

Milestone 7
Team 7 Section 15
Project Report

Title
Optimized Health

Team names

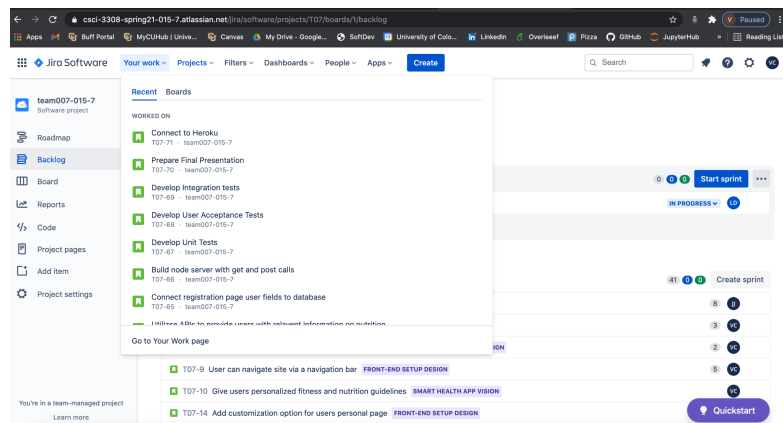
1. Vignesh Chandrasekhar
2. Evie Lee
3. Finbar Forward
4. Leah Dillard
5. Jamal Giornazi

Summary

OptimizedHealth is an all-in-one stop for users to check up on their mental and physical health. Users gain access to nutrition, sleep and fitness trackers and calculators that will allow them to track their lifestyle vs health. Our nutrition service allows users to find meal plans that best suit their diet plans, caloric intake, and preferred ingredients. We also provide users with nutritional information such as macro quantities, vitamin/mineral potency, and ingredients based on food items that users are interested in. Our application offers BMI and TDEE calculators to help you figure out your nutrition goals; calorie intake can be logged to see if you are within those goals. Additionally, we have implemented a fitness tracker to help you track activities like sports or lifting weights. Your workouts are displayed in a spread so you can see trends of activity to make the decisions best for you. A sleep form that you can track put down your sleep times and goals for the day so that you can visualize and attain your sleep goals. Finally, a trending page of health articles that will help inspire you to develop and attain your health goals. Health is an ongoing process, and OptimizedHealth can meet its on-the-go demands: a user's private account can be accessed from any place as long as you have access to a web browser. Turn your health into OptimizedHealth today.

Project Tracker(JIRA)

<https://csci-3308-spring21-015-7.atlassian.net/jira/software/projects/T07/boards/1>



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Github link

https://github.com/CSCI-3308-CU-Boulder/3308SP21_015_7

Test Cases

User Acceptance Tests(3)

1. Register feature
 - a. User should be able to create an account with valid credentials
 - i. Unit test with Mocha: try registering with valid credentials and successfully add to database
 - ii. Mandatory fields:
 1. Username
 2. Email (needs to be not already registered)
 3. Password (at least 6 characters)
 4. Confirm password (match password)
 - iii. Information is stored in users table and user is prompted to log in
 - b. User should not be able to create an account with invalid credentials
 - i. Unit test with Mocha: try registering with invalid credentials and receive error message
 - ii. Mandatory fields: see above
 - iii. Registration page is refreshed and error message is displayed
2. Login feature
 - a. User should be able to log in with correct credentials
 - i. Logging in with correct credentials should be successful (redirect to user profile page)
 - ii. Email and password need to match with database
 - iii. Both fields need to be filled out
 - b. User should not be able to log in with incorrect credentials
 - i. Logging in with incorrect credentials should refresh the page and show an error message
 - ii. Email and password do not match with database or one or both fields are empty
3. Logout feature
 - a. User should be able to log out of their account (while logged in)
 - i. Try logging out and going to profile page (should be blank)
 - ii. Once user is logged out he/she must log in again in order to navigate the site
 - iii. Try logging in again (should be successful) and user will be redirected to their profile page.
4. Meal Plan Feature
 - a. User can enter meal preferences and be given a set of meals
 - i. User can enter diet type(vegan, vegetarian, paleo, keto..etc)
 - ii. User can enter calorie intake
 - iii. User can exclude certain foods from their meals
 - b. User should not be given meals that do not match their preferences listed above

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- i. User will be returned a set of meals that are based only on his/her preferences
 - ii. User can see the macro nutrients of the meals that are returned from the API
 - iii. User can view the recipe of the meals that are returned from the API
5. User BMR
 - a. User should be to calculate his/her BMR on the nutrition calculator page and save their results
 - i. Mandatory Fields:
 1. Age
 2. Height
 3. Weight
 - ii. User can save BMR result which will render on profile page
 - iii. User can update BMR fields and this will be reflected in their profile
 - b. User cannot enter BMR if not logged in
 - i. If not logged in, user will be redirected to login page

Contributions

Jamal's Contributions:

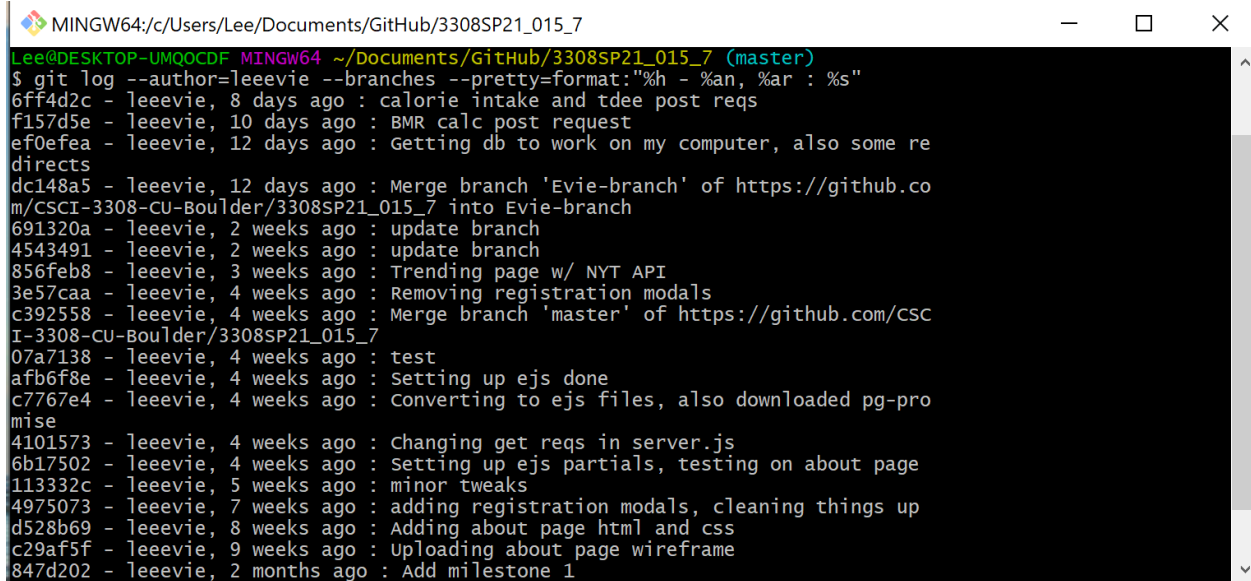
Commits on Apr 14, 2021	<div>STYLING THE SLEEP PAGE jgiomazi committed 14 hours ago</div> <div>777173b</div>
Commits on Apr 9, 2021	<div>the sleep table has been updated with the front end changes jgiomazi committed 6 days ago</div> <div>2da2509</div>
	<div>No double entering the data change jgiomazi committed 6 days ago</div> <div>e7adb02</div>
	<div>sever stuff? jgiomazi committed 6 days ago</div> <div>05ef489</div>
Commits on Apr 8, 2021	<div>database part 2 jgiomazi committed 7 days ago</div> <div>6044b03</div>
	<div>sleep database stuff jgiomazi committed 7 days ago</div> <div>391369a</div>
Commits on Apr 5, 2021	<div>table again jgiomazi committed 10 days ago</div> <div>bb5f9cc</div>
	<div>comments for preping for sending to db jgiomazi committed 10 days ago</div> <div>3cf5d2d</div>
	<div>starting DB work jgiomazi committed 10 days ago</div> <div>37c82a0</div>
	<div>Front End Finishing up jgiomazi committed 10 days ago</div> <div>2d6fda5</div>

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Worked on finishing the sleep page aesthetics and, with Finbar and Vignesh's help, started database side development.

https://github.com/CSCI-3308-CU-Boulder/3308SP21_015_7/commits/Jamal's-Branch

Evie's Contributions:



```
MINGW64:c:/Users/Lee/Documents/GitHub/3308SP21_015_7
Lee@DESKTOP-UMQOCDF MINGW64 ~/Documents/GitHub/3308SP21_015_7 (master)
$ git log --author=leevee --branches --pretty=format:"%h - %an, %ar : %s"
6ff4d2c - levee, 8 days ago : calorie intake and tdee post reqs
f157d5e - levee, 10 days ago : BMR calc post request
ef0efea - levee, 12 days ago : Getting db to work on my computer, also some re
directs
dc148a5 - levee, 12 days ago : Merge branch 'Evie-branch' of https://github.co
m/CSCI-3308-CU-Boulder/3308SP21_015_7 into Evie-branch
691320a - levee, 2 weeks ago : update branch
4543491 - levee, 2 weeks ago : update branch
856feb8 - levee, 3 weeks ago : Trending page w/ NYT API
3e57caa - levee, 4 weeks ago : Removing registration modals
c392558 - levee, 4 weeks ago : Merge branch 'master' of https://github.com/CSC
I-3308-CU-Boulder/3308SP21_015_7
07a7138 - levee, 4 weeks ago : test
afb6f8e - levee, 4 weeks ago : Setting up ejs done
c7767e4 - levee, 4 weeks ago : Converting to ejs files, also downloaded pg-pro
mise
4101573 - levee, 4 weeks ago : Changing get reqs in server.js
6b17502 - levee, 4 weeks ago : Setting up ejs partials, testing on about page
113332c - levee, 5 weeks ago : minor tweaks
4975073 - levee, 7 weeks ago : adding registration modals, cleaning things up
d528b69 - levee, 8 weeks ago : Adding about page html and css
c29af5f - levee, 9 weeks ago : Uploading about page wireframe
847d202 - levee, 2 months ago : Add milestone 1
```

About page, registration modals (scrapped), EJS and partials (header/footer) setup, trending page and NY times article search API, minor page redirects/rendering, nutrition calculators post requests/updating data

Leah's Contributions:



Commits on Mar 18, 2021

- deleting unnecessary folder
leahdillard-create committed on Mar 18
bf204e7
- updated js and calculators
leahdillard-create committed on Mar 18
343d505
- updated javascript and nutrition calcs
leahdillard-create committed on Mar 18
ef7e618















Commits on Feb 16, 2021

- updated nav bar on my files
leahdillard-create committed on Feb 16
3142cea
- added more to the nav bar
leahdillard-create committed on Feb 16
3a3b211
- home page changes
leahdillard-create committed on Feb 16
0b3cb69
- Add files via upload
leahdillard-create committed on Feb 16
Verified d04319a
- Add files via upload
leahdillard-create committed on Feb 16
Verified 5122b62

HTML for home page and main nutrition page, HTML and javascript for nutrition calculators (BMR, total caloric intake, TDEE), meal page (deleted at the end), personalized nutrition page (deleted at the end), navigation bar, styled trending and quicksearch pages. Also worked on powerpoint and architectural diagram.

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Finbar's Contributions:

Update sleep.ejs 👤 fifol1175 committed 5 days ago	Verified		9c1bb8d
Update sleep.ejs 👤 fifol1175 committed 5 days ago	Verified		0599b07
sleep updates 👤 fifol1175 committed 5 days ago	Verified		08df949
Update sleepinfo.txt 👤 fifol1175 committed 5 days ago	Verified		9c6b0a5
sleep.ejs with vignesh cards 👤 fifol1175 committed 5 days ago	Verified		9623e68
sleep server.js changes 👤 fifol1175 committed 5 days ago	Verified		a7d8f28
Commits on Apr 12, 2021			
fitness bootstrap cards 👤 fifol1175 committed 7 days ago	Verified		621fc04
sleep insert fix 👤 fifol1175 committed 7 days ago	Verified		ae0bd92
Delete readme.md 👤 fifol1175 committed 7 days ago	Verified		7fd2f1b
Add files via upload 👤 fifol1175 committed 7 days ago	Verified		7f887ed
Update fitness.txt 👤 fifol1175 committed 7 days ago	Verified		e5ee941
typo fixes 👤 fifol1175 committed 7 days ago	Verified		15c7e26
fitness and sleep insert/registration updates 👤 fifol1175 committed 7 days ago	Verified		7143dd1
Commits on Apr 9, 2021			
Rename code/frontend/server.js to Code/Frontend/server.js 👤 fifol1175 committed 10 days ago	Verified		62c86d4

HTML layout for fitness page, Javascript and Node.js functionality for fitness page, assisted with Node.js functionality for sleep page, PostgreSQL setup/connection for fitness page

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Vignesh's Contributions:

```
fatal: invalid object name '%h - %an, %ar '.
Vigneshs-MacBook-Pro:3308SP21_015_7 vigneshchandrsekhar$ git log --author=ViggyC --branches --pretty
commit fd13763d6c9cfb17e45da61af3c940eee297b656 (HEAD -> Vignesh-Branch, origin/Vignesh-Branch)
Author: ViggyC <vich7304@colorado.edu>
Date:   Fri Apr 16 12:48:30 2021 -0600

    update

commit fbc332a1bd4dd7eb719322fa1d4f472555acdc65
Author: ViggyC <vich7304@colorado.edu>
Date:   Thu Apr 15 10:59:29 2021 -0600

    sleep page update

commit d22b8929abea0b1148317a7136a254e0b1230b2a
Author: ViggyC <vich7304@colorado.edu>
Date:   Thu Apr 15 10:32:40 2021 -0600

    sleep page changes

commit 34a352204e705bdc70072f3fab71a852abc8da0
Author: ViggyC <vich7304@colorado.edu>
Date:   Wed Apr 14 21:05:06 2021 -0600

    sleep page db config

commit fb2012564c93eebeed487336917ea19bc6ebf103
Author: ViggyC <vich7304@colorado.edu>
Date:   Wed Apr 14 13:47:54 2021 -0600

    finished fitness page

commit 00f9f942ea14184d920383b1bfda65256aa93c06
Author: ViggyC <vich7304@colorado.edu>
Date:   Wed Apr 14 12:49:43 2021 -0600

    completed fitness database integration

commit dae9dd801a352bed1ba51cb34d5f53a1cbba2801
Author: ViggyC <vich7304@colorado.edu>
Date:   Tue Apr 13 17:19:53 2021 -0600

    small update

commit 30003f5c684d8047a6e9f699365a88992108c62a
Author: ViggyC <vich7304@colorado.edu>
Date:   Tue Apr 13 14:47:18 2021 -0600

    changed profile page

commit 2ef3e082519d2c66d47cd77d465b2936891ab389
Author: ViggyC <vich7304@colorado.edu>
Date:   Mon Apr 12 20:41:57 2021 -0600
```

- Front end for registration page, profile page, meal plan page, quick search page, fitness page(assisted), sleep page(assisted)
- Primary database configuration in node/SQL, server get/post calls, passport authentication for registration/login page, SQL scripts
- API calls for nutrition meal page, quick search page(Spoonacular API)
- API calls for profile dashboard inspirational quotes(fit API)
- Assisted in database integration for fitness and sleep pages(made bootstrap cards to display data from database)
- Assisted in server side configuration for BMI, TDEE, and Caloric intake pages(wrote SQL scripts to render data on profile dashboard page)
- Deployed to Heroku

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Deployment

We deployed our application through localhost for presentation, and we are currently working on getting our site deployed to Heroku. We will paste the heroku link in the README when done.

Update: Here we go <https://optimizedhealth.herokuapp.com/> !

Tagged repo: https://github.com/CSCI-3308-CU-Boulder/3308SP21_015_7