

# QuenchQuest

CSIS 4175 – 050 Projects

## User Guide: QuenchQuest

Welcome to QuenchQuest, your personalized health and wellness companion. This user guide will help you make the most of this app's features to set daily water consumption goal, set daily reminder, and search nutrition information.

### Table of Contents:

1. Introduction
2. User authentication
3. Setting daily water consumption goal
4. Recording water consumption
5. Setting reminder
6. Searching nutrition information

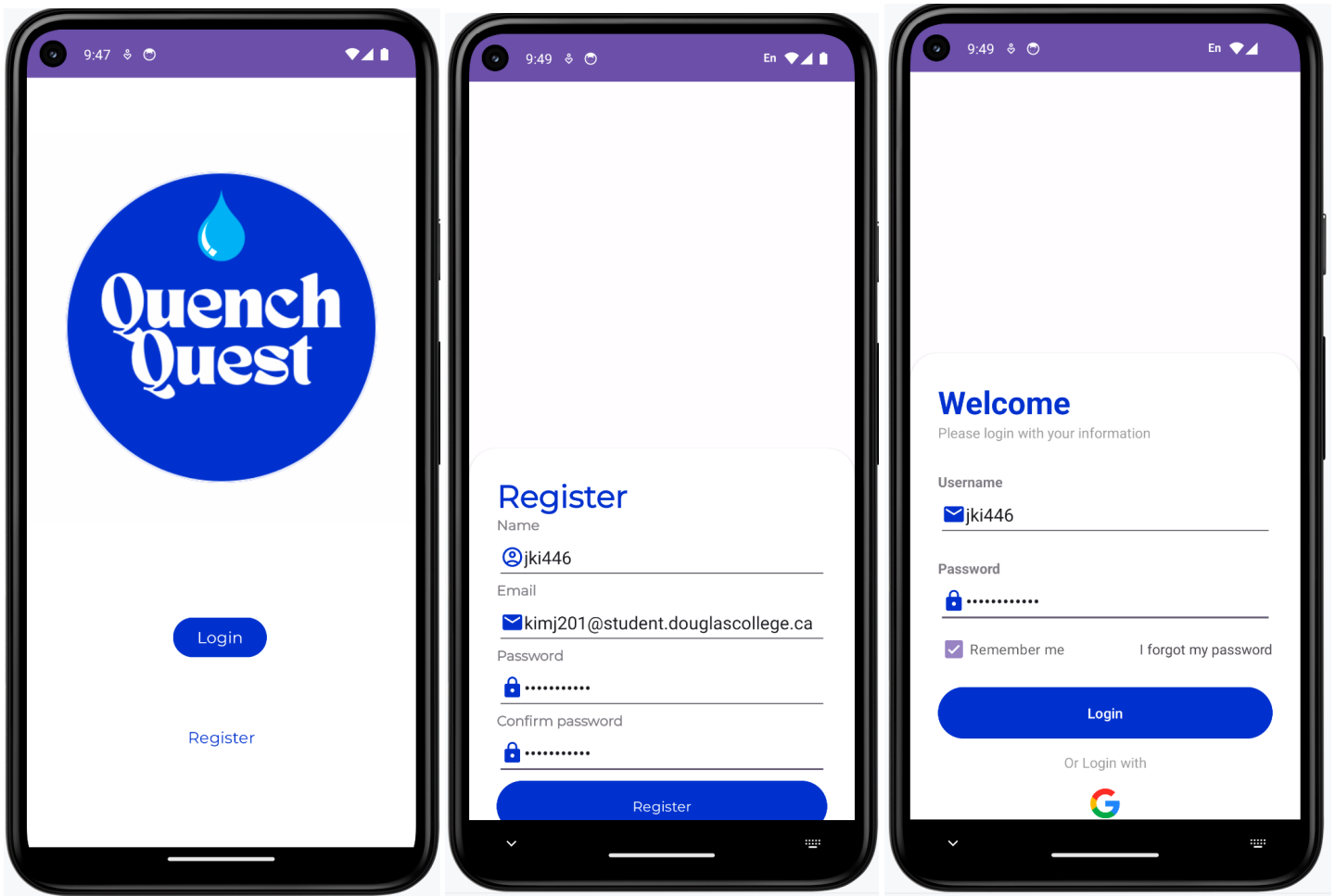
#### 1. Introduction:

Our app is designed to empower you on your journey to better health by providing intuitive tools and features to help you stay on track. Whether you're looking to record your activities, set reminders for important tasks, or track your nutrition, we've got you covered.

#### 2. User authentication:

To create a user account, follow these steps:

- 1) Open the QuenchQuest app on your device.
- 2) On the main screen, you can login or register



### 3. Setting daily water consumption goal

- 1) Access the QuenchQuest app.
- 2) Explore the "Menu" section.
- 3) Adjust the amount of water you want to drink each day using the plus and minus buttons.  
The default goal is set to 2000 ml.
- 4) As you adjust your goal, the amount displayed will update accordingly, helping you visualize your hydration target.
- 5) Once you've set your desired daily water intake, simply tap the "Save" button to lock in your goal for the day.
- 6) Tap "Go Record" to seamlessly transition to our recording feature, where you can log your water intake and track your progress throughout the day.



#### 4. Recording water consumption

Our water consumption tracker helps you monitor your hydration levels throughout the day.

- 1) User can directly access "Record" menu from "Goal" menu.
- 2) Tap the "+" button to record each cup of water you drink. This allows you to easily track your water intake and ensure you're meeting your hydration goals.

The app displays your hydration goal, showing you how much water, you aim to drink each day. It also shows your current water intake, keeping you informed about your progress towards your goal.

Each cup is set to 250 ml by default.

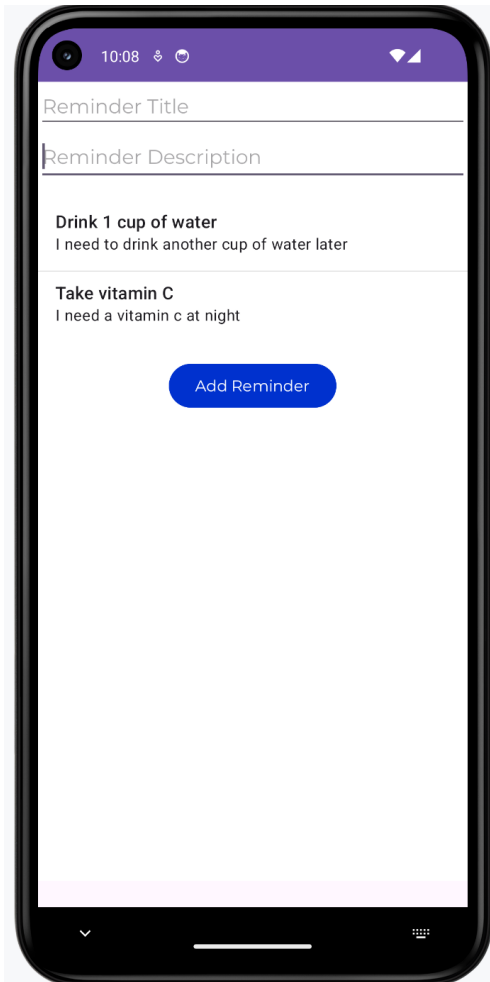
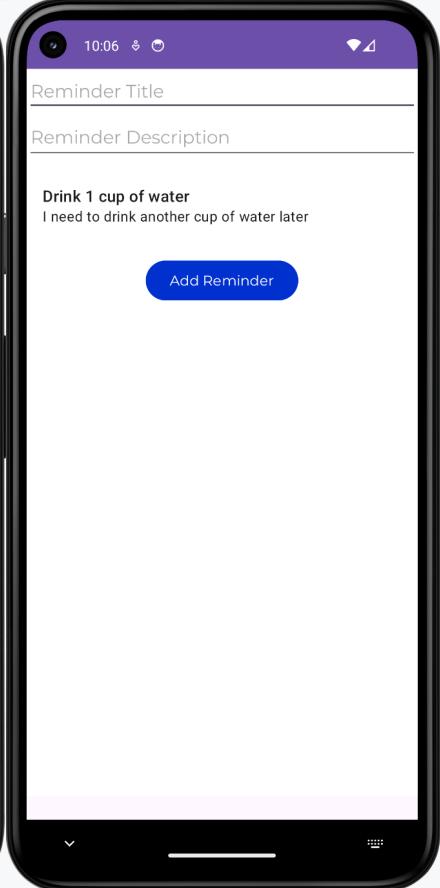
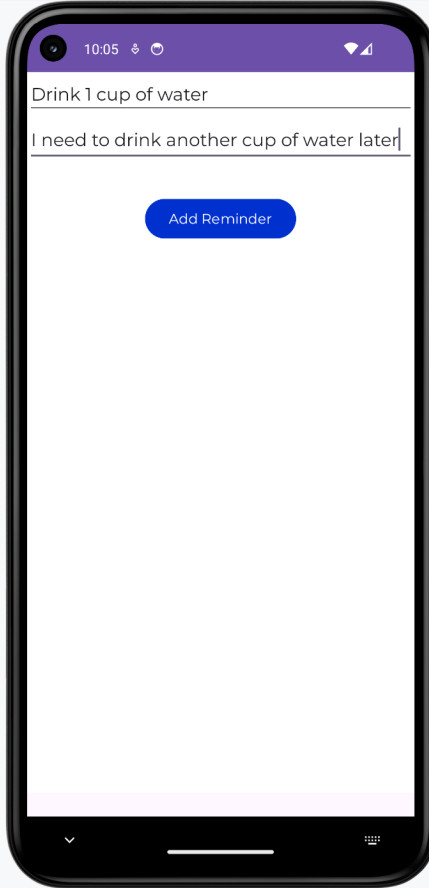
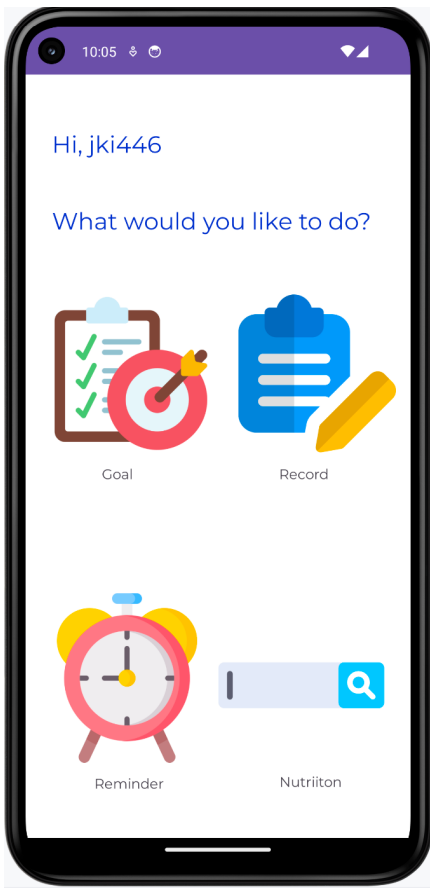


## 5. Setting reminder

Our reminder creator feature helps you organize your tasks and stay on top of your schedule.

- 1) Back to menu tab and click “Reminder.”
- 2) Enter the title and description of your reminder in the respective EditText fields. This helps you specify what the reminder is for and provide any additional details you need to remember.
- 3) Use the "Add Reminder" button to save your reminder with the specified title, description, and tasks. This ensures that your reminders are saved and easily accessible for future reference.

With our reminder creator, you can efficiently organize your to-do list and never miss an important task.



## 6. Searching nutrition information

Our food item search feature helps you find nutritional information for various food items.

- 1) Back to menu tab and click "Nutrition."
- 2) Enter the name of the food item you want to search for. This allows you to specify the food you're interested in and retrieve relevant nutritional details.
- 3) Tap the "Search" button to initiate the search for the specified food item. This triggers the app to retrieve nutritional information from our database and display it to you.
- 4) The search button displays the nutritional information of the food item once it's found. Here, you can view details such as calories, protein, carbohydrates, fats, vitamins, and more.

