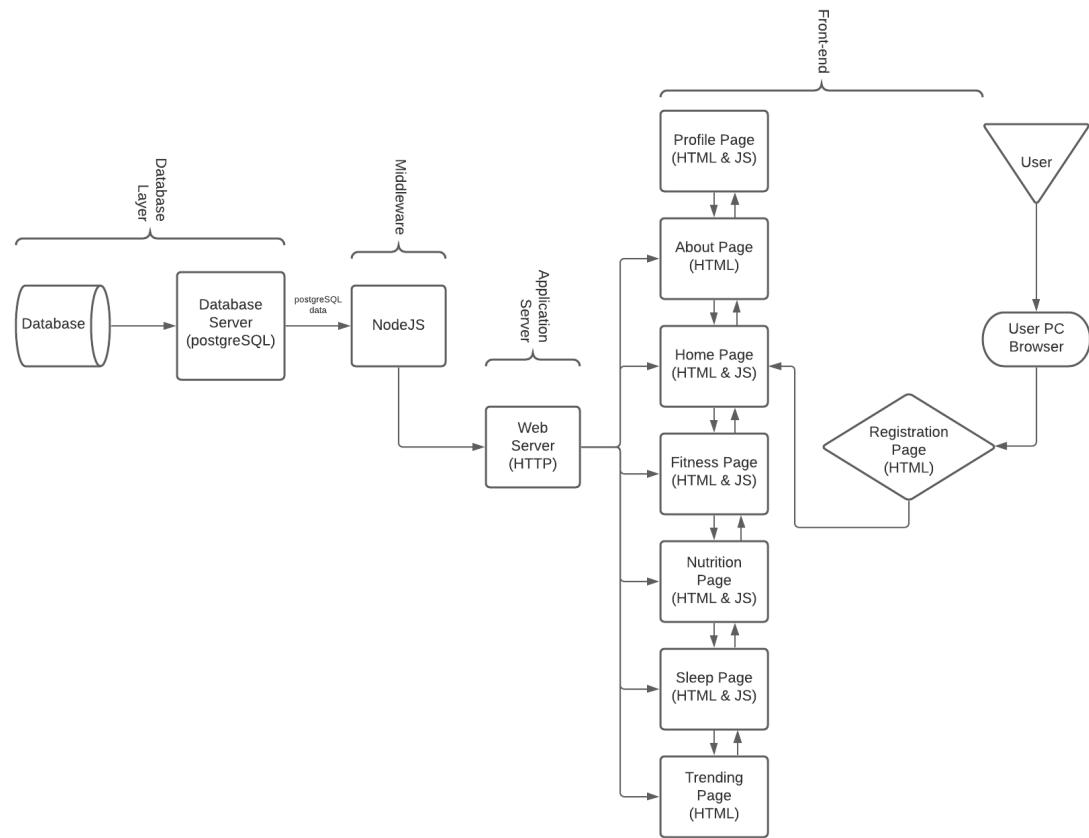


Revised List of Features

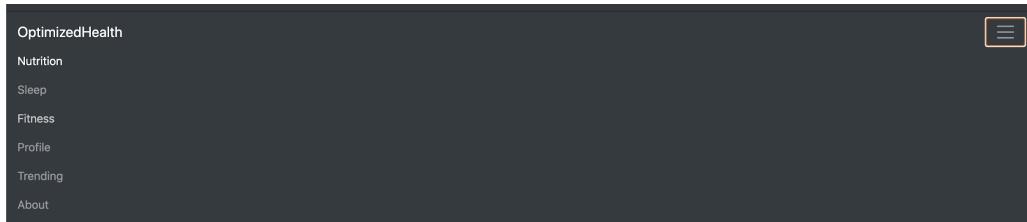
1. Account management:
Users will be able to sign up to use website services and view their personal dashboard.
2. General health data:
Users can enter general health data, including sleep, mental health, and BMI
3. Fitness data:
Users can enter fitness health data, such as exercise minutes, type of exercise, frequency, etc.
4. Nutrition data:
Users can enter nutrition health data, such as caloric intake, sugar intake, mealtimes, snacking times, etc.
5. Health profile:
Analyzing all of the health data above, OptimizedHealth will provide a health profile to show correlation between any category, and visualizations of trends such as graphs.
Profile will also share data from nutrition calculators such as BMI, BMR, and TDEE
6. Personalized feedback:
Based on health profiles, the user can receive recommendations on improving health in all categories such as meal plans, sleep schedules, etc

Architecture Diagram



Front-End Design

Registration page:



OptimizedHealth strives to promote the health and well-being of individuals by allowing them to take care of themselves simply and effectively.

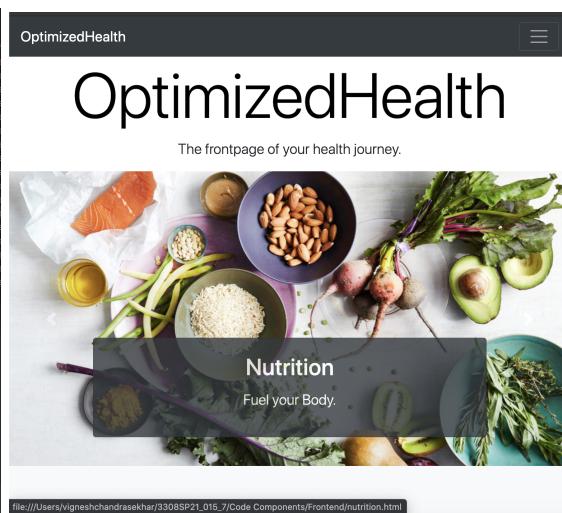
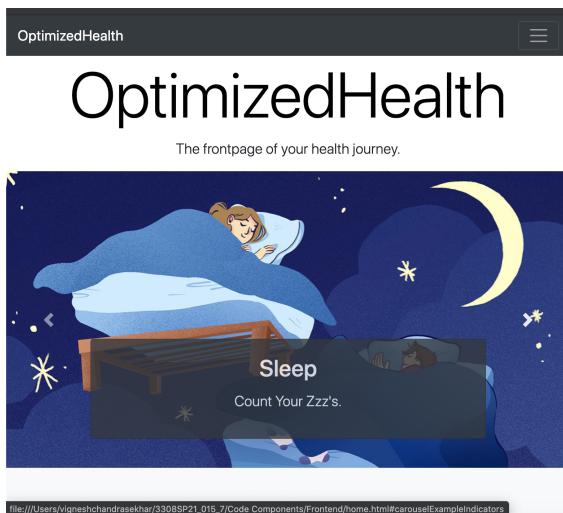
Start Your Journey Towards Optimized Health

Continued...

Start Your Journey Towards Optimized Health

The registration form is divided into two main sections. On the left, under 'Create Your Account', there are fields for Username, Email address, Password, and Confirm Password. On the right, under 'Already a User?', there are fields for Username and Password, along with a 'Log in' button.

Home Page:



About page wireframe:

OptimizedHealth

General Sleep Trending Profile

About

Our Mission

OptimizedHealth is an all-in-one stop for users to check up on their physical and mental health. Streamlined for both efficiency and simplicity, we provide various things etc etc description of why we did this, how it's a school project

The Team

Picture	Firstname Lastname Short bio	Picture	Firstname Lastname Short bio
	Contact link contact link		Contact link contact link
	Contact link contact link		Contact link contact link
	Contact link contact link		

Copyright 2021

Nutrition Page:

OptimizedHealth

Nutrition Home All Meals

Nutrition

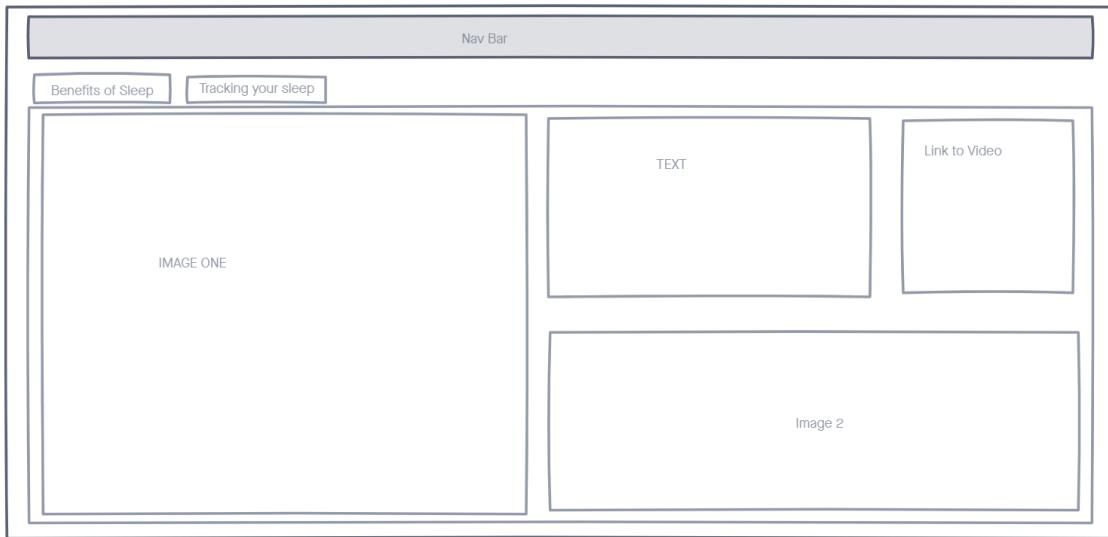
Welcome to the beginning of your nutritional journey!

This is the launching point for all things food. After all, even while staying healthy it's still important to enjoy eating.

[Click here for Personalized Advice](#)

Copyright 2021, All Rights Reserved

Sleep page wireframe:



Profile page:

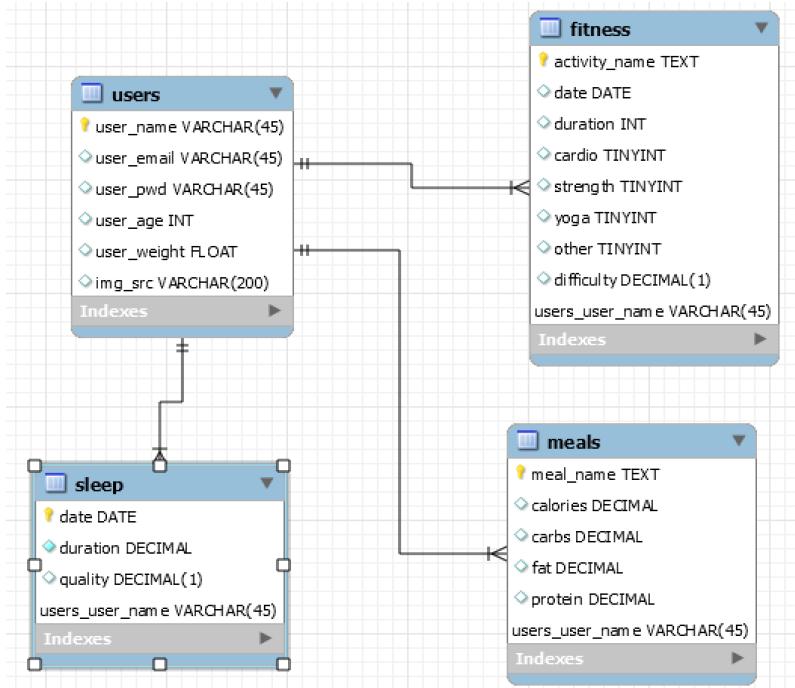
A screenshot of a dashboard profile page. The top navigation bar includes the brand name "OptimizedHealth" and a three-line menu icon. The main header says "Welcome to Your Dashboard" and features a placeholder "Profile Picture". A "Back to Home" link is located below the profile picture. The navigation menu at the bottom has three items: "Nutrition" (green), "Fitness" (red), and "Sleep" (blue). The main content area is divided into three columns: "Your Goals" (empty), "Analytics" (labeled "Overall Progress"), and "Account Info" (empty).

Web Service Design

We have not used APIs yet, but plan on using REST apis(Http) with AJAX calls in order to get trending health information from the web.

Database Design

Our database is made using PostgreSQL and has tables for users, user_nutrition/meals, user_fitness, and user_sleep. **ERD:**



Jira Board Screenshot

The Jira Software board for Sprint 3 displays the following tasks across three columns:

- TO DO 7 ISSUES**
 - Find sources for health trends page (FITNESS PAGE RECOMMENDATION)
 - As a user, I want the worlds top advice on health (FITNESS PAGE RECOMMENDATION)
 - Do research on fitness and nutrition (FITNESS PAGE RECOMMENDATION)
 - Create database for user exercise data (FITNESS PAGE RECOMMENDATION)
 - Link fitness database to fitness page (FITNESS PAGE RECOMMENDATION)
 - Store user input from fitness page in DB (FITNESS PAGE RECOMMENDATION)
 - pull from nutrition javascript files and store user results in the database (FITNESS PAGE RECOMMENDATION)
- IN PROGRESS 6 ISSUES**
 - As a user, I want the worlds top advice on health (FITNESS PAGE RECOMMENDATION)
 - As a user, I want comprehensive feedback on my health (SMART HEALTH APP VISION)
 - style trending page (FRONT-END SETUP DESIGN)
 - Create user profile database using postgresql (BACK-END SETUP)
 - As a user, I want to understand how and why my sleep patterns are effecting my overall health (SMART HEALTH APP VISION)
 - pull from nutrition javascript files and store user results in the database (FITNESS PAGE RECOMMENDATION)
- DONE 3 ISSUES**
 - Style profile page (FRONT-END SETUP DESIGN)
 - add javascript for nutrition calculators (T07-61)
 - style nutrition calculators (T07-62)

Individual Contributions

- Share a screenshot of the project management board being maintained for this project indicating the status of the tasks at hand.

Vignesh: Registration page, profile page, node server setup-get and post calls, PostgreSQL databases ([Git](#))

Evie: About page, registration modals, EJS/templates setup ([git](#))

Leah: Nutrition front page, home page, html and javascript for nutrition calculators (BMR, total caloric intake, TDEE), meal page, personalized nutrition page, nav bar ([latest commit](#))

Finbar: Fitness page, database model ([latest commit](#))

Jamal: Front end for sleep page ([commit list](#))

Challenges

- Identify at least 3 challenges and/or risks to your project at this point.
 - Figuring out how to send form data to the database using node.
 - Merging branches-RISK!
 - Navigating node and combining with html-Challenge
 - Organizing files/directories and communicating important changes so that merge conflicts do not happen
 - Ejs syntax
- What is your backup/risk mitigation plan incase you are unable to resolve the challenge(s)?
 - Meet up and try to resolve issues by communicating them