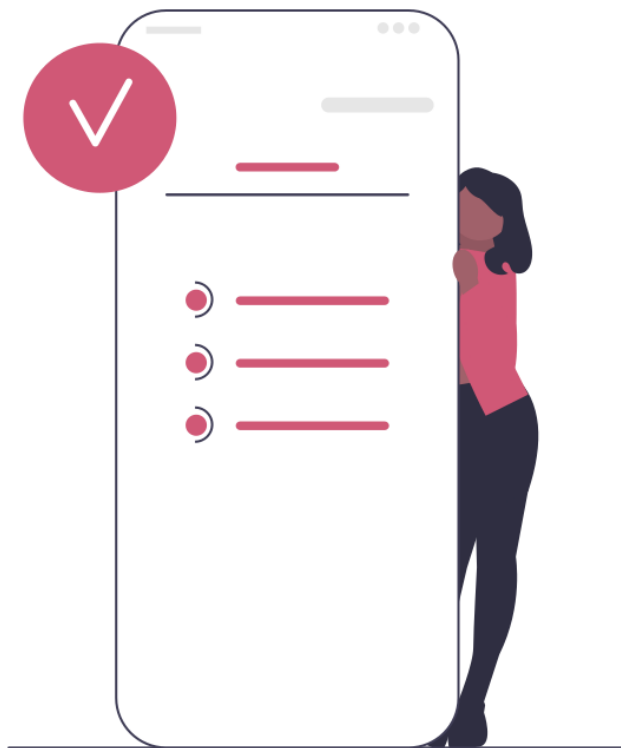# Calorie Diary

Mobile Application User Guide

Introduction

Calorie Diary is a mobile application that helps track your daily calorie consumption. It's designed to help users consistently track their calorie intake through a fun, gamified interface. By signing in with your Google Account, Calorie Diary allows you to share your weight loss or weight gain progress in a global leaderboard to celebrate your dietary achievements with the rest of the Calorie Diary community. Calorie Diary's Firebase authentication and database integration keeps your data secure and accessible from different devices.

Signing into your Account

In order to use this app, you must sign in using your Google Account. Tap the **SIGN IN** button in order to bring up the Google OAuth interface and choose which account to sign in with.
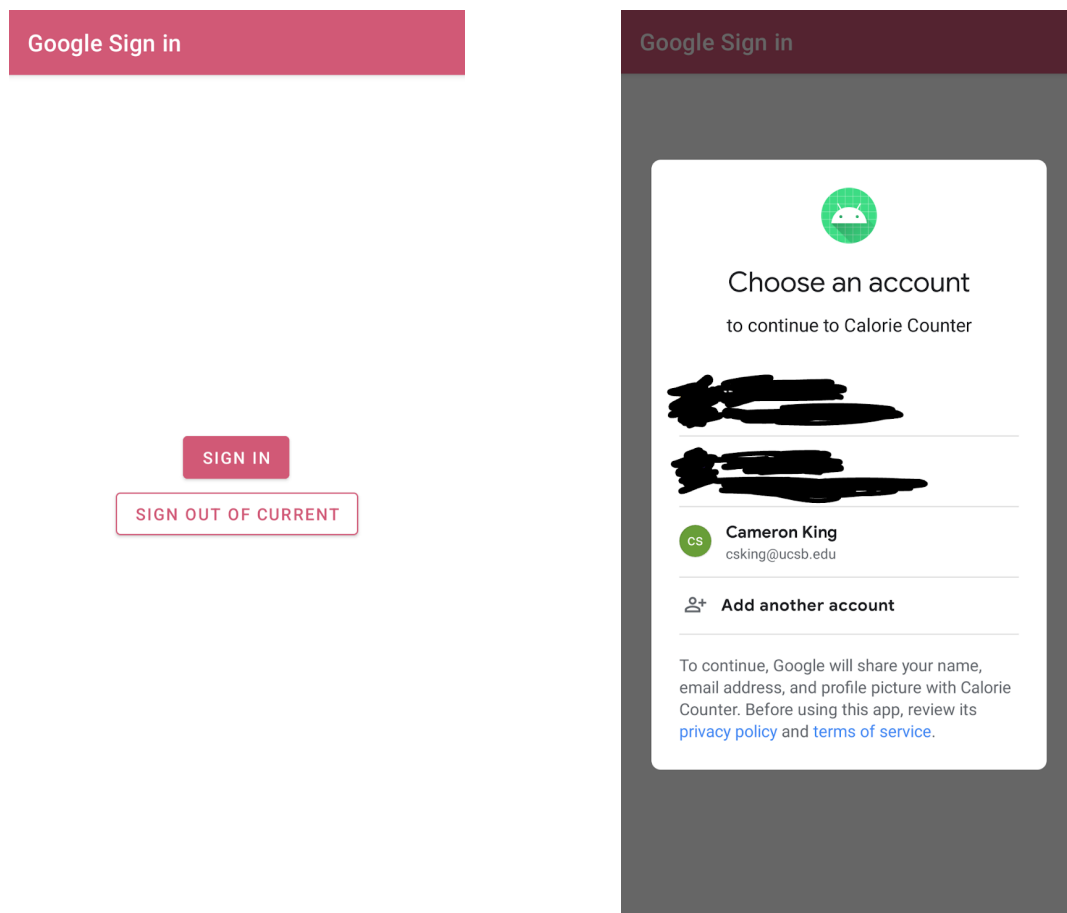
After signing in, you can switch between different user accounts by logging out of your current account. Press the **SIGN OUT OF CURRENT** button to bring up the Google OAuth interface and choose another account to log in with.

App Overview

Once signed in, you will have access to the navigation bar at the bottom of the screen. The navigation bar consists of 4 tabs: Homepage, Calorie Log, Calendar, and Leaderboard. Select an icon in the bottom navigation bar to switch between different tabs.
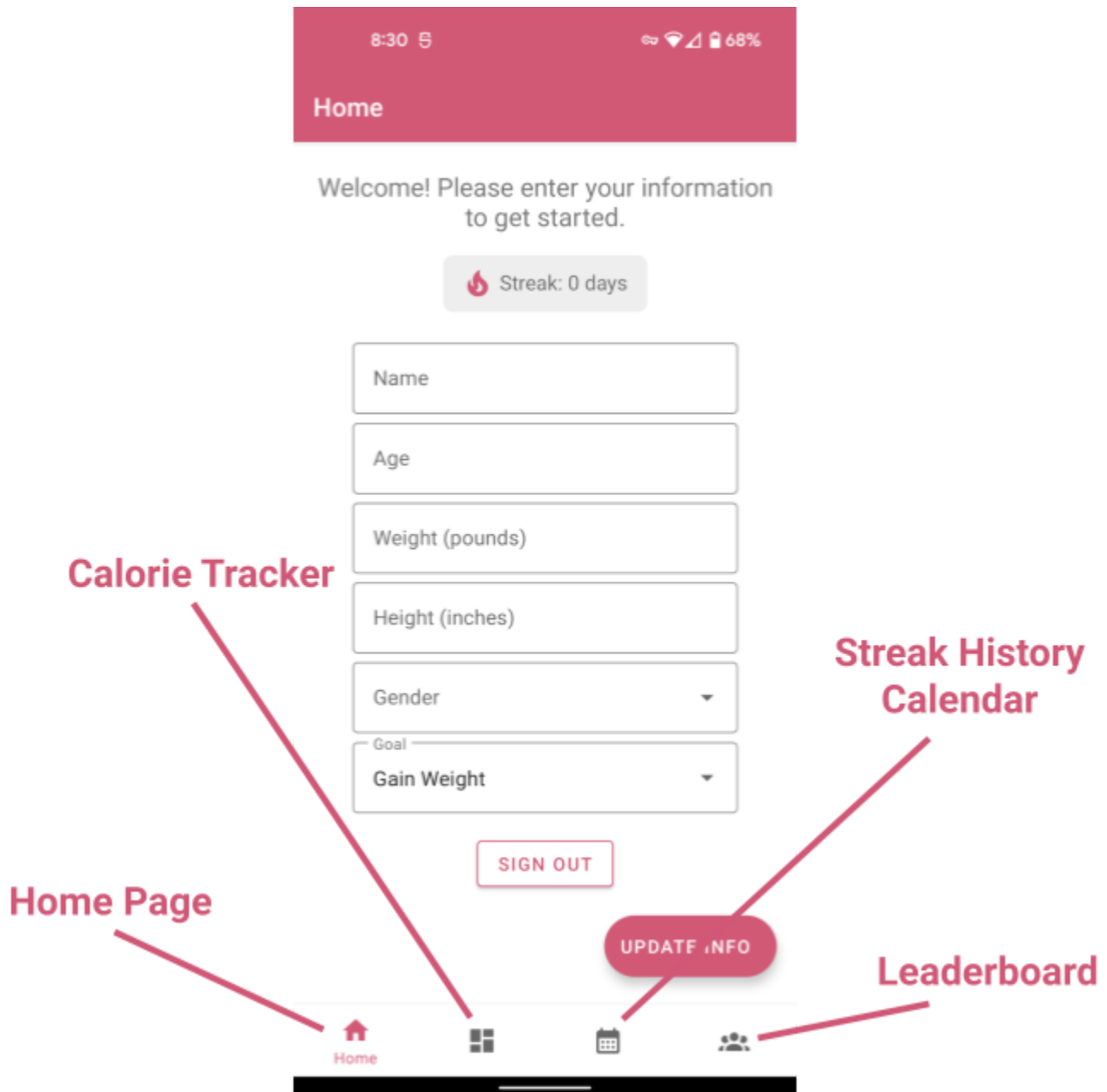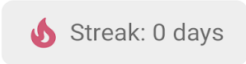
Home Page

Once signed in, you will be greeted with the Homepage, which displays the information that you have input so far to help calculate your recommended daily calorie intake. The homepage also displays your current streak on the top. This streak will increment daily if you have met your calorie goal for the day. If this is your first time using the app, you will be prompted to input the requested information in each field. Clicking the **UPDATE INFO** button will update this information to your account.
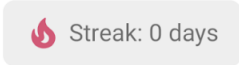
If you wish to return back to the sign in page in order to switch accounts, tap the **SIGN OUT** button.

Calorie Tracking

Using the information provided in the homepage, your recommended daily calorie intake will be displayed on the top along with a counter that actively keeps track of how many calories you've consumed for the day. The counter text color indicates whether your calorie goal has been met or not. A red calorie total indicates that the recommended daily calorie goal was not met, and a green calorie total indicates that the recommended daily calorie goal was met.

Log Calories

0 cals
eaten today

Goal: over 1785 cals

Enter # of Calories

⊕ ADD A MEAL

Log Calories

1300 cals
eaten today

Goal: over 1785 cals

Enter # of Calories
700

Enter # of Calories
600   X

Enter # of Calories   X

Enter # of Calories   X

⊕ ADD A MEAL

🏠   ▦ Log Calories   📅   👥   🏠   ▦ Log Calories   📅   👥

To track your daily caloric intake, input the estimated amount of calories for each meal you've eaten. In each input form box, record your closest estimate of the amount of calories in your most recent meal. Initially there will only be one input form, but you can add more input forms as you eat more meals throughout the day with the ⊕ ADD A MEAL button.

Streak History Calendar

The calendar tab displays the history of your calorie goal streaks. By visually displaying whether or not you've met your goal for each day in the month, you can see your progress towards your calorie goal at a glance. A green dot on a day indicates that your goal was met for that specific day, while a red dot indicates a missed goal for that day. The more green dots you see in a month, the closer you are to achieving your health and fitness goals! This tab also features infinite scrolling, which lets you quickly view your history over multiple months.
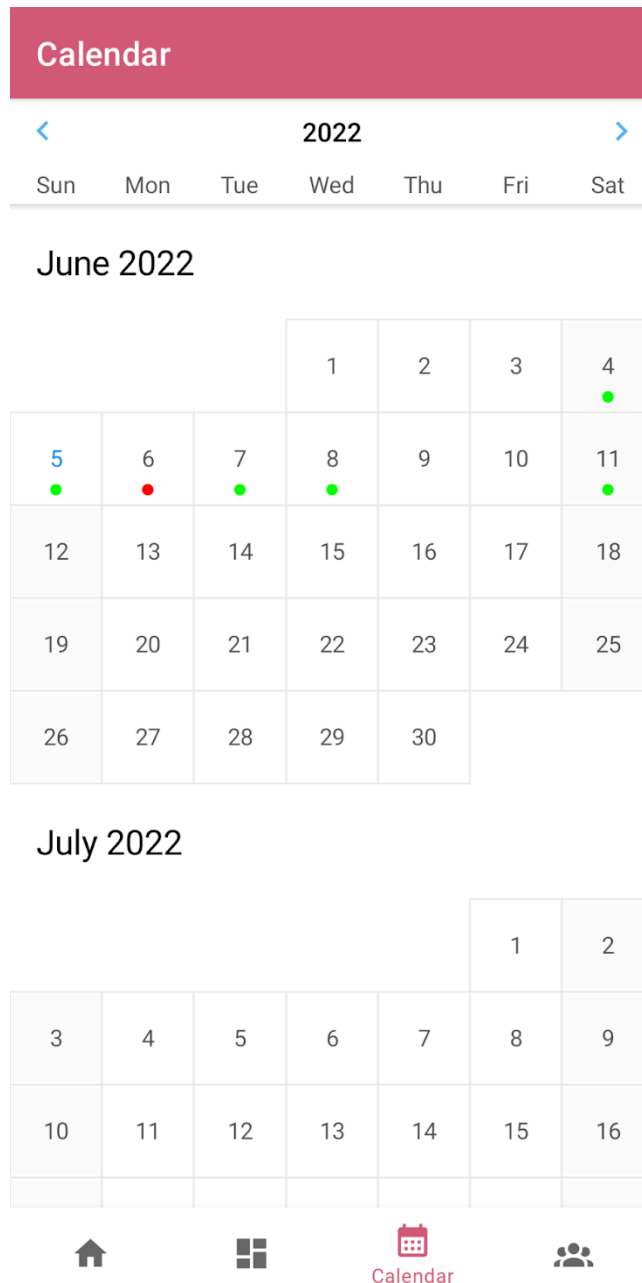
Leaderboard

The leaderboard tab features a global feed that displays the streaks of all users using the app sorted from users with the highest streaks to the lowest streaks. User's with a larger streak are placed higher up on the leaderboard to celebrate their consistency and to incentivize them to continue using the app by adding the aspect of competition.
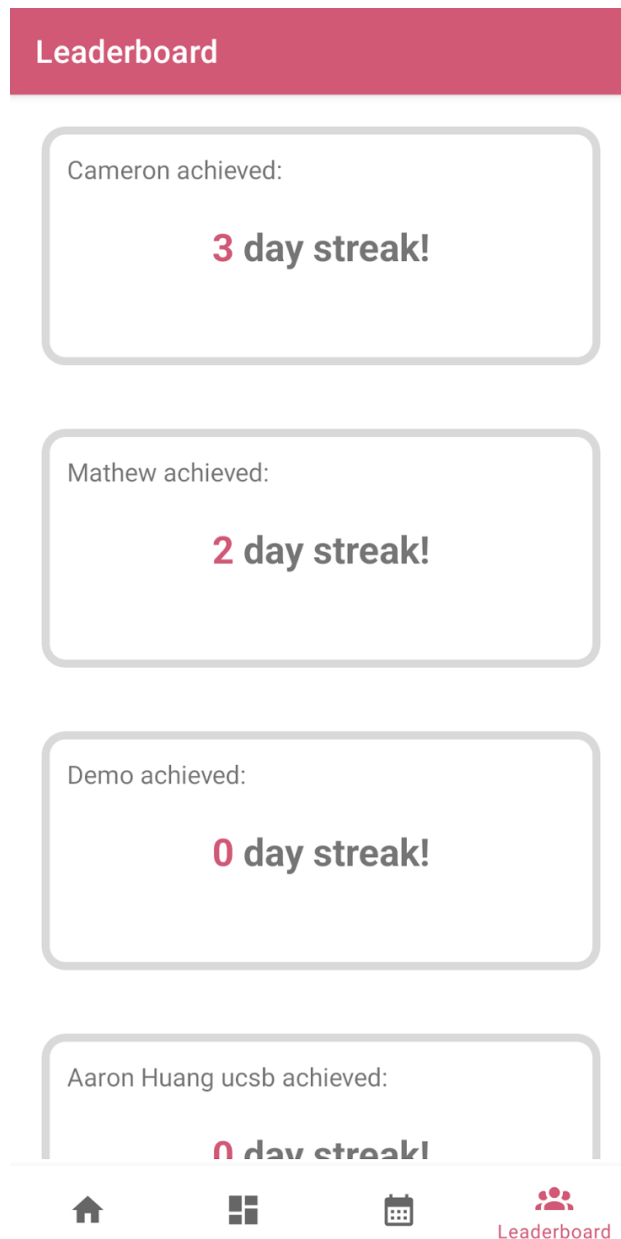
This global feed is updated in real time, so as users meet their calorie goals for the day you will be able to see their streak update without having to refresh the page. You can scroll down infinitely to see the streaks of all users within the Calorie Diary community.