



UNIVERSITY OF
WOLVERHAMPTON



NutriLift

A Fitness and Nutrition Tracking Mobile Application with Community
and Gamification Features

Academic Year	Module	Assessment Number	Assessment Type
2025/2026	Project and Professionalism	LO1	Log Sheet

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Student Number: 2407087

Course: BSc. (Hons) Computer Science

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Supervisor: Johan Tandukar

Reader: Yogesh Bikram Shah

Date of Submission: February 6,2026

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Log Sheet 1: 2nd November 2025

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PROJECT MANAGEMENT LOG	
First Name: Luga Ratna	Surname: Manandhar
Student Number: 2407087	Supervisor: Johan Tandukar
Project Title: Nutrifit	Month: November
What have you done since the last meeting - Planned the project and did market research for Nutrifit - Created the Github repository and made initial commits. - Learned about the technology needed for the project. - Learning flutter for mobile app development.	
What do you aim to complete before the next meeting - Start working on app design and basic UML diagrams (Usecase and Activity). - Finding research papers for literature review. - Working on Artifact Diagrams.	
Supervisor comments	
- Submit Artifact diagram - Research real time market scenarios. - Ensure 60% completion of project - Commit regularly on Github - Complete 50% of literature review.	

We confirm that the information given in this form is true, complete and accurate.

Student Signature:

Date: 2nd November, 2025

Supervisor Signature:

Date: 2nd November, 2025

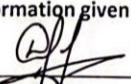
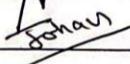
Log Sheet 2: 9th November 2025

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PROJECT MANAGEMENT LOG	
First Name: <i>Luja Ratna</i>	Surname: <i>Manandhar</i>
Student Number: <i>2407087</i>	Supervisor: <i>Johan Tandukar</i>
Project Title: <i>NutriSift</i>	Month: <i>November, 2025</i>
What have you done since the last meeting	
<ul style="list-style-type: none"> - Designed the app layout and made UML Diagrams along with wireframes. - Research papers collected for literature review. 	
What do you aim to complete before the next meeting	
<ul style="list-style-type: none"> - Start preparing the literature review for the project. - Learn more about Flutter components for the app's UI. - Add prototyping in the design. 	
Supervisor comments	
<ul style="list-style-type: none"> - should add prototyping in design - need to do literature review better, improvement is needed. - gaps in UML Diagrams, about need to make new with no gaps between arrows. 	

We confirm that the information given in this form is true, complete and accurate.

Student Signature: 
 Supervisor Signature: 

Date: *9th November, 2025*

Date: *9th November, 2025*

Log Sheet 3: 17th November 2025

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PROJECT MANAGEMENT LOG	
First Name:	Iuja Ratna
Surname:	Manandhar
Student Number:	2407087
Supervisor:	Johan Tandukar
Project Title:	Nutrilift
Month:	November, 2025
What have you done since the last meeting	
<ul style="list-style-type: none"> - Focused on completing the literature review - Reviewed the project design to find areas for improvement - Added prototyping in the design 	
What do you aim to complete before the next meeting	
<ul style="list-style-type: none"> - Start building flutter-based prototype. - proper UML diagrams. - Complete literature Review. 	
Supervisor comments	
<ul style="list-style-type: none"> - should work on development - start working on artefacts diagram. 	

We confirm that the information given in this form is true, complete and accurate.

Student Signature:

Date: 17th November, 2025

Supervisor Signature:

Date: 17th November, 2025

Log Sheet 4: 23rd November 2025

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PROJECT MANAGEMENT LOG	
First Name:	Luga Ratna
Surname:	Manandhar
Student Number:	2407087
Supervisor:	Johan Tandukar
Project Title:	Nutrilift
Month:	November, 2025
What have you done since the last meeting	
<ul style="list-style-type: none"> - Developed authentication UI - user authentication activity diagram 	
What do you aim to complete before the next meeting	
<ul style="list-style-type: none"> - Complete developing landing page - Complete remaining artefact diagrams (use case, sequence) 	
Supervisor comments	
<ul style="list-style-type: none"> - Work on artefacts diagram - work on work on frontend 	

We confirm that the information given in this form is true, complete and accurate.

Student Signature:

Date: 23rd November, 2025

Supervisor Signature:

Date: 23rd November, 2025

Log Sheet 5: 30th November 2025

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PROJECT MANAGEMENT LOG	
First Name: <u>Luga Ratna</u>	Surname: <u>Manandhar</u>
Student Number: <u>2407087</u>	Supervisor: <u>Johan Tandukar</u>
Project Title: <u>'NutriLift'</u>	Month: <u>November, 2025</u>
What have you done since the last meeting	
<ul style="list-style-type: none"> - Completed artefact design of two subsystems (User Management, Nutrition Tracking) - Worked on frontend UI page of login, signup. 	
What do you aim to complete before the next meeting	
<ul style="list-style-type: none"> - Complete remaining artefacts - work on frontend of home page. 	
Supervisor comments	
<ul style="list-style-type: none"> - need to improve diagrams - work on frontend side by side. 	

We confirm that the information given in this form is true, complete and accurate.

Student Signature:

Date: 30th November, 2025

Supervisor Signature:

Date: 30th November, 2025

Log Sheet 6: 7th December 2025

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PROJECT MANAGEMENT LOG	
First Name: Lijo Rathna	Surname: Manandhar
Student Number: 2409087	Supervisor: Jahan Tanduka
Project Title: Nutrilift	Month: December
What have you done since the last meeting	
<ul style="list-style-type: none"> - Redesigned all UML diagrams of User management & Nutrition Tracking - Made Home page frontend 	
What do you aim to complete before the next meeting	
<ul style="list-style-type: none"> - Enhance homepage frontend - Continue working on remaining FDD artefact diagrams. 	
Supervisor comments	
<ul style="list-style-type: none"> - Complete all remaining diagrams of subsystems 	

We confirm that the information given in this form is true, complete and accurate.

Student Signature:

Date: 7th December, 2025

Supervisor Signature:

Date: 7th December, 2025

Log Sheet 7: 14th December 2025

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PROJECT MANAGEMENT LOG	
First Name: <i>Luja Ratna</i>	Surname: <i>Manandhar</i>
Student Number: <i>2409087</i>	Supervisor: <i>Johan Tandukar</i>
Project Title: <i>NutriLift</i>	Month: <i>December</i>
What have you done since the last meeting	
<ul style="list-style-type: none"> - completed all the diagrams of sub systems. - worked on nutrition tracking frontend. 	
What do you aim to complete before the next meeting	
<ul style="list-style-type: none"> - Complete nutrition tracking frontend design - Move on to another page frontend design. 	
Supervisor comments	
<ul style="list-style-type: none"> - make diagram documents and send it to Johan Sir. - work on development of project. - make ERD for whole system not subsystem. 	

We confirm that the information given in this form is true, complete and accurate.

Student Signature: *[Signature]*

Date: *14th December, 2025*

Supervisor Signature: *[Signature]*

Date: *14th December, 2025*

Log Sheet 8: 21st December 2025

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PROJECT MANAGEMENT LOG	
First Name:	Luja Ratna
Surname:	Manandhar
Student Number:	2407087
Supervisor:	Johan Tandukar
Project Title:	NutriLift
Month:	December
What have you done since the last meeting	
<ul style="list-style-type: none"> - completed full Erd diagram of the system - completed nutrition tracking frontend development. 	
What do you aim to complete before the next meeting	
<ul style="list-style-type: none"> - complete next two frontend developments - work on backend development - small update on EAD diagram - add Event, Gym enroll system 	
Supervisor comments	
<ul style="list-style-type: none"> → work on other frontends → Start working on backend also. 	

We confirm that the information given in this form is true, complete and accurate.

Student Signature:

Date: 21st December, 2025

Supervisor Signature:

Date: 21st December, 2025

Log Sheet 9: 4th January 2026

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PROJECT MANAGEMENT LOG	
First Name: <u>Luka Ratna</u>	Surname: <u>Manandhar</u>
Student Number: <u>2407087</u>	Supervisor: <u>Johan Tandukar</u>
Project Title: <u>NutriLift</u>	Month: <u>January</u>
What have you done since the last meeting → Completed frontend development of Community Page → Completed frontend development of Challenge screen → Completed flow of frontendscreens. → Initialized backend for user authentication.	
What do you aim to complete before the next meeting → Complete backend of user authentication and profile management.	
Supervisor comments → make professionalism report → add new feature gym finder. → also try to solve database issue of user authentication.	

We confirm that the information given in this form is true, complete and accurate.

Student Signature:
 Supervisor Signature:

Date: 4th January, 2026
 Date: 4th January, 2026

Log Sheet 10: 18th January 2026

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PROJECT MANAGEMENT LOG	
First Name: <i>Luka Ratna</i>	Surname: <i>Manandhar</i>
Student Number: <i>2407087</i>	Supervisor: <i>Johan Tandukar</i>
Project Title: <i>Nutrilift</i>	Month: <i>January</i>
What have you done since the last meeting	
<ul style="list-style-type: none"> → Done draft report on professionalism. → Completed fixing error of authentication. → Created gym finder UI screen. 	
What do you aim to complete before the next meeting	
<ul style="list-style-type: none"> → Complete workout backend implementation with frontend. → Complete milestone 4 : professionalism report. 	
Supervisor comments	
<ul style="list-style-type: none"> → Fix error of authentication. → Bring professionalism report for review. 	

We confirm that the information given in this form is true, complete and accurate.

Student Signature: *[Signature]*

Date: *18th January, 2026*

Supervisor Signature: *[Signature]*

Date: *18th January, 2026*