

After Action Report

Original plan

As stated in the statement of scope, the purpose of this project is to help me manage a healthy schedule. The original design has three part: control my weight, track sleeping time and daily diet. For the weight controlling and sleeping tracker part, the system should be able to track the weight and sleeping hours changes and visualize the changes. Furthermore, the system should record the daily food and calculate the calories. The system should have a dashboard worksheet to enter the new data, a weight worksheet to record data and target weight, target sleeping hours and target daily calories, a graph worksheet for visualization, and a sport worksheet to record calorie consumption. The system should be able to export a text file as a printable report. The Access database is used to record food calories and all other data. Word can be used to exporting report and print the report.

Finished project

There are some changes in the finished project. First, I delete the calorie control part since it is a little bit hard to calculate how much calories consumption and intake a day, especially recording calories intake. If I cannot get the data exactly, this function will be useless and misleading. So, I only have two parts in the system: weight control and sleeping hour tracker. I still have a dashboard and a graph sheet for visualization. But the Word is used to export all graphs since it is hard to export images in a text file. Access is used to store the data. I also add a function to change the target weight and target sleeping hours, and a function to hide and unhide the worksheets.

What did well

All functions I have worked well. I have a well-designed user interaction system. I have a brief introduction on each user form so that the user will clearly understand how to use the system, without need for any additional documentation. I successfully use VBA code in Excel to export the graphs. The graphs are dynamic and refresh when click the View Graph button. The dynamic graphs do help me a lot to know the changes. Also, I add a data validation for new record to prevent missing data in the worksheet. Only if the all the blanks are filled in, users are able to record new data into the worksheet. I also use frames to organize the labels and textboxes in the new record form. It is more user-friendly. There are some textboxes can be calculated automatically and cannot be edited like BMI data. These data are calculated based on the user's input. Furthermore, Username and Date appear as default, but those textboxes can be edited if the user wants. When export text file and word file success, there will be a message popup to notice user.

What did not and Knowledge limitation

Since there is no macro recorder in the Access, I do not know how to link tables and data in Access with Excel worksheet. I have researched for a long time to try to find a solution, but there is no relevant solution on the internet. So, the database is not dynamic, and the data may not be up to date. The user needs to import the worksheet manually from Excel workbook in to Access to store the data. I will continue to learn whether I can use SQL to link the worksheet in Excel to Access table. I feel like my knowledge base for Access is not enough. I will learn more technical skills about Access after this semester.

Although I export the graphs to Word successfully, the user needs to do some setting in advance since I reference the Object Library for the Office application. The user need to go to the visual basic editor in Excel and select tools, and then select reference option. The user needs to select the object library for the application Word. If the user fails to add the reference, the system will popup an error massage.