

SMART HEALTH MONITORING APPLICATION(SHMA)

USER MANUAL



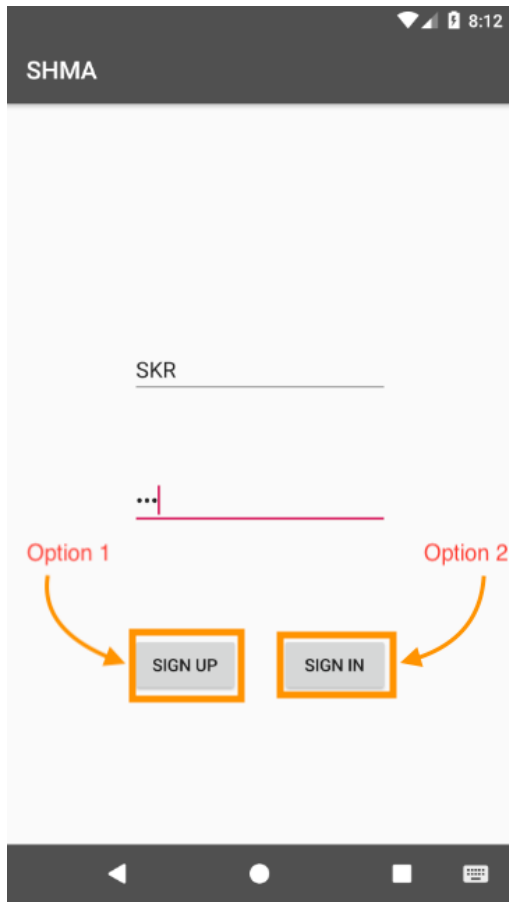
Tufts University
18Fall Software Engineering
Team SKR

Table of Contents

| | |
|-------------------------------------|-----------|
| GETTING START | 3 |
| OPTION 1: SIGN UP..... | 3 |
| OPTION 2: SIGN IN..... | 3 |
| SETUP USER PROFILE | 4 |
| SETUP PROFILE: | 4 |
| MENU | 5 |
| ACCESS MENU: | 5 |
| BMI (BODY MASS INDEX) | 6 |
| | 6 |
| CHECK BMI: | 6 |
| BMI PAGE:..... | 6 |
| DIET (CALORIE TRACKER) | 7 |
| CALORIE TRACKER: | 7 |
| | 7 |
| ADD ITEM..... | 7 |
| UPDATE ITEM..... | 7 |
| DIET (CALORIE TRACKER) | 8 |
| | 8 |
| DELETE ITEM | 8 |
| VIEW DIET DATA..... | 8 |
| STEPS (STEP TRACKER) | 9 |
| ACCESS STEP TRACKER: | 9 |
| START STEP TRACKING: | 9 |
| STEPS (STEP TRACKER) | 10 |
| STOP STEP TRACKING:..... | 10 |
| WATER (WATER TRACKER) | 11 |
| ACCESS WATER TRACKER: | 11 |
| WATER TRACKING: | 11 |
| SLEEP (SLEEP MONITOR) | 12 |
| | 12 |
| ACCESS SLEEP MONITOR: | 12 |
| SLEEP TRACKING: | 12 |
| PROFILE SETTING | 13 |
| ACCESS PROFILE: | 13 |
| UPDATE PROFILE:..... | 13 |



GETTING START



Option 1: Sign Up

- Set a username and password
- Press the **Sign Up** button
- Will then be redirected to a new screen to set up your profile

Option 2: Sign In

- Enter your username and password
- Press the **Sign In** button
- Will then be directed to the profile setting page



SETUP USER PROFILE

SHMA

Gender ☒ Male ☐ Female

Height:181cm

Age:25

Current Weight: 83kg

Ideal Weight:80kg

Time Period:50days

PREVIOUS NEXT

Setup Profile:

Enter all your physical data when you first sign up on the application

- Select your gender
- Enter your height in centimeters (cm).
- Enter your age
- Enter your current weight in kilograms
- Enter your ideal weight in kilograms
- Enter the time period by which you would like to have reached your ideal weight

NOTE:

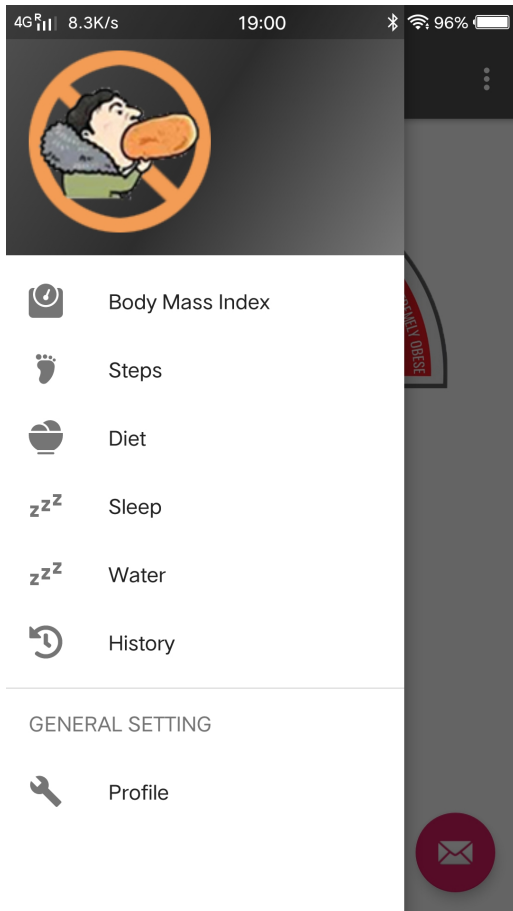
Profile information can be changed later by visiting your user profile while in the application.

When finished, press **Next**.

You will then be directed to the **BMI**.



MENU

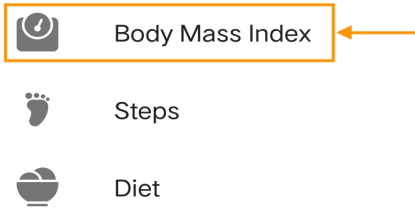
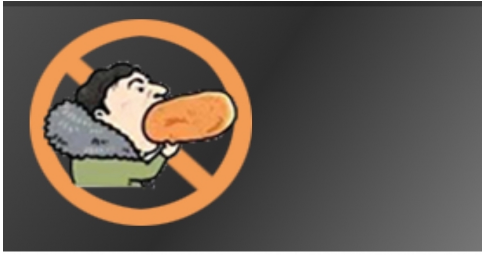


Access Menu:

- Press the button in the top left of the application
- Side menu would then appear on screen
- Select the functionality you would like to use

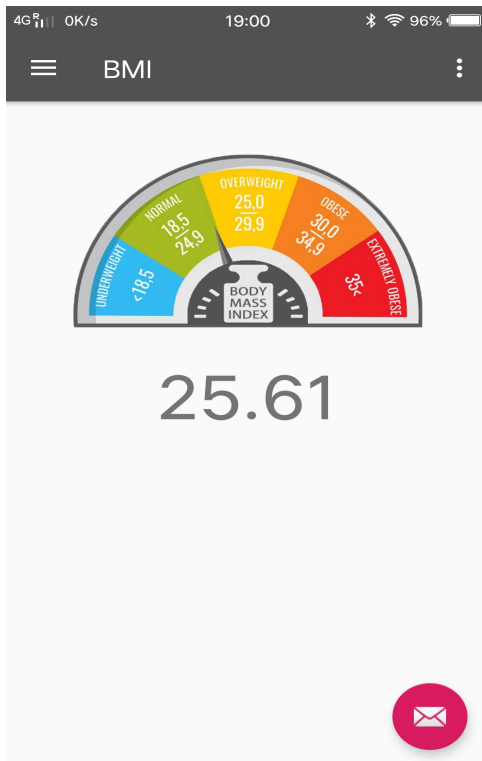


BMI (BODY MASS INDEX)



Check BMI:

Select the **Body Mass Index** option in the menu

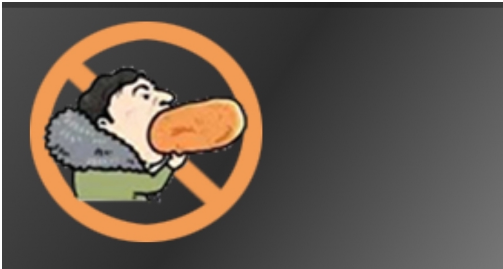


BMI Page:

- You would be directed to the BMI page
- Check your current BMI data
- Check how it your BMI data compares to the standard suggested range



DIET (CALORIE TRACKER)



Body Mass Index



Steps



Diet



CALORIE TRACKER:

- Select the **Diet** option in the menu
- You would then be directed to the **DIET** page
- Keep track of your dietary intake and see how much calories you have consumed today

4G 0K/s 19:05 95%

≡ DIET ⋮

Per Serving

Food Name apple

Calories 95

Total Fat 0.3

Cholesterol 0

Sodium 2

ADD DATA DELETE

UPDATE VIEW ALL

Add Item

- Fill out the corresponding information with the name, calorie, fat, cholesterol, and sodium per serving information of the food you ate
- Press **Add Data** button

Update Item

- To edit the values of an entry already inserted, fill out all the information again with the new adjustments
- Press **Update** button



DIET (CALORIE TRACKER)

Per Serving

Food Name apple

Calories 95

Total Fat 0.3

Cholesterol 0

Sodium 2

ADD DATA DELETE

UPDATE VIEW ALL

Delete Item

- To delete an entry, fill out the form with the name of the entry you would like to delete
- Press **Delete** button. A message will appear bottom center saying “Data Deleted” to indicate the item was deleted successfully
- Note: For function delete and update, make sure that the name matches as that would be used for the query to search for the existing entry

Per Serving

Food Name apple

Calories 95

Total Fat 0.3

Cholesterol 0

Sodium 2

ADD DATA DELETE

UPDATE VIEW ALL

DATA

Name: apple
Name: orange

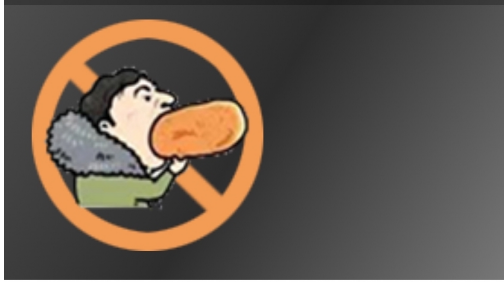
TOTAL
Calories: 145
Fat: 4
Cholesterol: 6
Sodium: 2

View Diet Data

- To view current diet data, press **View All** button
- All the food added will be listed, a report of food and nutrition tracked will display



STEPS (STEP TRACKER)



Body Mass Index



Steps



Diet

Access Step Tracker:

- Select the **Steps** option in the menu
- You would be directed to the **STEP** page
- Keep track of your step activities and see how much steps you have exercise today



Start Step Tracking:

- Press the **Start** button in the page
- System will start to track your steps during the day when you carry the device
- The steps will be display on the screen



STEPS (STEP TRACKER)



Stop Step Tracking:

- Press the **Stop** button in the page
- System will stop tracking your steps
- The current steps will be display on the screen



WATER (WATER TRACKER)

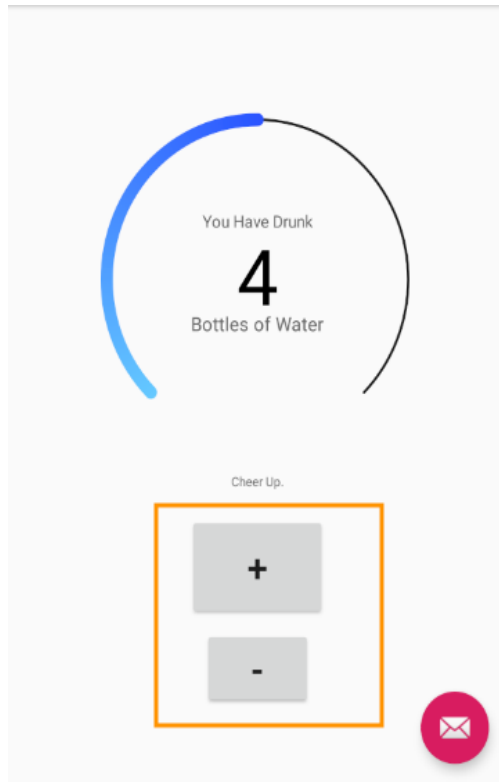


GENERAL SETTING



Access Water Tracker:

- Select the **Water** option in the menu
- You would be directed to the **WATER** page
- Keep track of your hydration level and see how many bottles of water you have drunk today

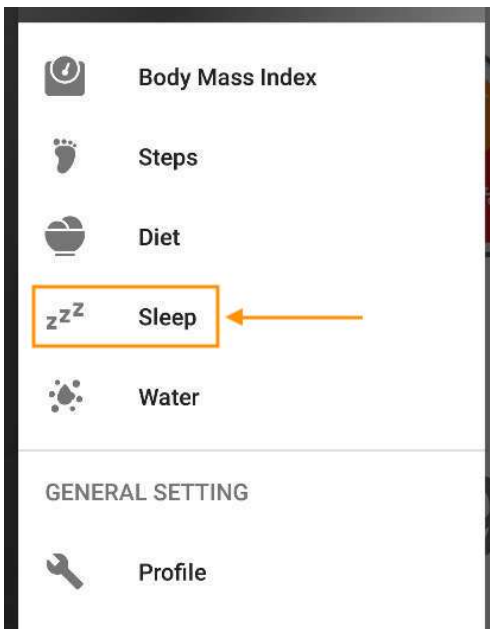


Water Tracking:

- Press the **+** button in the page to adding water drunk for the day
- System will record you're the hydration level you entered
- Press the **-** button in the page to reducing for mis recording

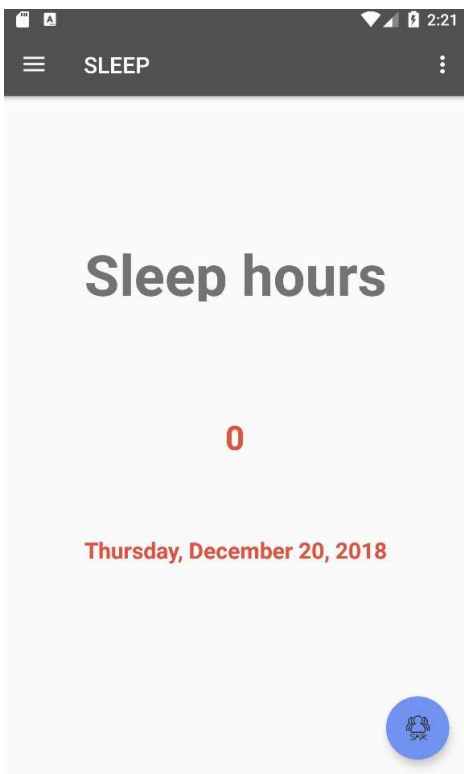


SLEEP (SLEEP MONITOR)



Access Sleep Monitor:

- Select the **Sleep** option in the menu
- You would be directed to the **Sleep** page



Sleep Tracking:

- Enter **Sleep** page and the system will start to track daily sleep time
- Sleep hours will be displayed on the screen



PROFILE SETTING



Water



History

GENERAL SETTING



Profile



Access Profile:

- Select the **Profile** option in the menu
- You would be directed to the **Profile** page
- View your profile data or modify your profile information

4G 0K/s 19:29 93%

SHMA

Personal Data

Gender ☒ Male ☐ Female

Height:175cm

Age:20

Current Weight: 60kg

Ideal Weight:60kg

Time Period:15days

PREVIOUS NEXT

Update Profile:

- Update all your physical data in this page
- The updates will be recorded and changed corresponding functions