HappyBeingUs

User Manual

04/15/2016

1) enter the following address in your web browser: http://ec2-54-218-22-126.us-west-2.compute.amazonaws.com:8080/HappyBeingUsApp/

The HappyBeingUs application appears.

Now you (daughter) need to register. Click on SignUp.

Put your information including your mother email on the form and the click Register. Note that the mother email will be used by mother to login the application.

Now you are registered and are back to the home page. Notice your id on the top right of the page.

Now click on Topics on the top.

First time users are expected to do the diagnostic page. Their performance in this test will be a basis measure for the quantity and type the activities that will be assigned to them.

Diagnostic Test

Please answer to the following questions and click on SUBMIT !

Question 1

How much more or less do you feel you worry about your weight and body shape than other women your age?

- I worry a lot less than other women.
- I worry a little less than other women.
- I worry about the same as other women.
- I worry a little more than other women.
- I worry a lot more than other women.

Question 2

How afraid are you of gaining 3 pounds?

- Not afraid
- Slightly afraid
- Moderately afraid
- Very afraid
- Terrified

Question 3

When was the last time you went on a diet?

- I've never been on a diet.

Please answer all the questions and click on submit.

By clicking on submit, your score is evaluated and you will be directed to the topics page.
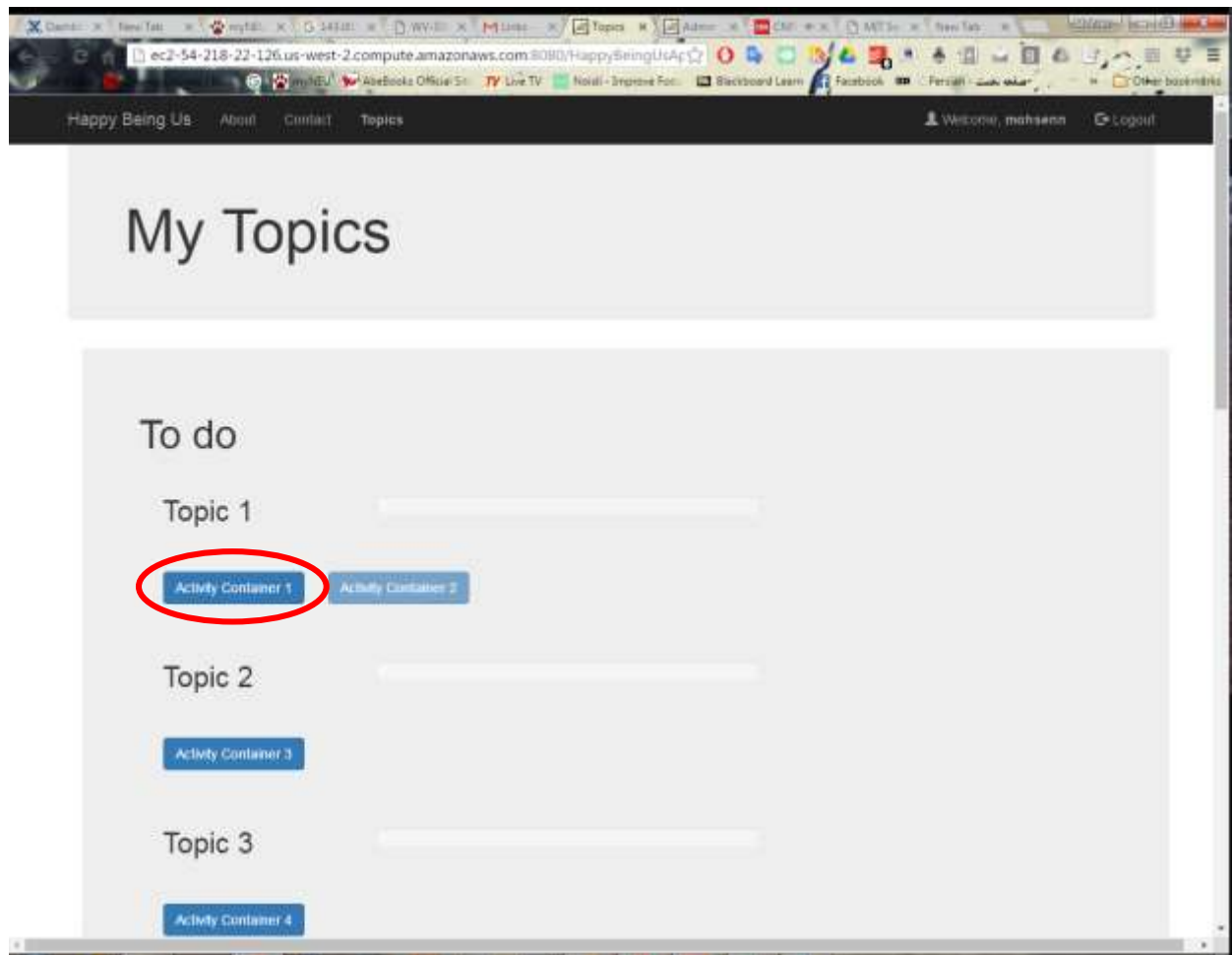
There are several topics and under each, some activity containers. You are supposed to do them all but you can do it at any time, and notice that there is no order for choosing the topics and activity containers.

For instance, click on Activity Container 1. This container, contains some activities that you need to do in order.

The first activity is Flip Questions. Read the of the cards and think what the solutions might be. Then click on the cards to see the answers immediately.
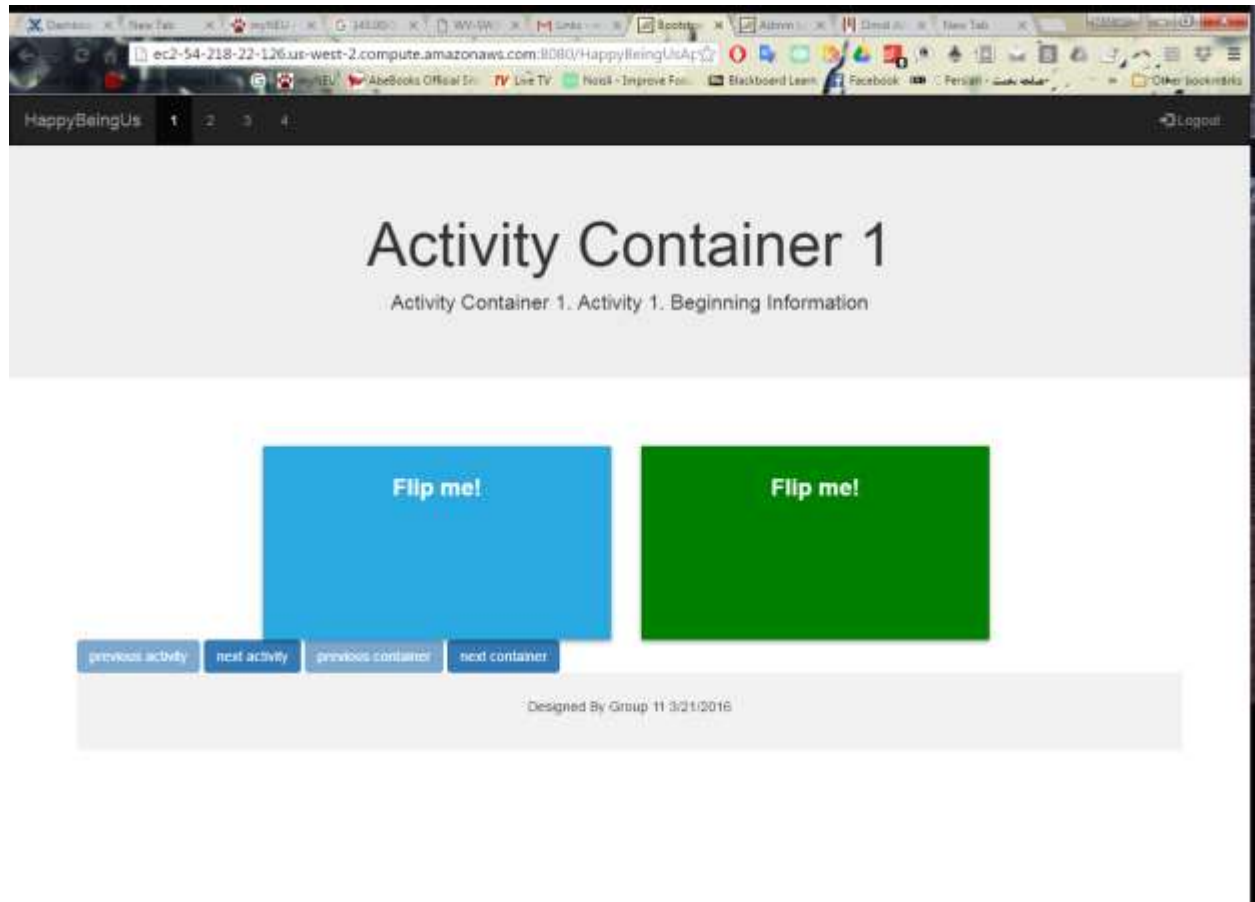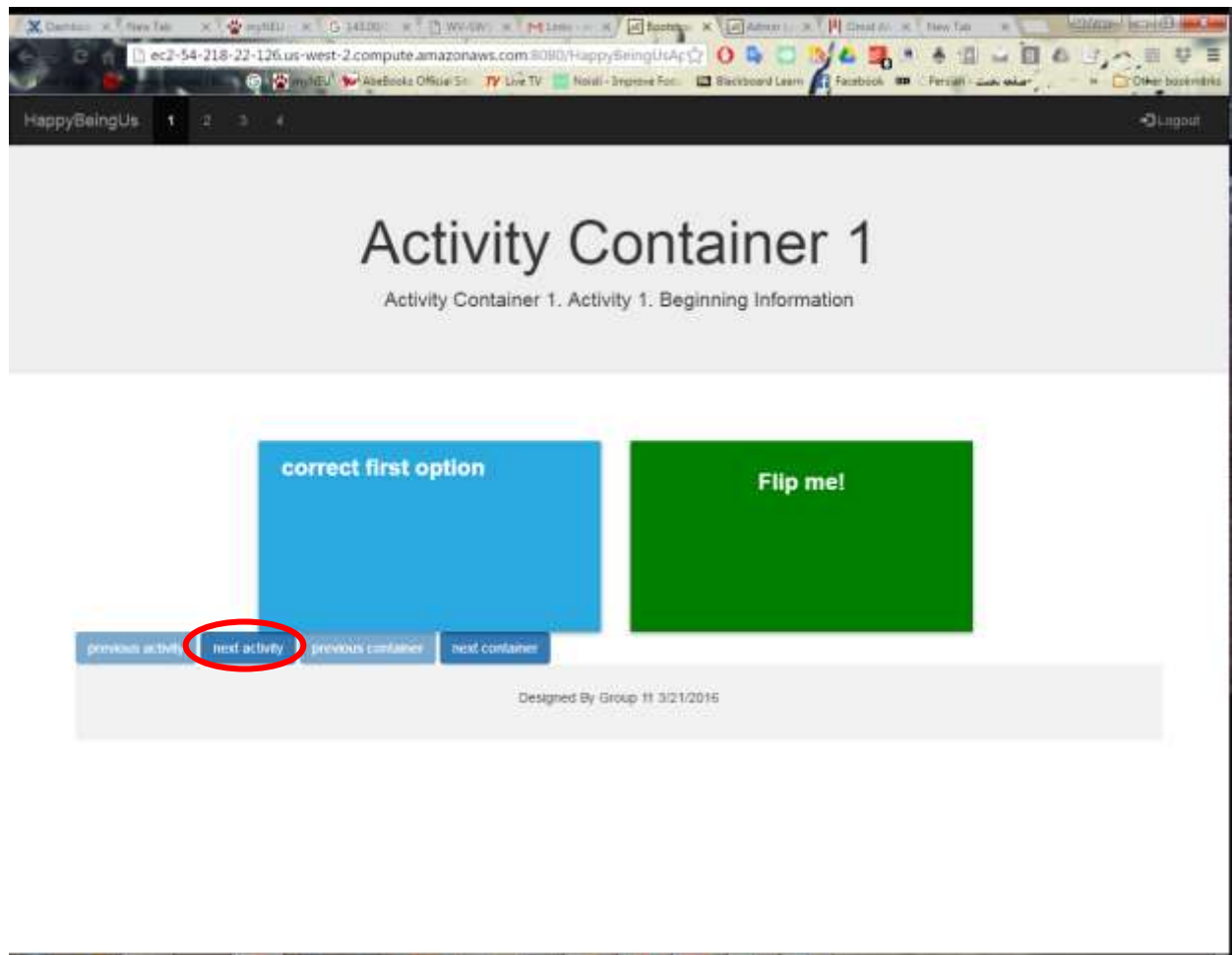
Click on "next activity". In this particular activity container, the next activity is yes or no question.

Choose the right answer and click on submit. Next activity here is "information activity"
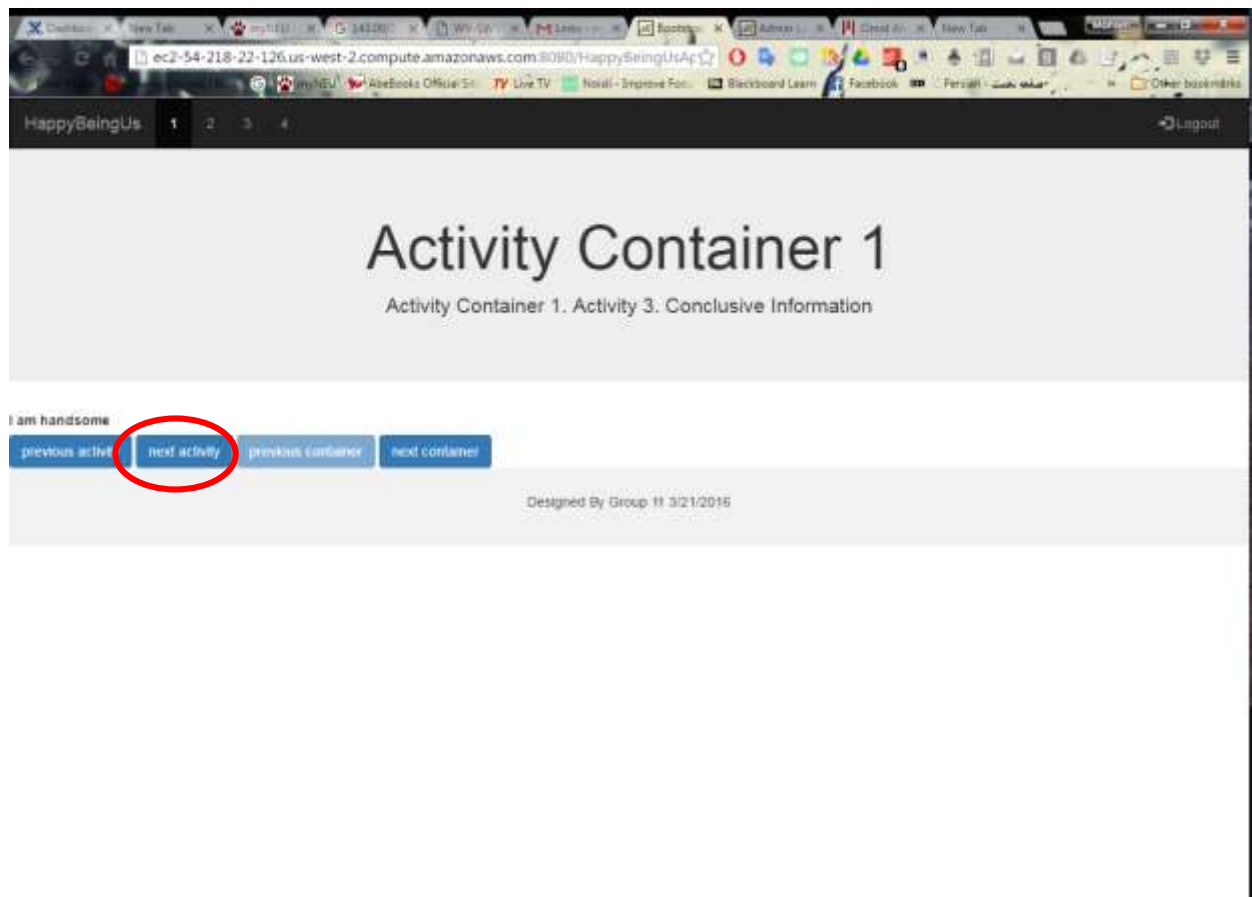
read the information and click on next activity or go to topic page.
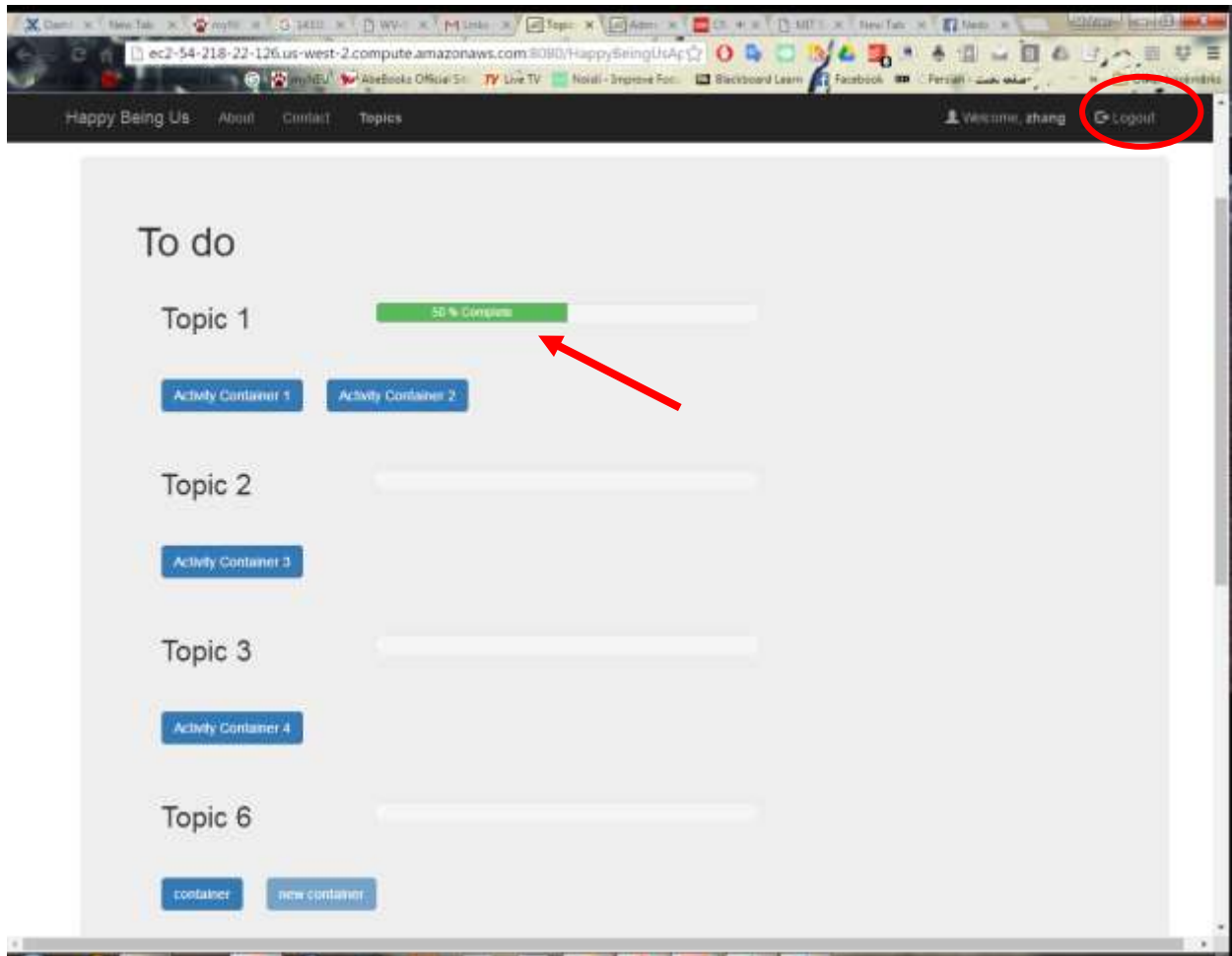
As you see in the topics page, your progress is shown in front of each topic.

You can also at any time. Your data is saved and you are able to continue next time you are back.

You may log in next time you come to website.

put your username and pass word and click on Login.

Now you are directed to your home page.
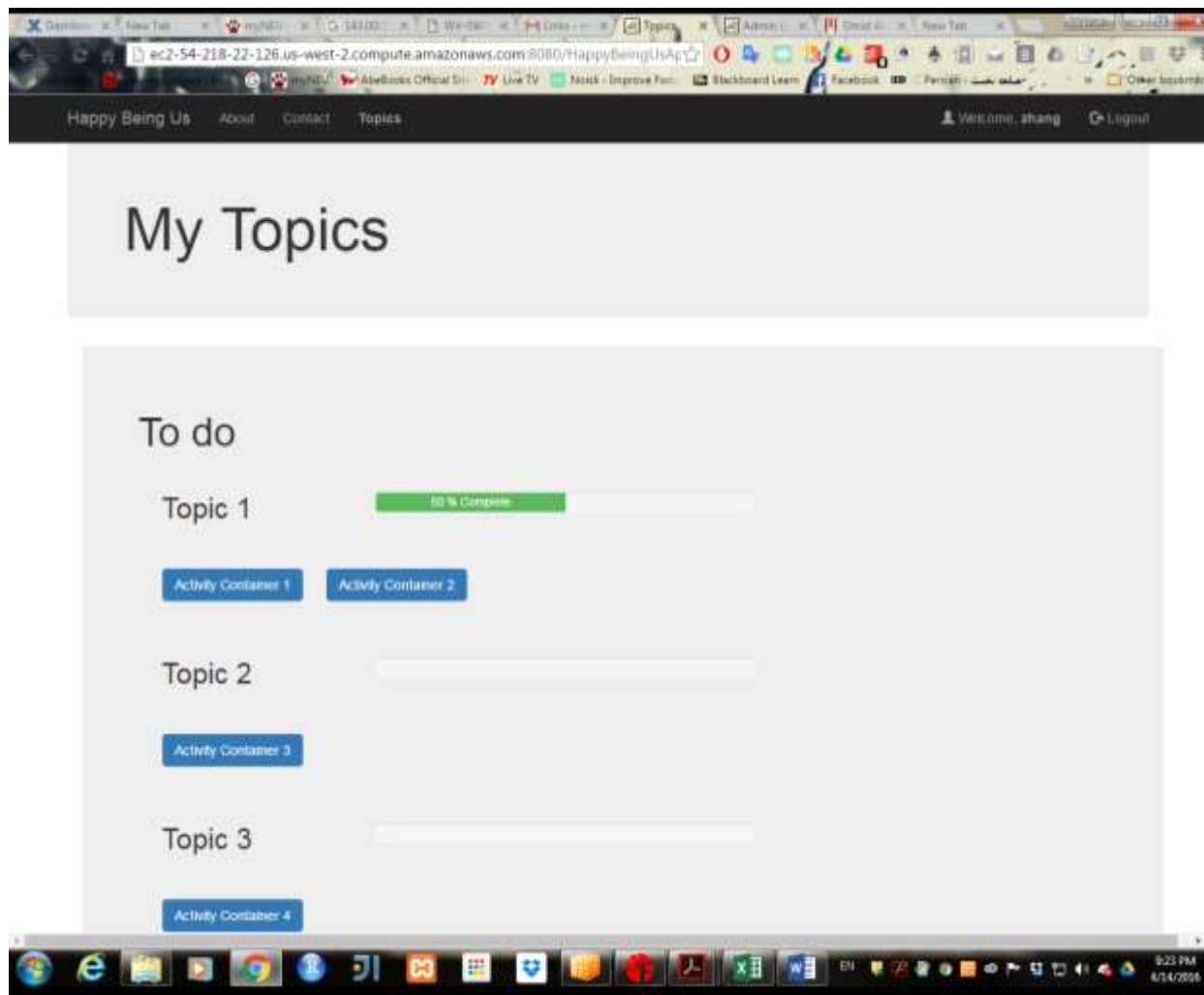
For more question and guidance, please email: monabiyan@gmail.com