DATABASE APPLICATION DEVELOPMENT

SSK3408-8

MINI PROJECT TITLE:

WEIGHT LOSS PROJECT PROPOSAL (KATODIET)

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Introduction

Obesity is one of the main factors that contributes to health problems. People tend to be distracted with a ton of workload and choose fast-food as the meal. Without any guide and constriction in food daily intake, health issues related to obesity will increase and lead to the top world health complication. Hence, our group has created the solution to prevent the widespread issues.

“KatoDiet” is the web application that will provide the user information about calories intake and calories burn during exercise. The user will be asked to enter their daily food intake and “KatoDiet” will show the total calorie intake per day for a user.

The proposal is to present the weight loss tracker that will assist the user in weight control. It also will help the user to achieve the weight target. The website also includes a BMI Calculator which calculates the BMI and ideal weight. The tracker will allow the user to track daily weight and calculate the BMI.

Entity Relationship Diagram

The figure 1 below shows the Entity Relation Diagram for "KatoDiet" web application. There are four entities which are 'user', 'food', 'weight_detail' and 'exercise' .

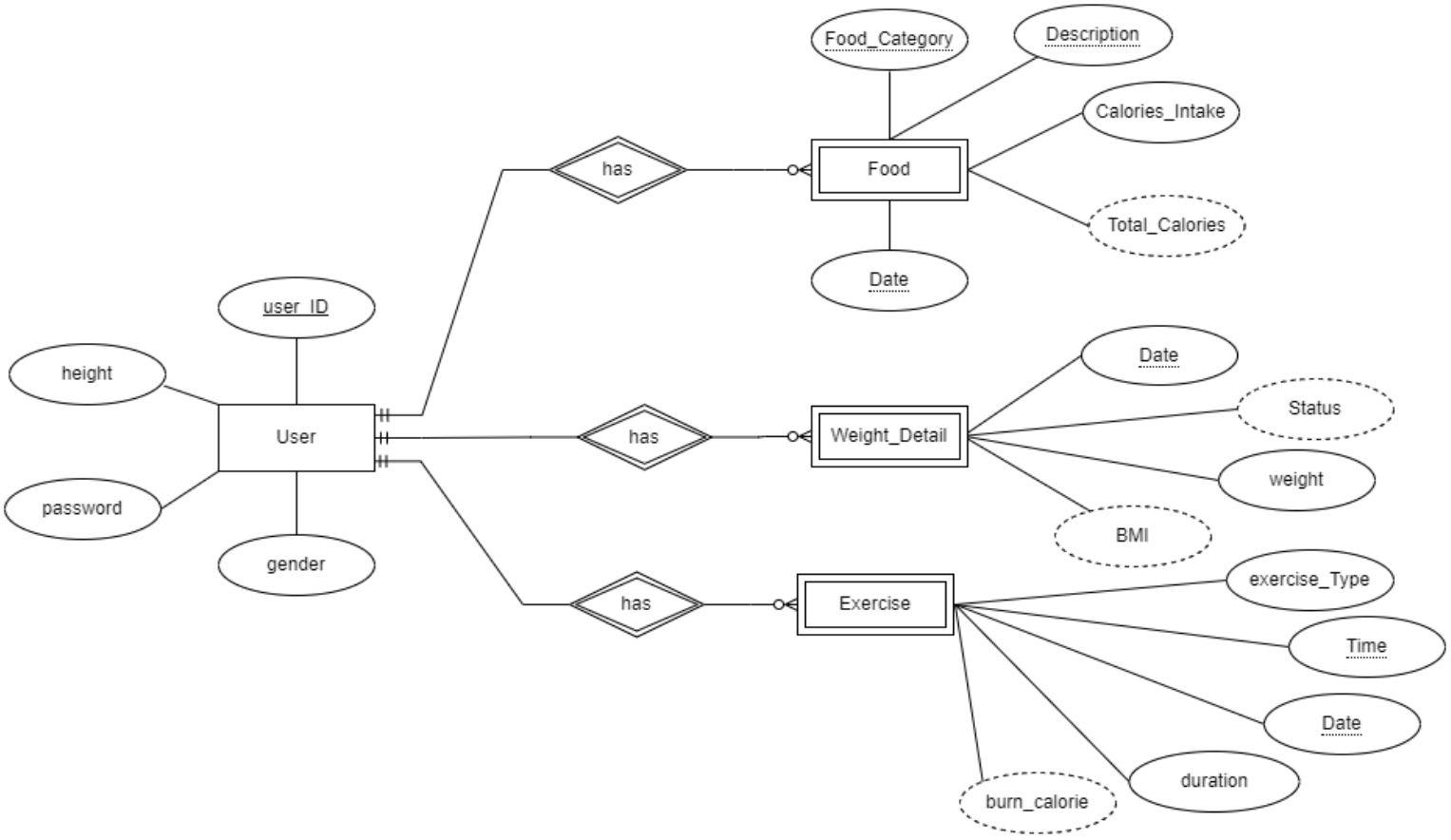

Figure 1

Website Functionality

In order to fulfil the needs of current weight loss tracking application, we have implemented these features ;

1. Users can login and logout of their own account.

   Users can login to their account using a unique ID and password. If the user does not have any account, the user can register a new account by inserting a unique ID and password.

2. Users can input their current weight, current height, exercise type and duration, food intake and gender.

   In order to create a record, users need to insert their weight, height and gender after the registration. Users also can update daily exercise or workout to get total calories burned. This web application also will require the user to insert their daily food intake to calculate total calorie per day.

3. Users can set the target weight.

   “KatoDiet” web application allow user to set their weight target in order. This will help the user to remind of their target weight within the allotted time.

4. Users can easily track their BMI value, calorie intake and calories burned.

   When the user inserts their food type and exercise, the system will automatically calculate their calorie intake and calorie burned. The system also will show their BMI value according to their current weight.

User Interface Sample Illustration

Figure 2

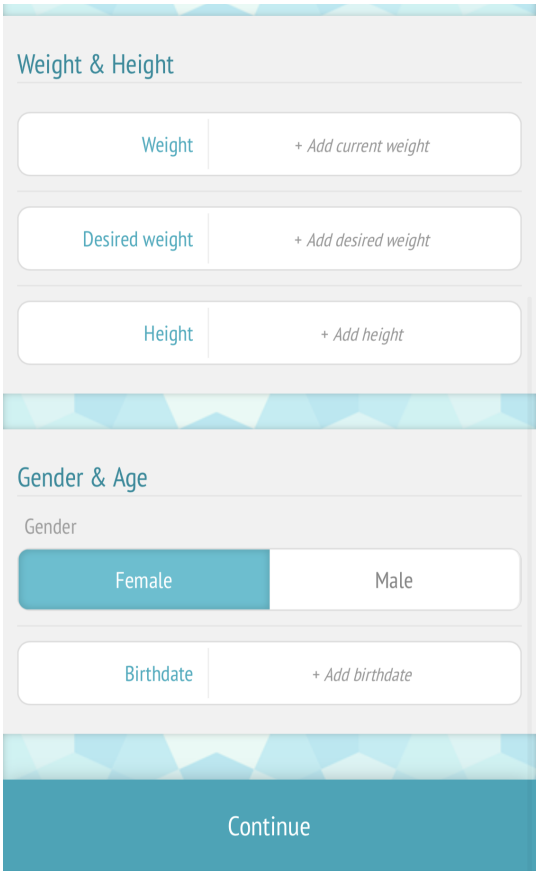

Figure 2 shows the user interface that weight, desired weight, height, gender and birthdate that user need to fill

Figure 3

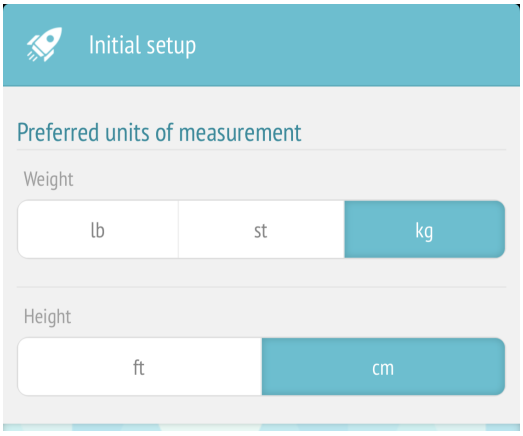

Figure 3 shows the user interface that preferred units of measurement

Figure 4

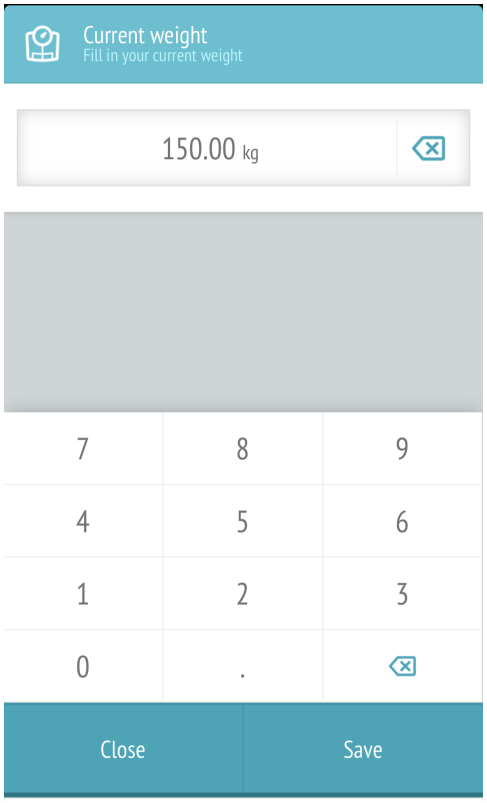

Figure 4 shows the user interface that current weight that user need to fill

Figure 5

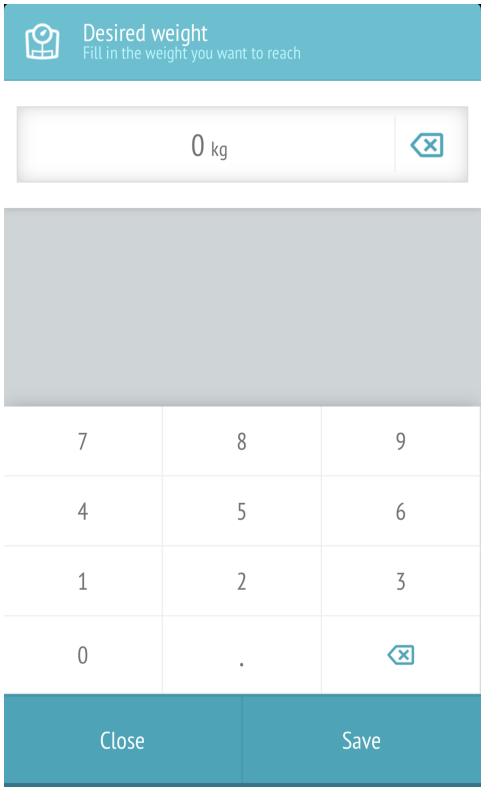

Figure 5 shows the user interface that desired weight that user need to fill

Figure 6

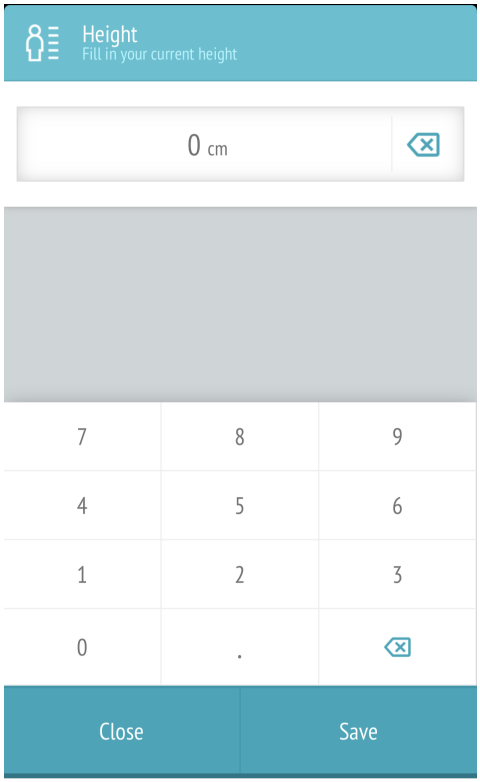

Figure 6 shows the user interface that require user to fill height

Figure 7

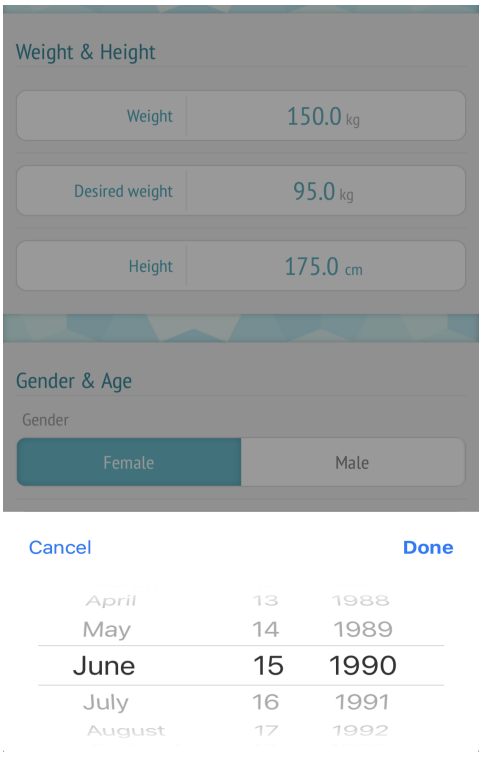

Figure 7 shows the user interface that require user to fill date

Figure 8

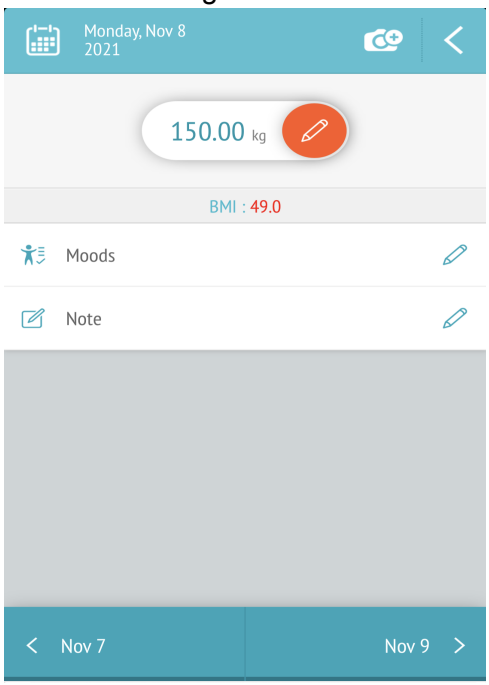

Figure 8 shows the user interface that user can edit user's weight

Figure 9

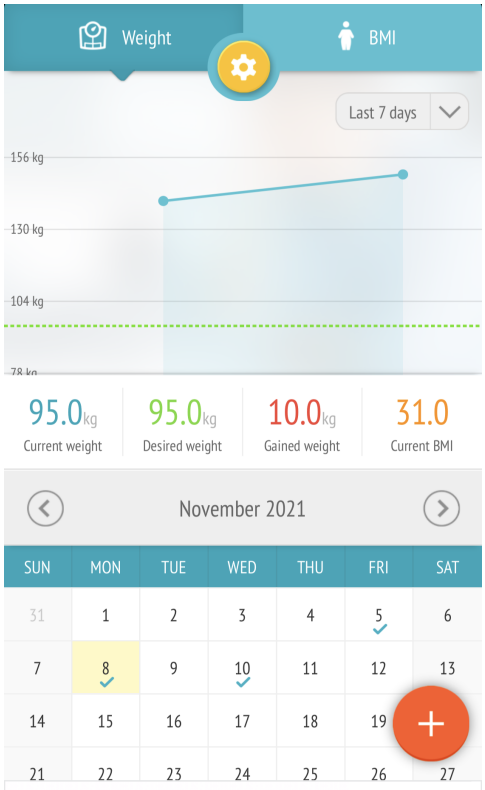

Figure 9 shows the user interface that show weight progress

Figure 10

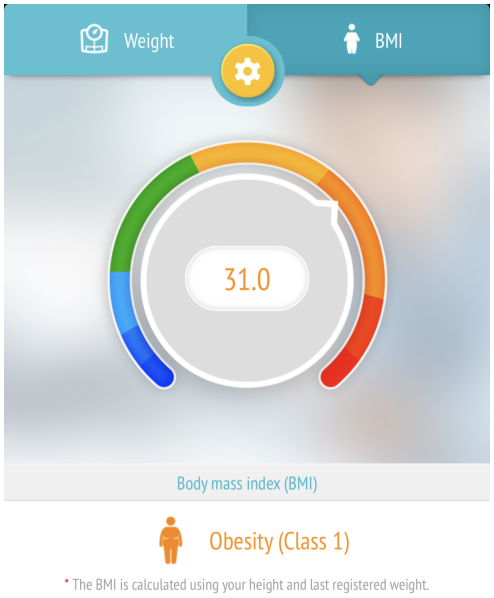

Figure 10 shows the user interface that user's bmi and level

Figure 11

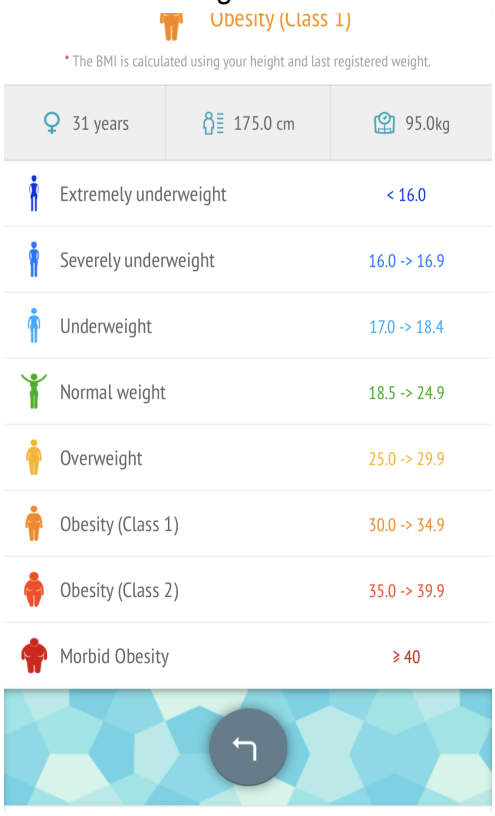

Figure 11 shows the user interface that bmi level

Conclusion

We have come to the conclusion to build a website that can track our daily weight loss so that all of us will have the motivation to keep exercising and have a healthy lifestyle till we have reached our desired weight. This website will show our progress for each day such as daily food intake calories, burn calories, BMI and status to keep our energy high in daily exercise activities. This website is everything for the people who want their personal weight goals to become reality.

References

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