
(1, 'user1', 'password1',  
'user1@email.com', 170, 150);

**Create Profile**

Already Registered? Log in here.

USERNAME:  
user1

EMAIL:  
user1@gmail.com

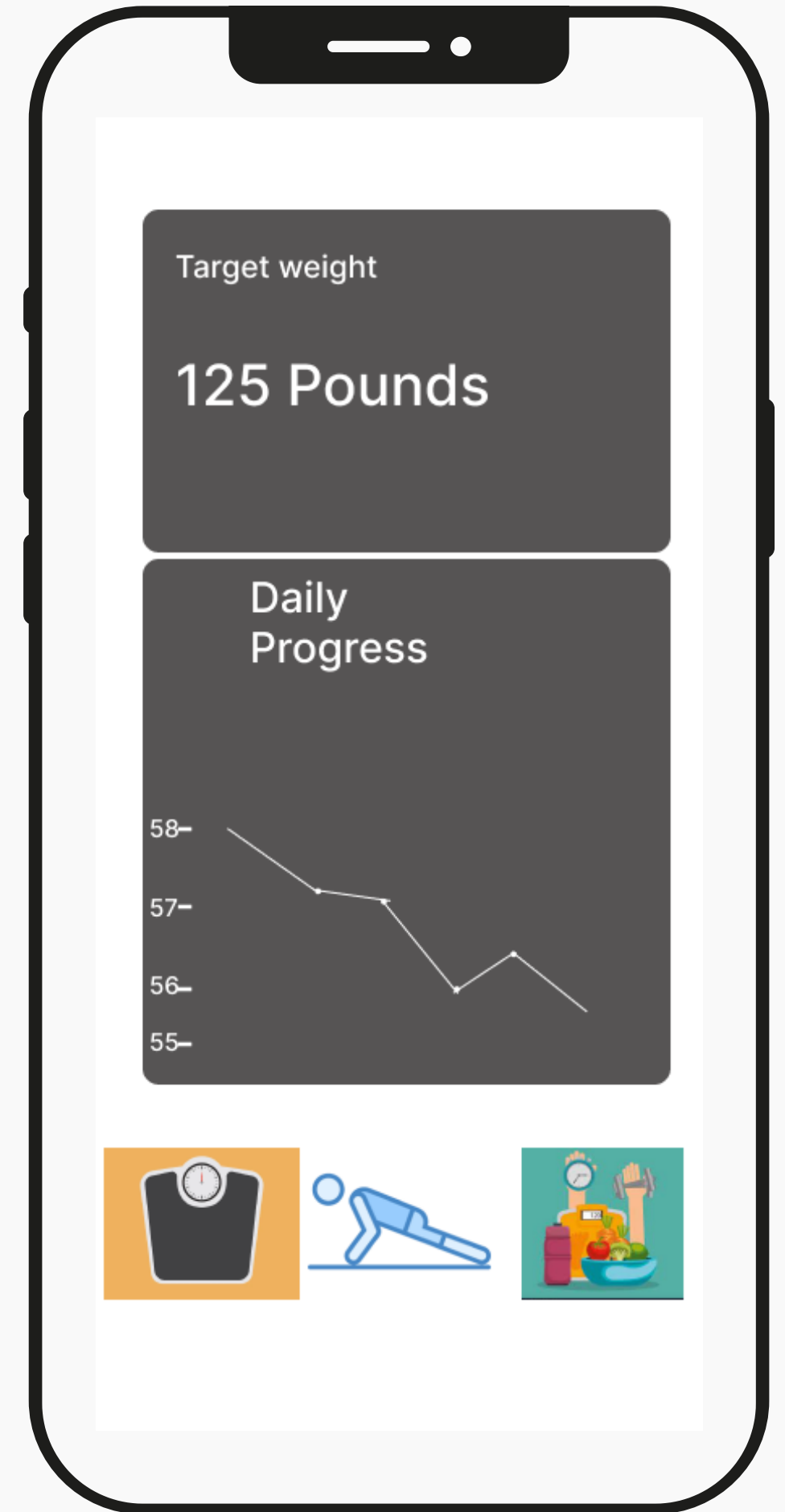
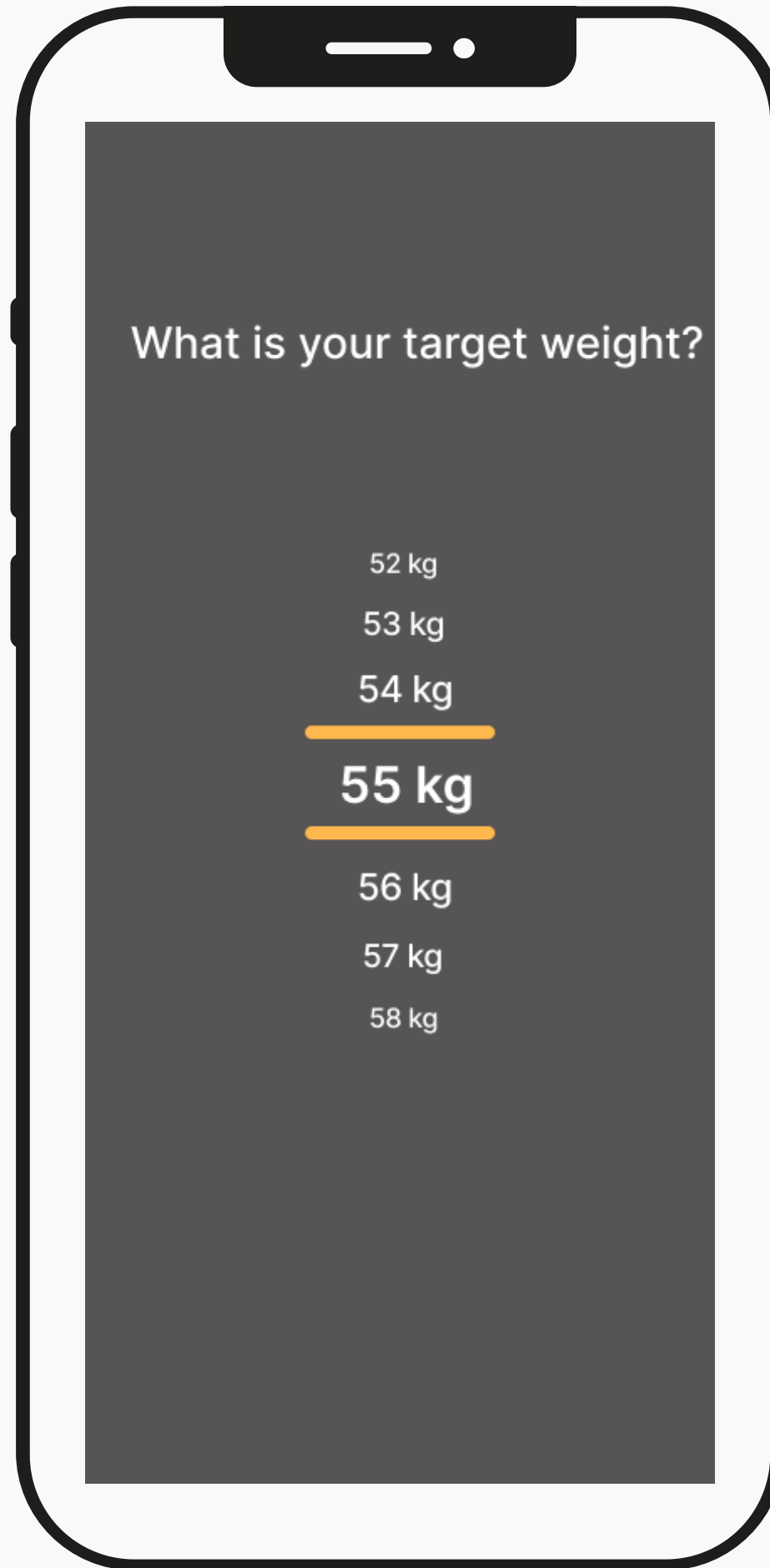
PASSWORD:  
\*\*\*\*\*

HEIGHT:  
170 cm

TARGET WEIGHT:  
150 lb

**Save Profile**

# DASHBOARD



# WEIGHT ENTRY

SAMPLE QUERY:

**INSERT INTO** WeightEntry  
(EntryID, UserID, Date, Weight)

**VALUES**

(1, 1, '2023-01-01', 160);



# WEIGHT ENTRY

The screenshot displays the pgAdmin 4 web interface. On the left, the 'Browser' pane shows a tree structure: 'Servers (1)' > 'PostgreSQL 10' > 'Databases (2)' > 'WeightLossTracker'. The 'WeightLossTracker' database is selected, showing its contents: 'Casts', 'Catalogs', 'Event Triggers', 'Extensions', 'Foreign Data Wrappers', 'Languages', 'Publications', and 'Schemas (1)'. Under 'Schemas (1)', the 'public' schema is expanded, showing 'Aggregates', 'Collations', and 'Domains'.

The main pane on the right is titled 'WeightLossTracker/postgres@PostgreSQL 10'. It contains a 'Query' tab with the following SQL code:

```
1 INSERT INTO WeightEntry (EntryID, UserID, Date, Weight)
2
3 VALUES
4 (12, 1, '2023-03-01', 140);
```

Below the query editor, the 'Messages' tab is active, showing the execution result: 'INSERT 0 1' and a confirmation message: 'Query returned successfully in 119 msec.'

# EXERCISE SCREEN

## SAMPLE QUERY:

1. To insert new exercise:

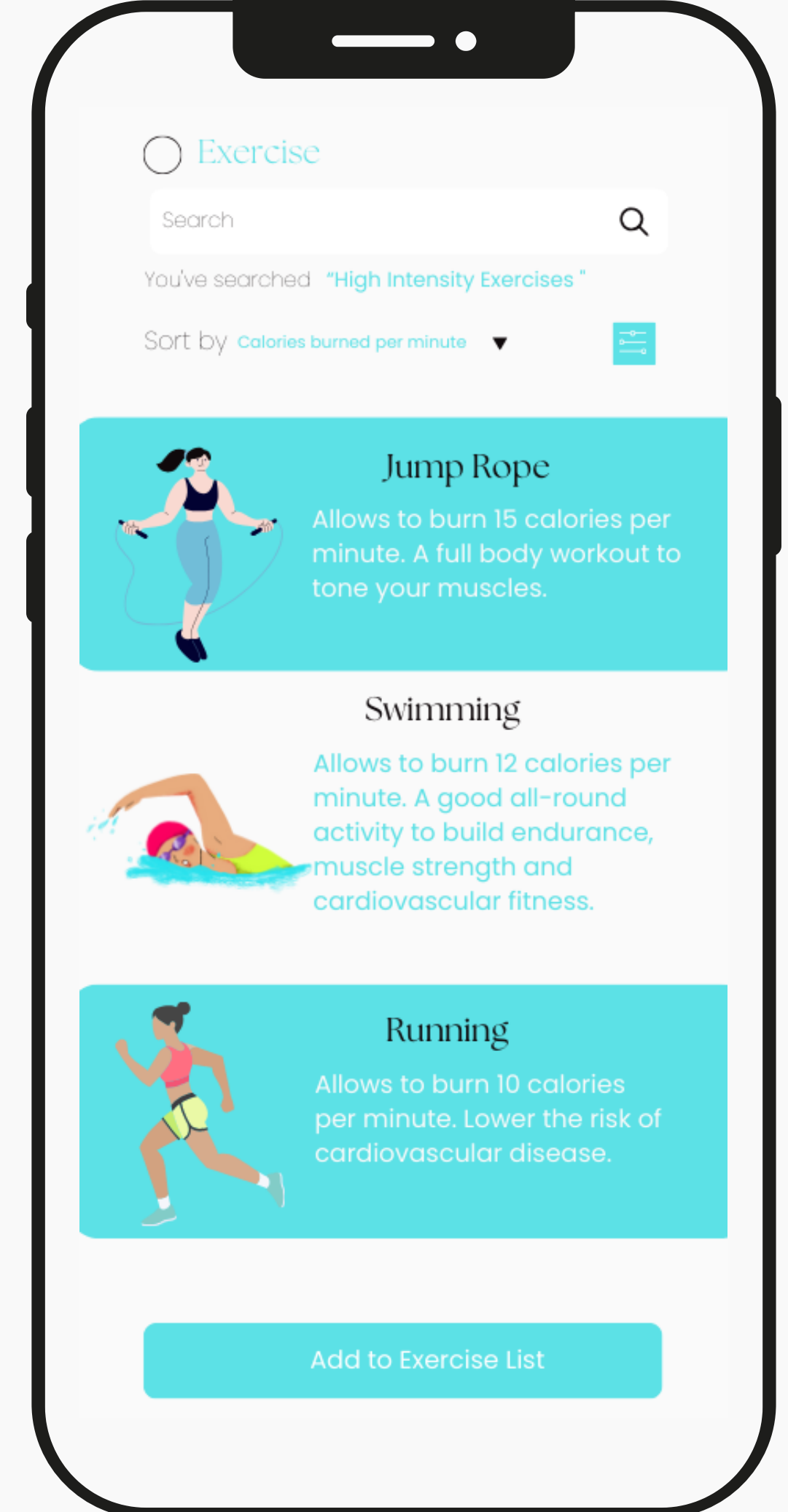
- **INSERT INTO** Exercise (ExerciseID, Name, CaloriesBurnedPerMinute)  
**VALUES** (11, 'Crunches', 9);

2. To view the table:

- **SELECT \* FROM** Exercise;

3. To view the table in order by high intensity:

- **SELECT \* FROM** Exercise  
**ORDER BY** CaloriesBurnedPerMinute **DESC**;



# EXERCISE SCREEN

The screenshot displays the pgAdmin 4 web interface. On the left, the 'Servers' tree is expanded to show 'PostgreSQL 10' and its 'Databases' (2). The 'WeightLossTracker' database is selected, showing its internal structure including Casts, Catalogs, Event Triggers, Extensions, Foreign Data Wrappers, Languages, Publications, Schemas, Subscriptions, postgres, Login/Group Roles, and Tablespaces.

The main panel shows the 'Query' tab with the following SQL statement:

```
1 INSERT INTO Exercise (ExerciseID, Name, CaloriesBurnedPerMinute)
2 VALUES
3 (11, 'Crunches', 9);
```

Below the query editor, the 'Messages' tab is active, displaying the execution results:

```
INSERT 0 1

Query returned successfully in 79 msec.
```

The interface includes a top navigation bar with 'File', 'Object', 'Tools', and 'Help' menus. The 'Browser' tab is active, and the 'WeightLossTracker/postgres@PostgreSQL 10' connection is selected. The 'Query' tab is also active, showing the query editor and the 'Query History' tab.



# EXERCISE SCREEN

The screenshot displays a database management interface. On the left, a tree view shows the database structure under 'Databases (2)', with 'WeightLossTracker' selected. The tree includes 'Casts', 'Catalogs', 'Event Triggers', 'Extensions', 'Foreign Data Wrappers', 'Languages', 'Publications', 'Schemas (1)', and 'public'. The 'public' schema is expanded, showing various database objects like 'Aggregates', 'Collations', 'Domains', 'FTS Configurations', 'FTS Dictionaries', 'FTS Parsers', 'FTS Templates', 'Foreign Tables', 'Functions', and 'Materialized Views'.

On the right, the 'Query' tab is active, showing a SQL query: `SELECT * FROM Exercise;`. Below the query, the 'Data Output' tab displays the results of the query in a table format. The table has four columns: 'exerciseid' (integer, PK), 'name' (character varying (255)), 'caloriesburnedperminute' (double precision), and an unnamed column. The results show 11 rows of exercise data.

	exerciseid [PK] integer	name character varying (255)	caloriesburnedperminute double precision
1	1	Running	10
2	2	Cycling	8
3	3	Swimming	12
4	4	Weightlifting	5
5	5	Yoga	3
6	6	Jump Rope	15
7	7	Hiking	7
8	8	Dancing	6
9	9	Elliptical	9
10	10	Rowing	9
11	11	Crunches	9

At the bottom of the interface, a status bar indicates 'Total rows: 11 of 11' and 'Query complete 00:00:00.610'.

# EXERCISE SCREEN

Database (e/)

WeightLossTracker

> Casts

> Catalogs

> Event Triggers

> Extensions

> Foreign Data Wrappers

> Languages

> Publications

> Schemas

> Subscriptions

> postgres

> Login/Group Roles

> Tablespaces

Query

Query History

1 **SELECT** \* **FROM** Exercise

2 **ORDER BY** CaloriesBurnedPerMinute **DESC**;

3

Data Output

Messages

Notifications

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📈

	<b>exerciseid</b> [PK] integer	<b>name</b> character varying (255)	<b>caloriesburnedperminute</b> double precision
1	6	Jump Rope	15
2	3	Swimming	12
3	1	Running	10
4	9	Elliptical	9
5	11	Crunches	9
6	10	Rowing	9
7	2	Cycling	8
8	7	Hiking	7
9	8	Dancing	6
10	4	Weightlifting	5
11	5	Yoga	3

Total rows: 11 of 11

Query complete 00:00:00.127

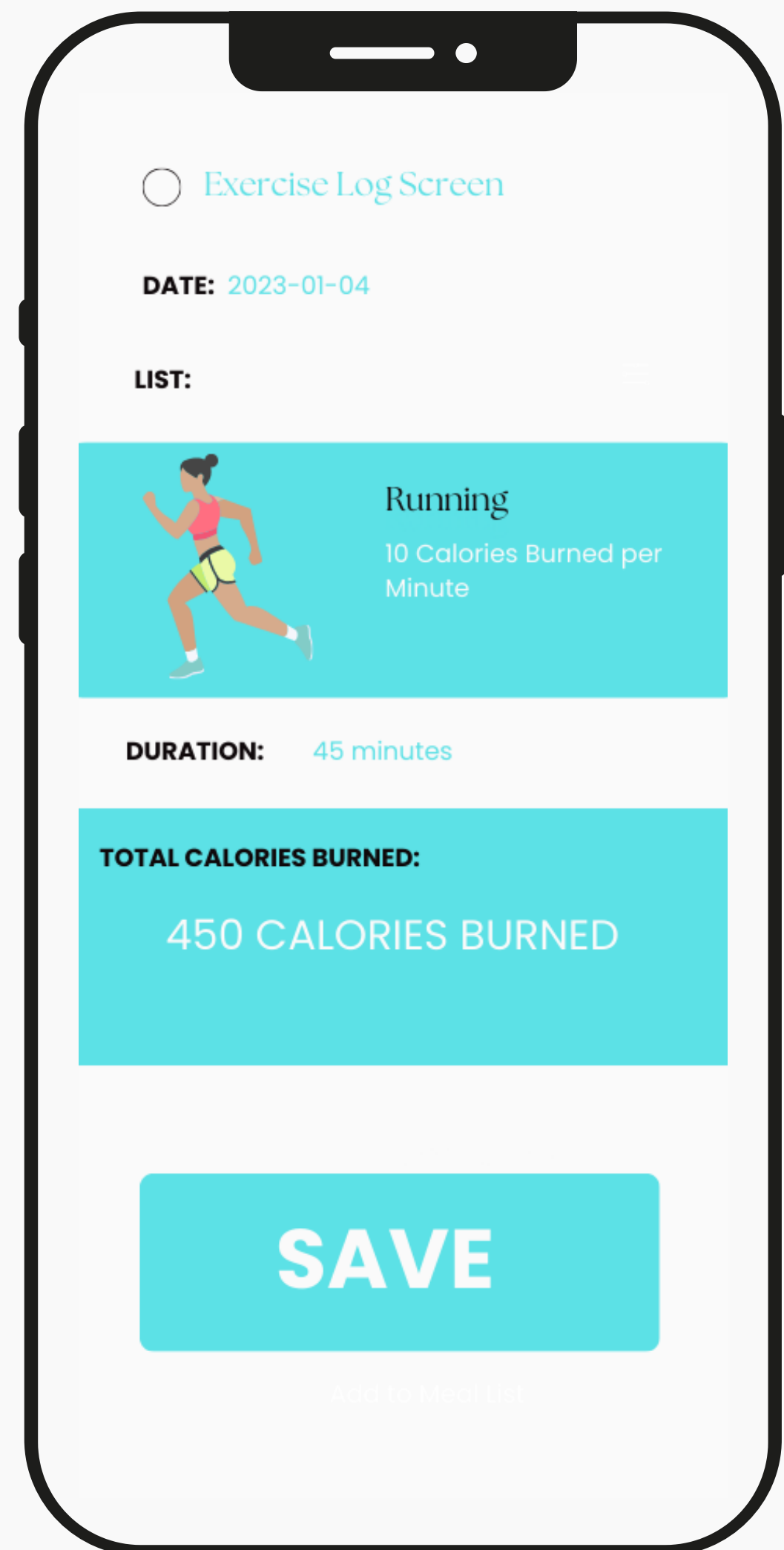
# EXERCISE LOG

## SAMPLE QUERY:

**INSERT INTO** ExerciseLog (LogID, UserID, ExerciseID, Date, Duration, CaloriesBurned)

## VALUES

(11, 1, 1, '2023-01-04', 45, 450);



# EXERCISE LOG

pgAdmin 4

pgAdmin File Object Tools Help

Browser

Servers (1)

- PostgreSQL 10
  - Databases (2)
    - WeightLossTracker**
      - Casts
      - Catalogs
      - Event Triggers
      - Extensions
      - Foreign Data Wrappers
      - Languages
      - Publications
      - Schemas
      - Subscriptions
      - postgres
      - Login/Group Roles
      - Tablespaces

WeightLossTracker/postgres@PostgreSQL 10

No limit

Query Query History

```
1 INSERT INTO ExerciseLog (LogID, UserID, ExerciseID, Date, Duration, CaloriesBurned)
2 VALUES
3 (11, 1, 1, '2023-01-04', 45, 450);
4
```

Data Output Messages Notifications

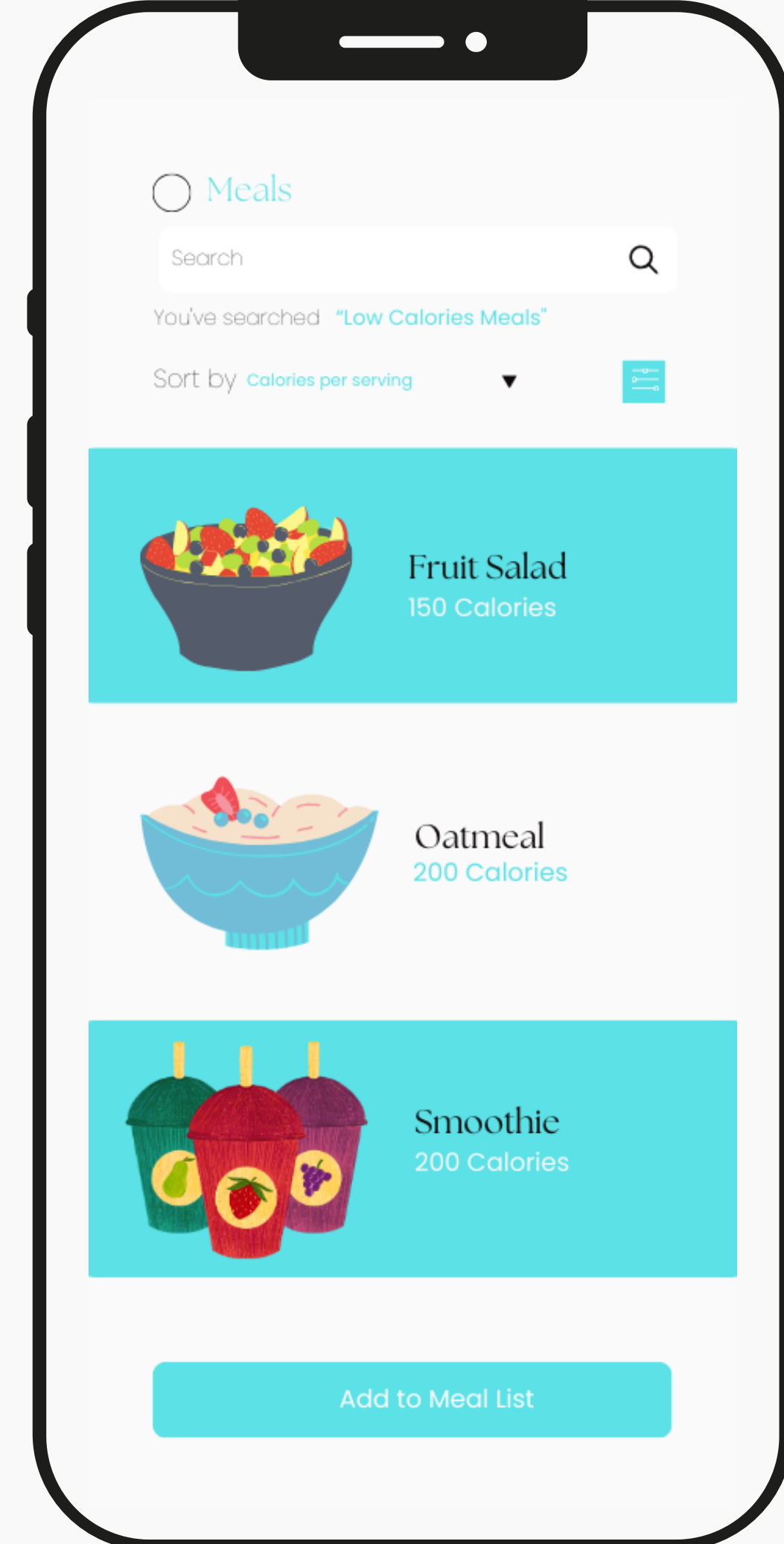
INSERT 0 1

Query returned successfully in 106 msec.

# MEAL SCREEN

## SAMPLE QUERY:

1. To insert new exercise:
  - **INSERT INTO** Meal (MealID, Name, CaloriesPerServing)  
**VALUES** (11, 'Tuna Sandwhich', 250);
2. To view the table:
  - **SELECT \* FROM** Meal;
3. To view the table in order by low calories:
  - **SELECT \* FROM** Meal  
**ORDER BY** CaloriesPerServing **ASC**;



# MEAL SCREEN

The screenshot displays the pgAdmin 4 web interface. On the left, the 'Browser' pane shows a tree structure: 'Servers (1)' > 'PostgreSQL 10' > 'Databases (2)' > 'WeightLossTracker'. The 'WeightLossTracker' database is selected, showing its contents: 'Casts', 'Catalogs', 'Event Triggers', 'Extensions', 'Foreign Data Wrappers', 'Languages', 'Publications', 'Schemas', 'Subscriptions', 'postgres', 'Login/Group Roles', and 'Tablespaces'. The main pane shows the 'Query' tab with the following SQL code:

```
1 INSERT INTO Meal (MealID, Name, Serving)
2 VALUES
3 (11, 'Tuna Sandwich', 250);
```

A tooltip 'Execute/Refresh (F5)' is visible over the 'Execute' button (a play icon). Below the query editor, the 'Messages' tab is active, showing the output:

```
INSERT 0 1

Query returned successfully in 76 msec.
```

The top navigation bar includes 'File', 'Object', 'Tools', and 'Help' menus. The top toolbar contains icons for 'Dashboard', 'Properties', 'SQL', 'Statistics', 'Dependencies', 'Dependents', and 'Process'. The 'Query' tab also has a 'Query History' sub-tab.















# MEAL SCREEN

The screenshot displays a database management tool interface. On the left, a tree view shows the database structure under 'Databases (2)' > 'WeightLossTracker'. The 'Schemas (1)' section is expanded, showing the 'public' schema with various database objects like Aggregates, Collations, Domains, FTS Configurations, FTS Dictionaries, FTS Parsers, FTS Templates, Foreign Tables, Functions, and Materialized Views.

The main area on the right is divided into two tabs: 'Query' and 'Query History'. The 'Query' tab is active, showing a SQL query: `1 SELECT * FROM Meal`. Below the query, there are tabs for 'Data Output', 'Messages', and 'Notifications'. The 'Data Output' tab is active, displaying a table of results. Above the table is a toolbar with icons for expand, save, dropdown, clipboard, delete, refresh, download, and zoom.

	mealid [PK] integer	name character varying (255)	caloriesperserving double precision
1	1	Chicken Salad	350
2	2	Vegetable Stir-Fry	300
3	3	Grilled Salmon	400
4	4	Quinoa Bowl	320
5	5	Oatmeal	200
6	6	Greek Yogurt Parfait	250
7	7	Turkey Sandwich	450
8	8	Veggie Wrap	350
9	9	Fruit Salad	150
10	10	Smoothie	200
11	11	Tuna Sandwhich	250

# MEAL SCREEN

- >  Casts
- >  Catalogs
- >  Event Triggers
- >  Extensions
- >  Foreign Data Wrappers
- >  Languages
- >  Publications
- >  Schemas
- >  Subscriptions
- >  postgres
- >  Login/Group Roles
- >  Tablespaces

```
1 SELECT * FROM Meal
2 ORDER BY CaloriesPerServing ASC;
3
```

Data Output Messages Notifications



	mealid [PK] integer	name character varying (255)	caloriesperserving double precision
1	9	Fruit Salad	150
2	5	Oatmeal	200
3	10	Smoothie	200
4	11	Tuna Sandwhich	250
5	6	Greek Yogurt Parfait	250
6	2	Vegetable Stir-Fry	300
7	4	Quinoa Bowl	320
8	1	Chicken Salad	350
9	8	Veggie Wrap	350
10	3	Grilled Salmon	400
11	7	Turkey Sandwich	450

Total rows: 11 of 11

Query complete 00:00:00.413



# FOOD ENTRY

## SAMPLE QUERY:

**INSERT INTO** FoodEntry  
(EntryID, UserID, MealID, Date,  
ServingSize, CaloriesConsumed)


## VALUES

(11, 1, 3, '2023-01-04', 1, 400);

☐ Food Entry

DATE: 2023-01-04

LIST:



Grilled Salmon  
400 Calories

Serving Size: 1 Serving

TOTAL CALORIES CONSUMED:

400 CALORIES

SAVE

# FOOD ENTRY

pgAdmin 4

pgAdmin File Object Tools Help

Browser

Servers (1)

- PostgreSQL 10
  - Databases (2)
    - WeightLossTracker**
      - Casts
      - Catalogs
      - Event Triggers
      - Extensions
      - Foreign Data Wrappers
      - Languages
      - Publications
      - Schemas
      - Subscriptions
    - postgres
    - Login/Group Roles
    - Tablespaces

WeightLossTracker/postgres@PostgreSQL 10

No limit

Query Query History

```
1 INSERT INTO FoodEntry (EntryID, UserID, MealID, Date, ServingSize, CaloriesConsumed)
2     VALUES
3     (11, 1, 3, '2023-01-04', 1, 400);
```

Data Output Messages Notifications

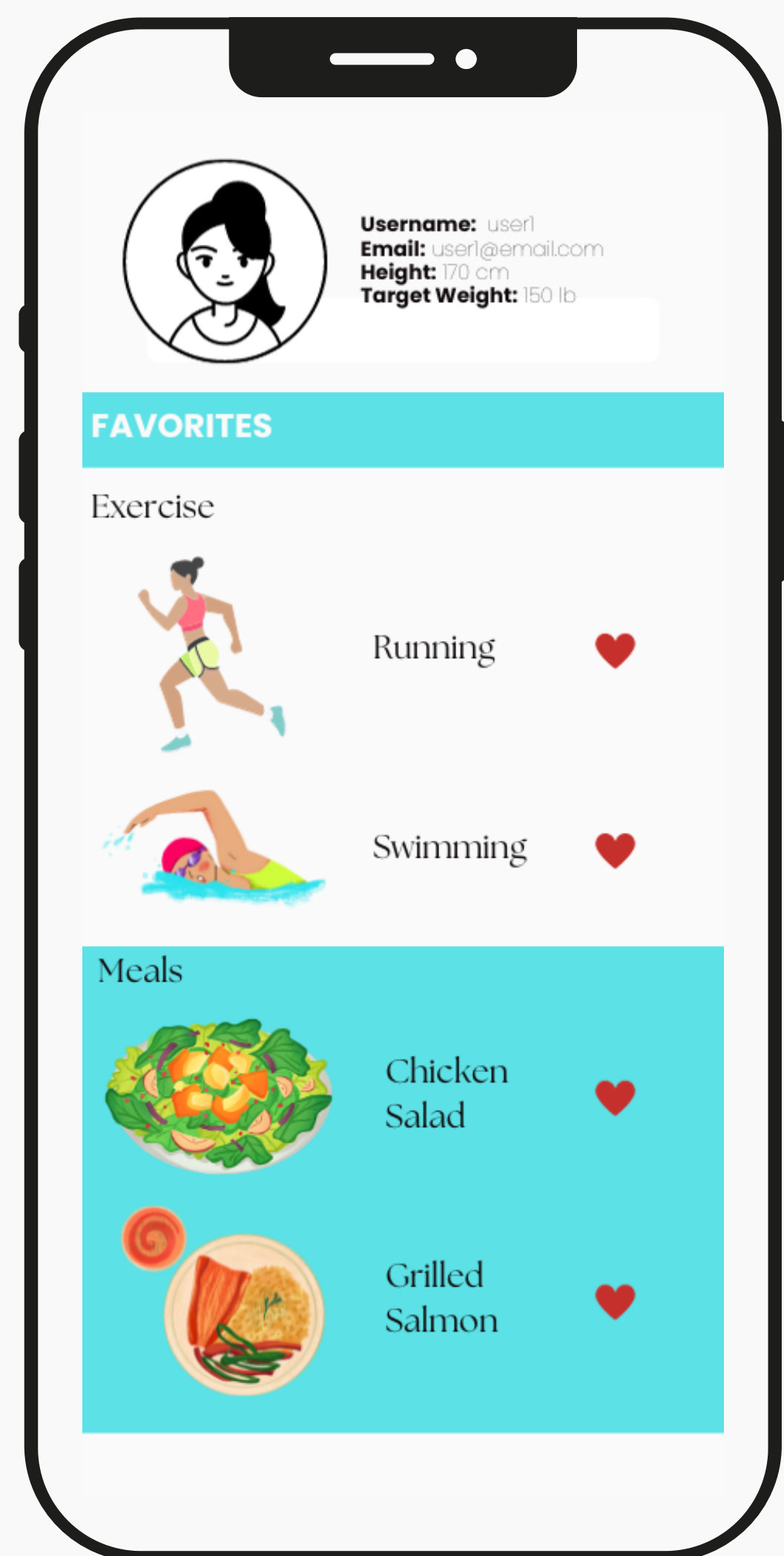
INSERT 0 1

Query returned successfully in 75 msec.

# USER FAVORITE

## SAMPLE QUERY:

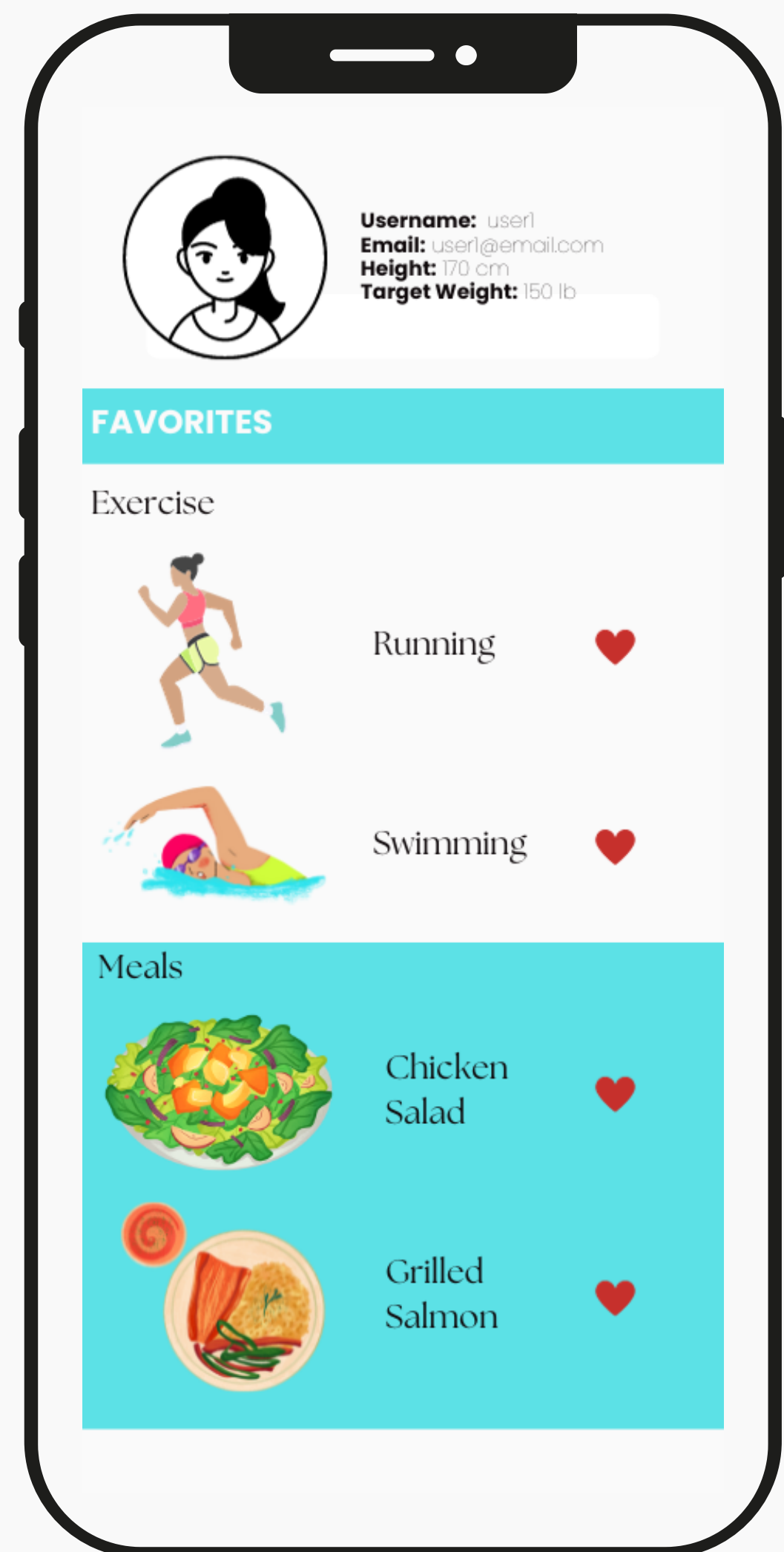
```
SELECT Users.Username,  
Exercise.Name AS FavoriteExercise  
FROM Users  
JOIN UserFavoriteExercise ON  
Users.UserID =  
UserFavoriteExercise.UserID  
JOIN Exercise ON  
UserFavoriteExercise.ExerciseID =  
Exercise.ExerciseID  
WHERE Users.UserID = 1;
```



# USER FAVORITE

## SAMPLE QUERY:

```
SELECT Users.Username,  
Meal.Name AS FavoriteMeal  
FROM Users  
JOIN UserFavoriteMeal ON  
Users.UserID =  
UserFavoriteMeal.UserID  
JOIN Meal ON  
UserFavoriteMeal.MealID =  
Meal.MealID  
WHERE Users.UserID = 1;
```



# USER FAVORITE

pgAdmin 4

pgAdmin File Object Tools Help

Browser

Servers (1)

- PostgreSQL 10
  - Databases (2)
    - WeightLossTracker**
      - Casts
      - Catalogs
      - Event Triggers
      - Extensions
      - Foreign Data Wrappers
      - Languages
      - Publications
      - Schemas
      - Subscriptions
      - postgres
      - Login/Group Roles
      - Tablespaces

WeightLossTracker/postgres@PostgreSQL 10

No limit

Query Query History

```
1 SELECT Users.Username, Exercise.Name AS FavoriteExercise
2 FROM Users
3 JOIN UserFavoriteExercise ON Users.UserID = UserFavoriteExercise.UserID
4 JOIN Exercise ON UserFavoriteExercise.ExerciseID = Exercise.ExerciseID
5 WHERE Users.UserID = 1;
6
```

Data Output Messages Notifications

	username character varying (255)	favoriteexercise character varying (255)
1	user1	Running
2	user1	Swimming



# USER FAVORITE

pgAdmin 4

pgAdmin File Object Tools Help

Browser

Servers (1)

- PostgreSQL 10
  - Databases (2)
    - WeightLossTracker**
      - Casts
      - Catalogs
      - Event Triggers
      - Extensions
      - Foreign Data Wrappers
      - Languages
      - Publications
      - Schemas
      - Subscriptions
      - postgres
      - Login/Group Roles
      - Tablespaces

Dashboard Properties SQL Statistics Dependencies Dependents Processes Weigh

WeightLossTracker/postgres@PostgreSQL 10

No limit

Query Query History

```
1 SELECT Users.Username, Meal.Name AS FavoriteMeal
2 FROM Users
3 JOIN UserFavoriteMeal ON Users.UserID = UserFavoriteMeal.UserID
4 JOIN Meal ON UserFavoriteMeal.MealID = Meal.MealID
5 WHERE Users.UserID = 1;
6
```

Data Output Messages Notifications

	username character varying (255)	favoritemeal character varying (255)
1	user1	Chicken Salad
2	user1	Grilled Salmon

# THANK YOU!!!

De Jesus, Maria Niña  
Latorre, Christine Joy  
Suarez, Jad Lorenz

