



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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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: <u>Kuja Ratna</u>	Surname: <u>Manandhar</u>
Student Number: <u>2407087</u>	Supervisor: <u>Johan Tanduloi</u>
Project Title: <u>NutriLift</u>	Month: <u>November</u>
What have you done since the last meeting	
<ul style="list-style-type: none"> - Planned the project and did market research for NutriLift - 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	
<ul style="list-style-type: none"> - Start working on app design and basic UML diagrams (Usecase and Activity). - Finding research papers for literature review. - Working on Artifact Diagrams 	
Supervisor comments	
<ul style="list-style-type: none"> - 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: [Signature]

Date: 2nd November, 2025

Supervisor Signature: [Signature]

Date: 2nd November, 2025

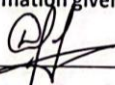
Log Sheet 2: 9th November 2025

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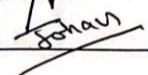


PROJECT MANAGEMENT LOG	
First Name: <u>Luja Ralna</u>	Surname: <u>Manondhoy</u>
Student Number: <u>2407087</u>	Supervisor: <u>Johan Tardukoi</u>
Project Title: <u>Nutrilift</u>	Month: <u>November, 2025</u>
What have you done since the last meeting	
<ul style="list-style-type: none"> - Designed the app 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, start 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: 

Date: 9th November, 2025

Supervisor Signature: 

Date: 9th November, 2025

Log Sheet 3: 17th November 2025

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PROJECT MANAGEMENT LOG	
First Name: <u>Luja Ratna</u>	Surname: <u>Manandhar</u>
Student Number: <u>2407087</u>	Supervisor: <u>Johan Tandukar</u>
Project Title: <u>Nuttilift</u>	Month: <u>November, 2025</u>
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: [Signature]

Date: 17th November, 2025

Supervisor Signature: [Signature]

Date: 17th November, 2025


Log Sheet 4: 23rd November 2025

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PROJECT MANAGEMENT LOG	
First Name: <u>Luja Raha</u>	Surname: <u>Manandhar</u>
Student Number: <u>2407087</u>	Supervisor: <u>Johan Tandulwar</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"> - 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 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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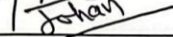


PROJECT MANAGEMENT LOG	
First Name: <u>Kyjo Ratna</u>	Surname: <u>Manandhar</u>
Student Number: <u>2407087</u>	Supervisor: <u>Johan Tandulwat</u>
Project Title: <u>Nutri Lift</u>	Month: <u>November, 2025</u>
What have you done since the last meeting	
<ul style="list-style-type: none">- Completed artefact design of two sub systems (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: <u>Lujo Ratra</u>	Surname: <u>Manandhar</u>
Student Number: <u>2409087</u>	Supervisor: <u>Johan Tandulua</u>
Project Title: <u>NuhiLift</u>	Month: <u>December</u>
What have you done since the last meeting	
<ul style="list-style-type: none">- Redesigned all fdd diagram 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 default 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: <u>Iuja Ratna</u>	Surname: <u>Manandhar</u>
Student Number: <u>2409087</u>	Supervisor: <u>Johan Tandulak</u>
Project Title: <u>NutriLift</u>	Month: <u>December</u>
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:

Date: 14th December, 2025

Supervisor Signature:

Date: 14th December, 2025

Log Sheet 8: 21st December 2025

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PROJECT MANAGEMENT LOG	
First Name: <u>Luja Ratra</u>	Surname: <u>Manandhar</u>
Student Number: <u>2407087</u>	Supervisor: <u>Johan Tandekar</u>
Project Title: <u>NutriLift</u>	Month: <u>December</u>
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 ERD diagram - add Event, Gymenroll 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: [Signature]

Date: 21st December, 2025

Supervisor Signature: [Signature]

Date: 21st December, 2025

Log Sheet 9: 4th January 2026

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PROJECT MANAGEMENT LOG	
First Name: <u>Lujo Ratna</u>	Surname: <u>Manandhar</u>
Student Number: <u>2407087</u>	Supervisor: <u>Johan Tandukot</u>
Project Title: <u>NutriLife</u>	Month: <u>January</u>
What have you done since the last meeting	
<ul style="list-style-type: none"> → 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	
<ul style="list-style-type: none"> → Complete backend of user authentication and profile management. 	
Supervisor comments	
<ul style="list-style-type: none"> → 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: _____

Date: 4th January, 2026

Supervisor Signature: _____

Date: 4th January, 2026

Log Sheet 10: 18th January 2026

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PROJECT MANAGEMENT LOG	
First Name: <u>Luja 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	
<ul style="list-style-type: none"> → Done draft report on professionalism. → Completed fixing error of authentication. → Created gymfinder 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