

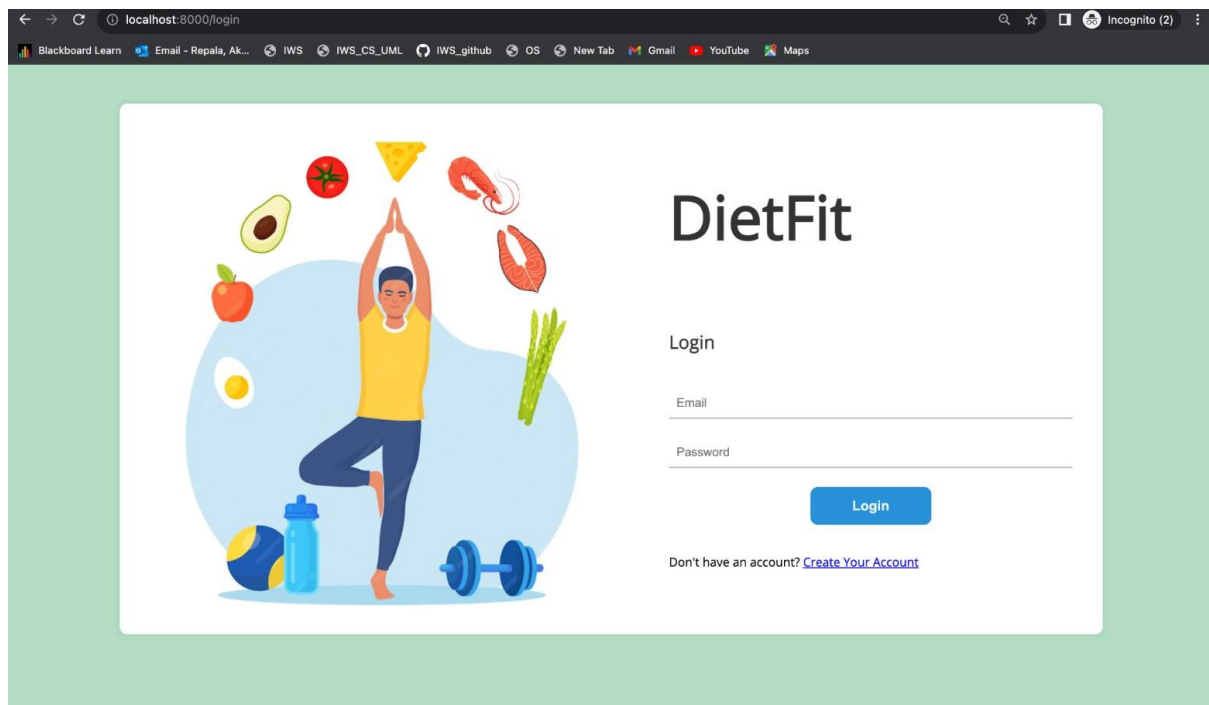
IWS PROJECT - DIETFIT

INSTRUCTIONS TO HOW TO USE OUR SOFTWARE

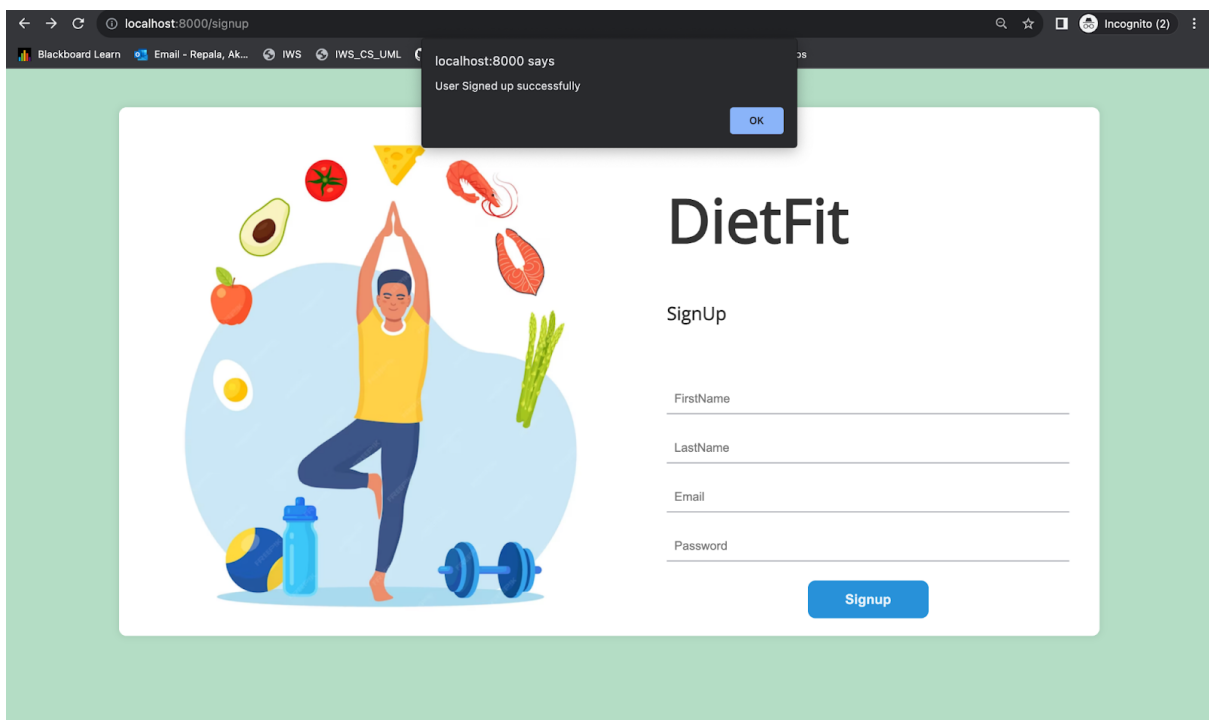
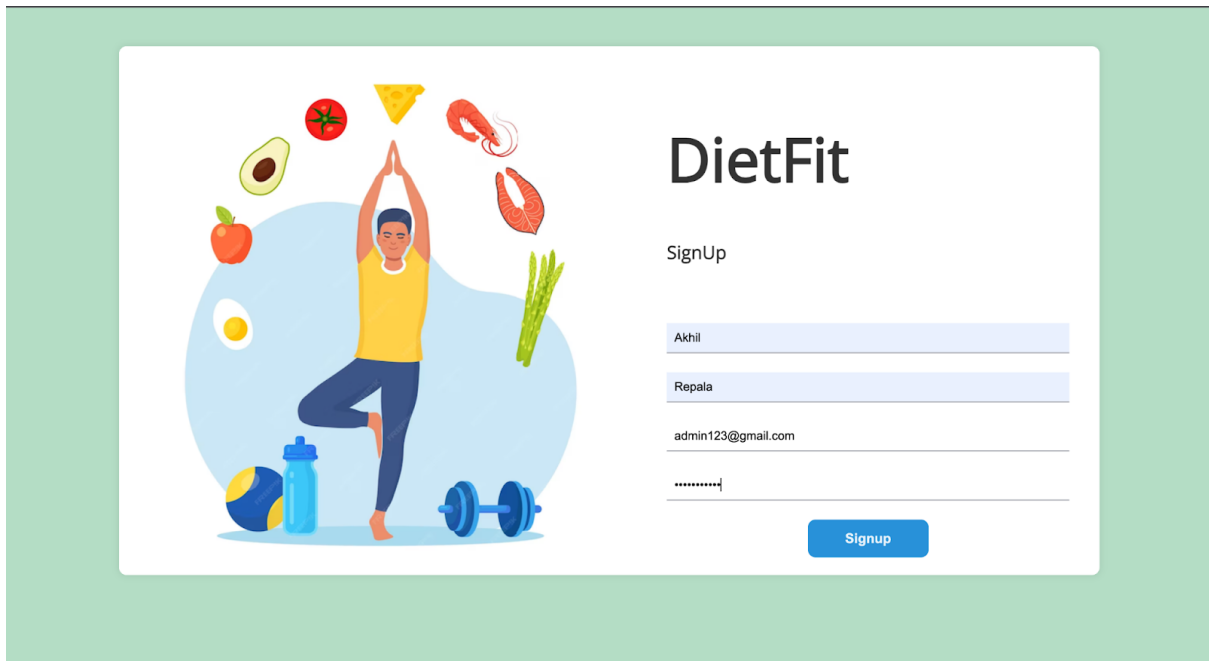
TEAM MEMBERS:

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When we open the link below for our Dietfit application, it opens the landing page like below in which users can enter their details like email and password (already a user) to get into the website as shown below. For example, if login is failed due to incorrect password or incorrect email then we are throwing an error message as a pop up.

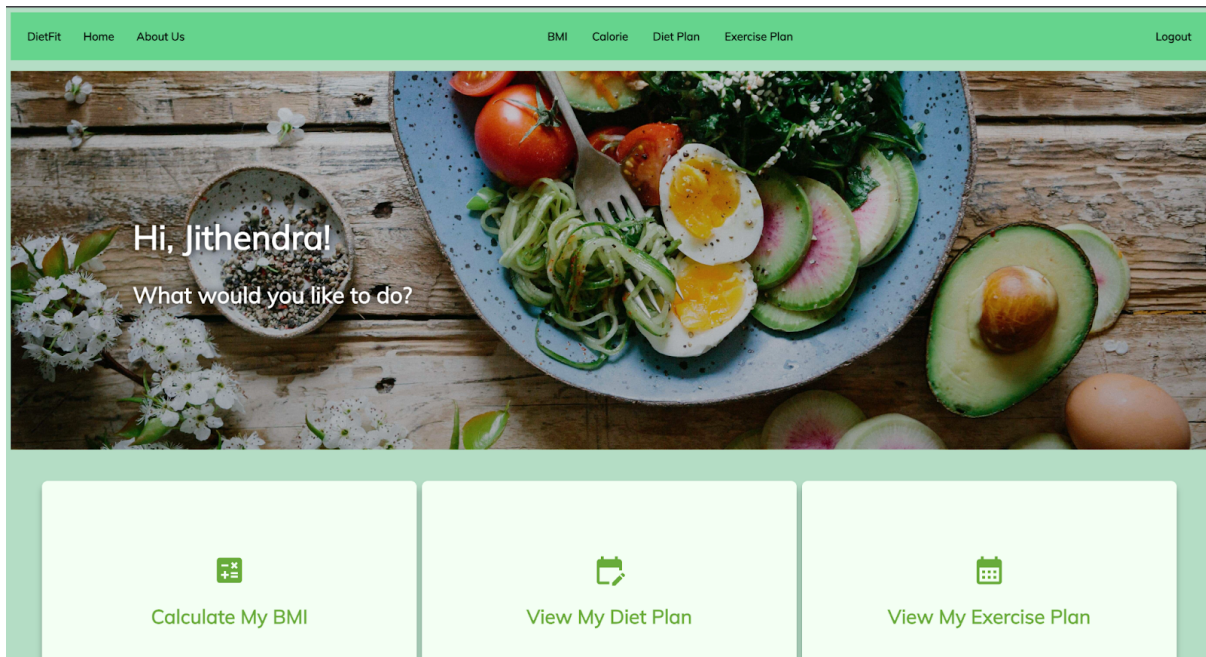


If any user is new to our application then click on the create your account and give details like first name, last name, email and password as shown below. Here, we are validating whether the email is a proper email or not and the password should be of 9 characters where it should contain minimum 9 characters along with one uppercase letter, one special character, one number and one uppercase character. After filling the details like below image and click on that signup button and if everything is valid then it shows a pop up of a message (User signed up successfully) as shown below.

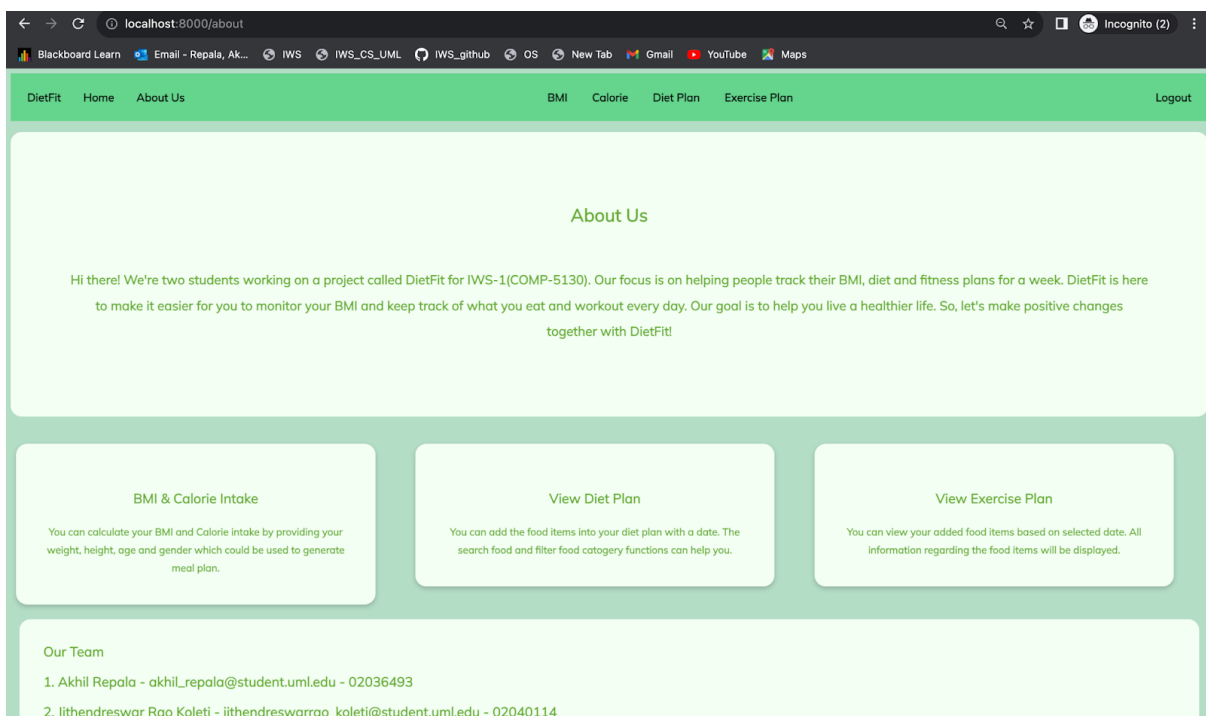


Once login is successful then it redirects to the home page as shown below. In the home page, we are displaying the user name and the navigation bar consists of about us, bmi, calorie, diet plan, exercise plan and logout buttons. In the home page, if we click on Calculate My BMI then it redirects to the BMI page. Similarly, if we click

on the View My Diet Plan then it redirects to the diet plan page and same for View My Exercise Plan it goes to the exercise plan page.



If the user clicks on the **About Us** on navigator then it redirects to the about page as shown below. It contains information about Dietfit app and description of each feature in the app and the team members information.



Regarding the BMI, the user has to go to the BMI page by clicking on **BMI** on the

navigation bar. after giving the user details like weight, height, gender and age. Here, height can be given in two formats ft and cm. Also, weight can be given in two formats like kg or lbs. For this, the user has to select by clicking on the dropdown for ft or cm regarding height and same as for weight too. After giving the details, BMI is calculated as shown below.

The screenshot shows a web application interface for a BMI calculator. At the top, there is a green navigation bar with links: DietFit, Home, About Us, BMI, Calorie, Diet Plan, Exercise Plan, and Logout. The main content area has a light green background. In the center, there is a white card titled "BMI Calculator". Inside the card, there are input fields for Height (5 ft), Weight (80 kg), Age (24), and Gender (Male). Below these fields are two buttons: "Calculate BMI" and "Diet Plan". At the bottom of the card, the calculated BMI is displayed as "BMI: 27.68".

Regarding the daily calorie intake, the user has to go to the Calorie page by clicking on **Calorie** on the navigation bar. So, the user has to give the details like weight, height, gender ,age and activity level. Here, height can be given in two formats ft and cm. Also, weight can be given in two formats like kg or lbs. For this, the user has to select by clicking on the dropdown for ft or cm regarding height and same as for weight too. After giving the details, daily calorie intake is calculated as shown as below.

DietFit
Home
About Us
BMI
Calorie
Diet Plan
Exercise Plan
Logout

Calorie Calculator

Height:

ft

Weight:

kg

Age:

Gender:

Male

Select activity level:

Lightly Active

Calculate Calorie Intake
Diet Plan

Calorie Intake Count: 2581 kcal

After checking the daily calorie intake, users can go to the diet plan page by clicking on the **Diet Plan** on the navigation bar. If the user has any allergy with the food then they can select the allergy type by clicking on **Allergies** on the filter for all meals. Also, users can specify their diet type by clicking on the **Diet** on the filter for all meals. User has to specify the min and max amount of calories in which the user is planning to take for each day. Users can specify their choices of food per meal like breakfast, lunch and dinner. For each meal, please click on the meal (**Breakfast, Lunch, Dinner**) on the meal filters and add your choice of food. All the selected items by the user will be displayed on the right side based on their category on the right side. I have selected some filters for my diet plan as shown below and if a user can remove that filter by clicking on the X mark on the selected items.

DietFit
Home
About Us
BMI
Calorie
Diet Plan
Exercise Plan
Logout

Set filters for all meals
Allergies
Diet
Calories
Set your meals
Breakfast
Lunch
Dinner

Dinner

Biscuits and cookies	Bread	Cereals	Condiments and sauces
Desserts	Drinks	Egg	Ice cream and custard
Main course	Pancake	Pasta	Pastry
Pies and tarts	Pizza	Preps	Preserve
Salad	Sandwiches	Seafood	Side dish
Soup	Special occasions	Starter	Sweets

For all meals

Allergies: Celery-free
X

Diet: Balanced
X

1000-2000kcal
X

Breakfast

Bread
X

Egg
X

Lunch

Salad
X

Sandwiches
X

Dinner

Seafood
X


Soup
X

SEARCH

After setting the filters, the user can click on the search button. After that, Dietfit displays a weekly meal plan as shown below. For each day, there will be three meals in which we are showing the dish name, calories of the dish, protein content, fat content and carbs content of that dish.

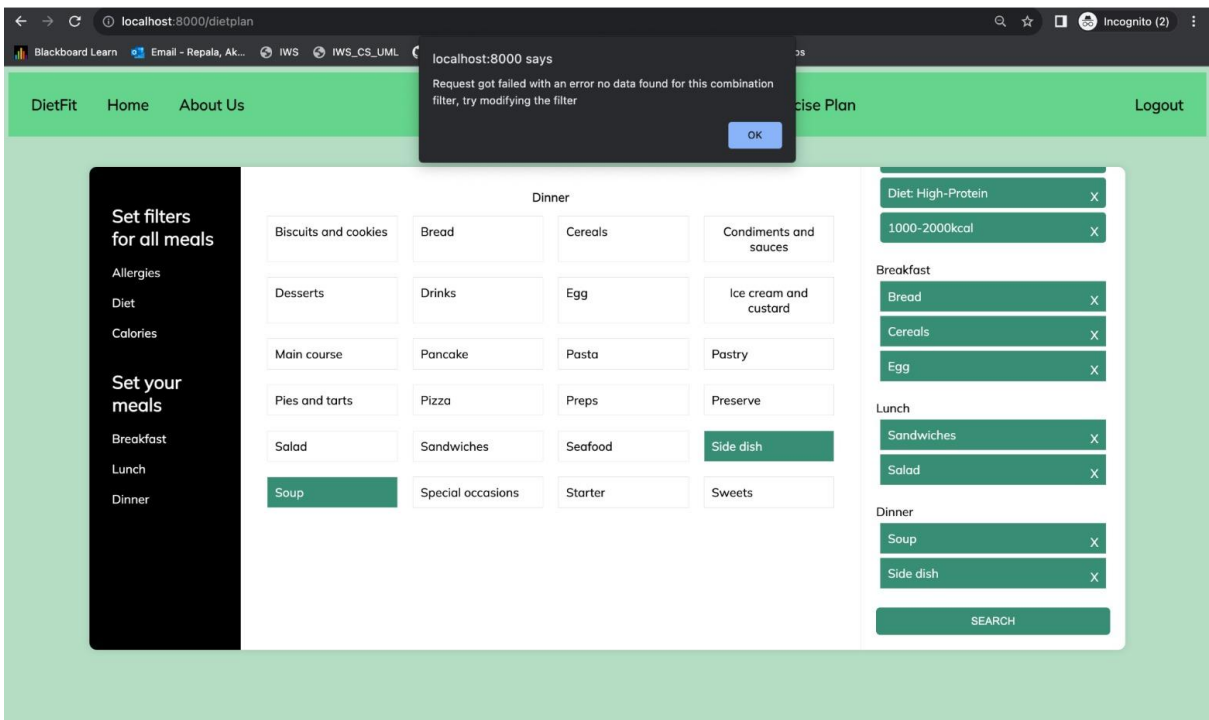
Your Weekly Meal Plan		
<div>Day 1 - Breakfast</div> <div>Bacon, Corn and Cheddar Skillet Bread</div> <div><ul style="list-style-type: none">Calories: 476 kcalProtein: 15 gFat: 21 gCarbs: 55 g</div> <div>More details</div>	<div>Day 1 - Lunch</div> <div>Pasta Salad with Tomatoes</div> <div><ul style="list-style-type: none">Calories: 500 kcalProtein: 13 gFat: 17 gCarbs: 74 g</div> <div>More details</div>	<div>Day 1 - Dinner</div> <div>White Bean and Barley Soup With Tomatoes and Greens</div> <div><ul style="list-style-type: none">Calories: 499 kcalProtein: 22 gFat: 16 gCarbs: 71 g</div> <div>More details</div>
<div>Day 2 - Breakfast</div> <div>Braided Sesame Seed Bread</div> <div><ul style="list-style-type: none">Calories: 472 kcalProtein: 12 gFat: 15 gCarbs: 70 g</div> <div>More details</div>	<div>Day 2 - Lunch</div> <div>Ham and Hummus Sandwiches</div> <div><ul style="list-style-type: none">Calories: 500 kcalProtein: 23 gFat: 21 gCarbs: 57 g</div> <div>More details</div>	<div>Day 2 - Dinner</div> <div>Garlic Smashed Potatoes</div> <div><ul style="list-style-type: none">Calories: 500 kcalProtein: 15 gFat: 18 gCarbs: 70 g</div> <div>More details</div>
<div>Day 3 - Breakfast</div> <div>Bacon Corn Bread</div> <div><ul style="list-style-type: none">Calories: 472 kcalProtein: 13 gFat: 17 gCarbs: 65 g</div> <div>More details</div>	<div>Day 3 - Lunch</div> <div>Lentils, Radicchio and Walnuts with Honey recipes</div> <div><ul style="list-style-type: none">Calories: 500 kcalProtein: 17 gFat: 24 gCarbs: 55 g</div> <div>More details</div>	<div>Day 3 - Dinner</div> <div>Risotto with Sun-Dried Tomatoes and Mozzarella</div> <div><ul style="list-style-type: none">Calories: 499 kcalProtein: 23 gFat: 18 gCarbs: 59 g</div> <div>More details</div>

Here, the user clicks on the more details button then it opens a window as shown below. In that, Dietfit is showing the dish name, dish image, ingredients for that dish and a source link for that dish. Users can go to that link and can get more information about the dish.

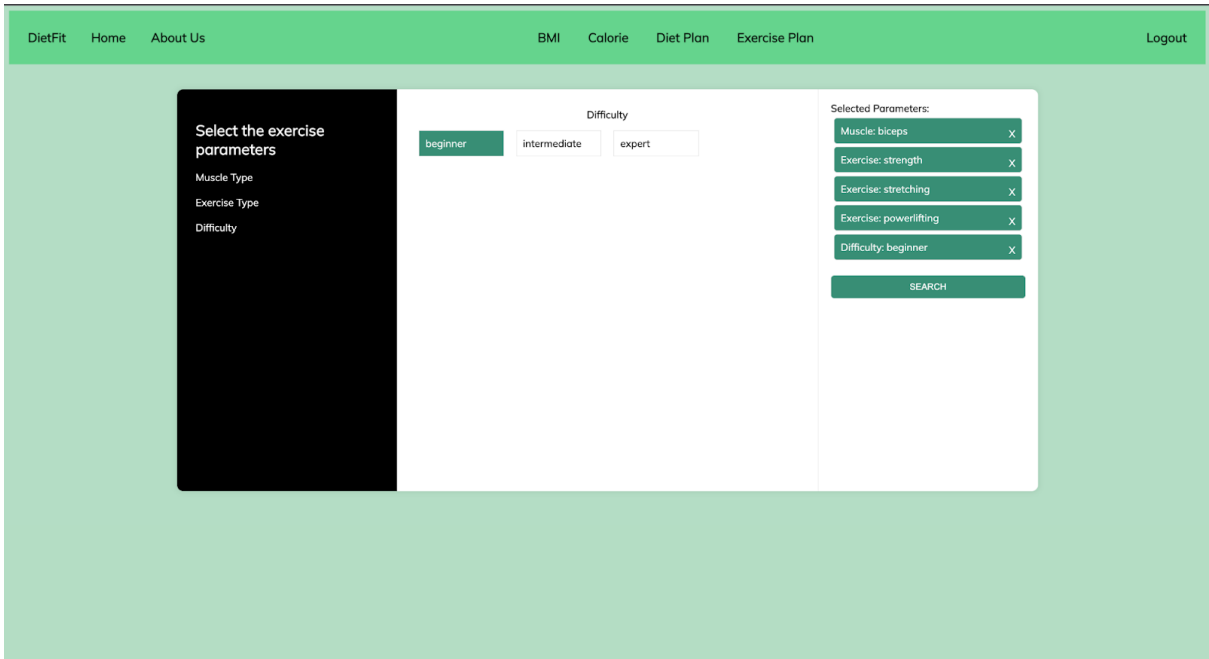
<div>Day 2 - Breakfast</div> <div>Braided Sesame Seed Bread</div> <div><ul style="list-style-type: none">Calories: 474 kcalProtein: 12 gFat: 15 gCarbs: 70 g</div> <div>More details</div>	<div>Day 2 - Lunch</div> <div>Ham and Hummus Sandwiches</div> <div><ul style="list-style-type: none">Calories: 500 kcalProtein: 23 gFat: 21 g</div> <div>Dish: Italian-Style Fried Brussel Sprouts recipes X</div> <div></div> <div>Ingredients:</div> <div><ol style="list-style-type: none">4 cups of washed and freshly trimmed Brussel sprouts.pinch of kosher salt for water.1 cup of all-purpose flour.3 large eggs that were lightly beaten.1 cup of Italian-Style breadcrumbs.1/2 of a cup of grated Romano cheese.1 teaspoon of dried basil.1/2 of a teaspoon of dried oregano.1/2 teaspoon garlic powder.kosher salt.freshly ground pepper.1/4 of a cup of oil of your choice for frying.</div> <div>Source: themccallumsshamrockpatch.com</div>	<div>Day 2 - Dinner</div> <div>Garlic Smashed Potatoes</div> <div><ul style="list-style-type: none">Calories: 500 kcalProtein: 15 gFat: 18 gCarbs: 70 g</div> <div>More details</div>
<div>Day 3 - Breakfast</div> <div>Bacon Corn Bread</div> <div><ul style="list-style-type: none">Calories: 472 kcalProtein: 13 gFat: 17 gCarbs: 65 g</div> <div>More details</div>	<div>Day 3 - Dinner</div> <div>Risotto with Sun-Dried Tomatoes and Mozzarella</div> <div><ul style="list-style-type: none">Calories: 499 kcalProtein: 23 gFat: 18 gCarbs: 59 g</div> <div>More details</div>	
<div>Day 4 - Breakfast</div> <div>Italian Bundtwich</div> <div><ul style="list-style-type: none">Calories: 478 kcalProtein: 22 gFat: 23 gCarbs: 45 g</div> <div>More details</div>	<div>Day 4 - Dinner</div> <div>Italian-Style Fried Brussel Sprouts recipes</div> <div><ul style="list-style-type: none">Calories: 499 kcalProtein: 19 gFat: 23 gCarbs: 52 g</div> <div>More details</div>	
<div>Day 5 - Breakfast</div> <div>Cheesy Focaccia Bread</div> <div><ul style="list-style-type: none">Calories: 472 kcal</div>	<div>Day 5 - Lunch</div> <div>Marinated Bean Salad</div> <div><ul style="list-style-type: none">Calories: 500 kcal</div>	<div>Day 5 - Dinner</div> <div>Cauliflower-Lime Curry</div> <div><ul style="list-style-type: none">Calories: 499 kcal</div>

In some cases, Dietfit application cannot generate the data for some user based filters and in that case we are asking users to modify the filters by a pop up message

as shown below.



After checking the diet plan, users can go to the diet plan page by clicking on the **Exercise Plan** on the navigation bar. Users have to select the muscle type, exercise type and exercise difficulty level filters by clicking on the **(Muscle Type, Exercise Type, Difficulty)** of exercise parameters as shown below. After that, please click on the search button for a weekly exercise plan.



Dietfit generates a weekly exercise plan by considering the user given parameters as shown below. For each day, we are generating the three exercises and displaying

the name, type, muscle type, equipment used for the exercise.

Your Weekly Exercise Plan

Day 1

Exercise 1

- Name: Incline Hammer Curls
- Type: strength
- Muscle: biceps
- Equipment: dumbbell
- Difficulty: beginner

Instructions

Exercise 2

- Name: Wide-grip barbell curl
- Type: strength
- Muscle: biceps
- Equipment: barbell
- Difficulty: beginner

Instructions

Exercise 3

- Name: Biceps curl to shoulder press
- Type: strength
- Muscle: biceps
- Equipment: dumbbell
- Difficulty: beginner

Instructions

Day 2

Exercise 1

- Name: Flexor Incline Dumbbell Curls
- Type: strength
- Muscle: biceps
- Equipment: dumbbell
- Difficulty: beginner

Instructions

Exercise 2

- Name: Machine Bicep Curl
- Type: strength
- Muscle: biceps
- Equipment: machine
- Difficulty: beginner

Instructions

Exercise 3

- Name: Close-grip EZ-bar curl
- Type: strength
- Muscle: biceps
- Equipment: barbell
- Difficulty: beginner

Instructions

By clicking on the instructions for an exercise, Dietfit displays the instructions list in a window as shown below.

Your Weekly Exercise Plan

Day 1

Exercise 1

- Name: Incline Hammer Curls
- Type: strength
- Muscle: biceps
- Equipment: dumbbell
- Difficulty: beginner

Instructions

Exercise 2

- Name: Wide-grip barbell curl
- Type: strength

Exercise 3

- Name: Biceps curl to shoulder press
- Type: strength

Day 2

Exercise 1

- Name: Flexor Incline Dumbbell Curls
- Type: strength
- Muscle: biceps
- Equipment: dumbbell
- Difficulty: beginner

Instructions

Exercise 2

- Name: Machine Bicep Curl
- Type: strength
- Muscle: biceps
- Equipment: machine
- Difficulty: beginner

Instructions

Exercise 3

- Name: Close-grip EZ-bar curl
- Type: strength
- Muscle: biceps
- Equipment: barbell
- Difficulty: beginner

Instructions

Instructions:

1. Adjust the seat to the appropriate height and make your weight selection.

2. Place your upper arms against the pads and grasp the handles.

3. This will be your starting position.

4. Perform the movement by flexing the elbow, pulling your lower arm towards your upper arm.

5. Pause at the top of the movement, and then slowly return the weight to the starting position.

6. Avoid returning the weight all the way to the stops until the set is complete to keep tension on the muscles being worked.