I.   Introduction

1.1 Project Overview

Lusog is a comprehensive wellness app designed to cater to both online and offline users. With its user-friendly interface and extensive functionalities, it aims to promote healthier lifestyles among Filipinos. The app serves as a reliable source of information on local Filipino foods, categorizing them into healthy and unhealthy options, while also providing valuable insights into their nutritional content, including calorie tracking. Users can easily access their BMI (Body Mass Index) through the app, allowing them to monitor their progress towards their fitness goals. Moreover, Lusog goes beyond just providing food data; it also offers detailed explanations of the benefits and drawbacks of various foods, along with their potential impact on specific body parts. By empowering users with knowledge about their dietary choices and their effects on overall health, Lusog plays a pivotal role in encouraging a balanced and informed approach to wellness.

1.2 Purpose

The purpose of this documentation is to serve as a comprehensive guide for the development team, stakeholders, and future maintainers of Lusog, the wellness app. This documentation will offer valuable insights into the system's architecture, outlining the app's key functionalities, installation process, and usage guidelines. It will also include detailed API documentation, enabling seamless integration with other systems or potential future enhancements. By providing this comprehensive reference, the documentation aims to facilitate a smooth and efficient development process, ensure clear communication between stakeholders, and assist future maintainers in understanding and optimizing the app's performance and features.

1.3 Scope

The documentation for the Lusog app aims to encompass a comprehensive overview of the wellness application's key functionalities and features. It will focus on the development of Lusog as a wellness app, catering to both online and offline users. The scope includes providing detailed information about local Filipino foods, categorizing them into healthy and unhealthy options. The app's capabilities will extend to offering BMI (Body Mass Index) calculations to users for tracking their fitness progress. Additionally, the documentation will cover the implementation of a calorie tracker feature, allowing users to monitor the calorie content of various foods. The benefits and drawbacks of different food items will be thoroughly discussed, along with their potential impact on specific body parts. Furthermore, the documentation will highlight

Lusog's user-friendly interface and accessibility in both online and offline modes.
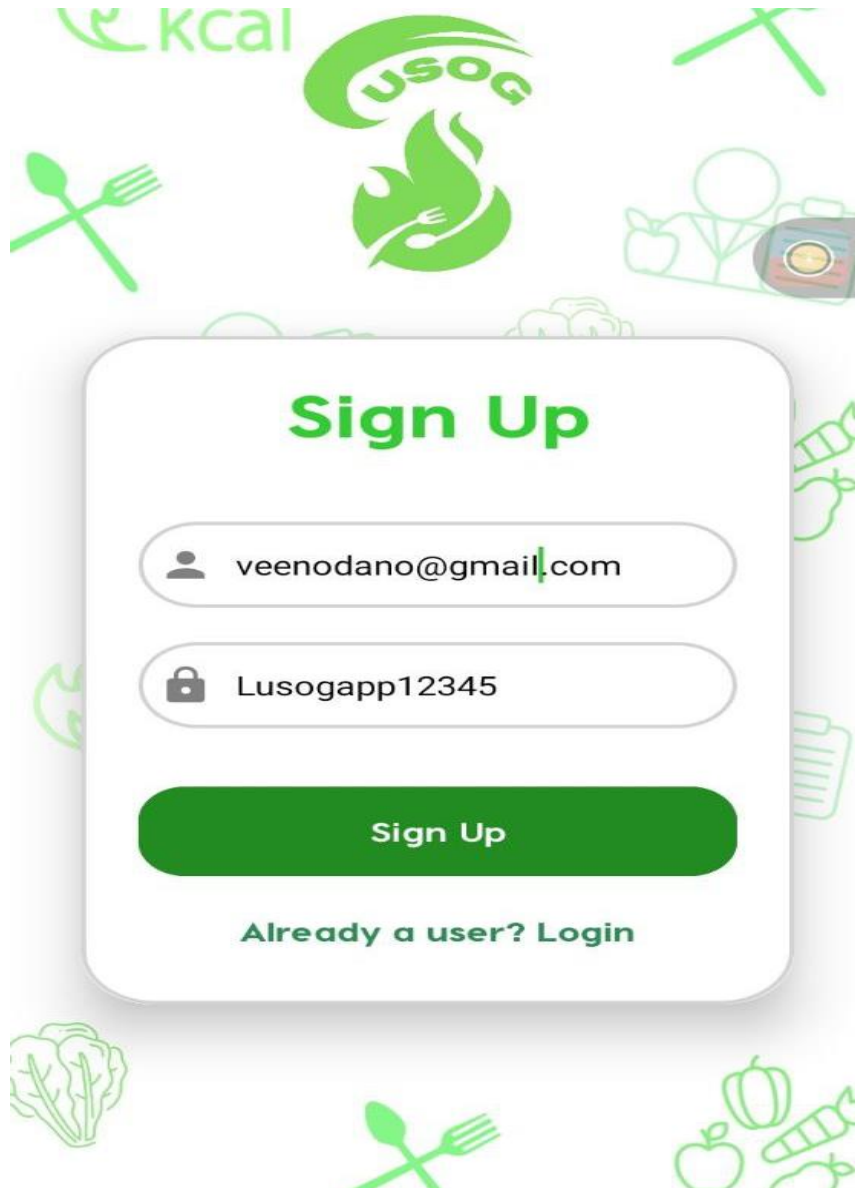
II.   Functionalities

2.1 User Module

- Healthy Food feature
- Unhealthy Food feature
- BMI Calculator feature
- Healthy Food Benefits feature
- Unhealthy Food Disbenefits feature
- Calorie Tracker feature
- Ingredient/Recipe feature
- Food Category and Food Type feature
- Related Food feature

III.   User Guide/User Manual

The usage guide explains how to navigate the web application from both the customer and admin perspectives. It includes screenshots and descriptions of each page and functionality.

Sign-up page: This is where users need to register using a unique email address (one that has not been previously used to create an account)

KCal

USOG

Sign Up

veenodano@gmail.com

Lusogapp12345

Sign Up

Already a user? Login

After you make an account, you will be asked to provide your basic information including your Height, Weight and Existing Diseases (if applicable).

Welcome!

Please enter your personal details

Confirm email
veenodano@gmail.com

Name
Vino Dano

Age
21

Height in cm
168
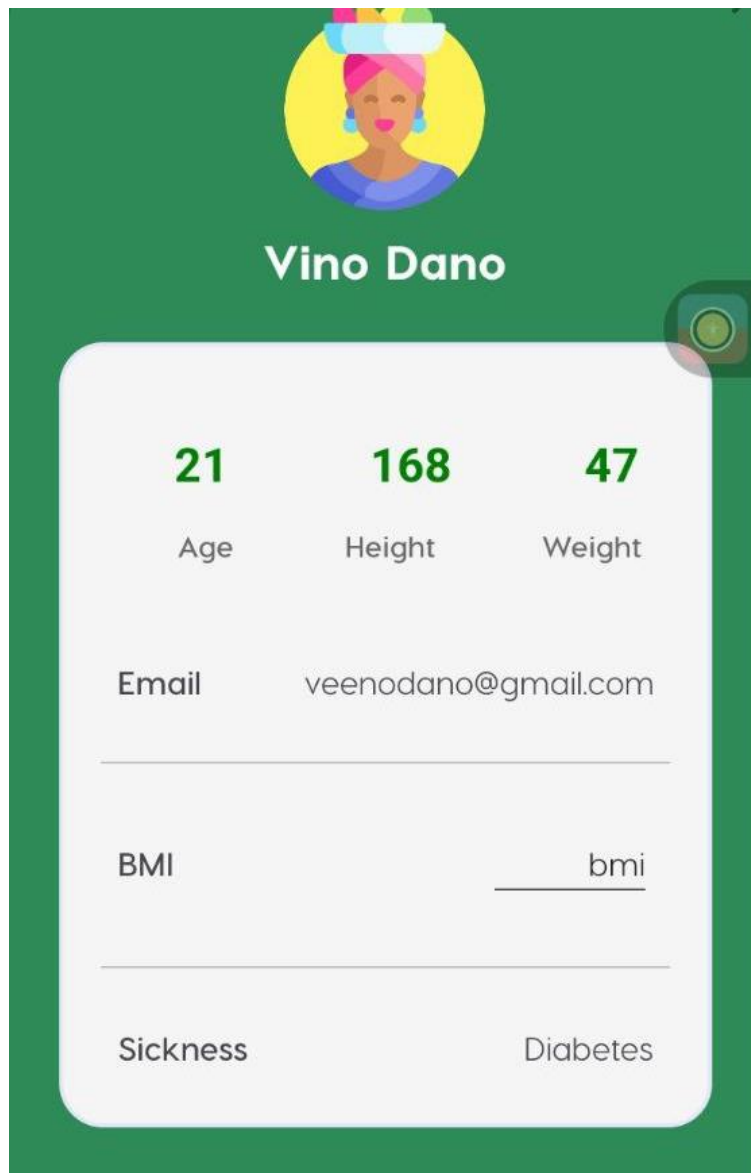
Weight in kg
47

Diabetes

Submit

After filling out the fields in the previous photo, the system will show you the information you provided, that is for clarification.

Vino Dano

21	168	47
Age	Height	Weight

Email   veenodano@gmail.com

BMI   bmi

Sickness   Diabetes

The system will direct you to the Home Screen where you can see the main features of the app.
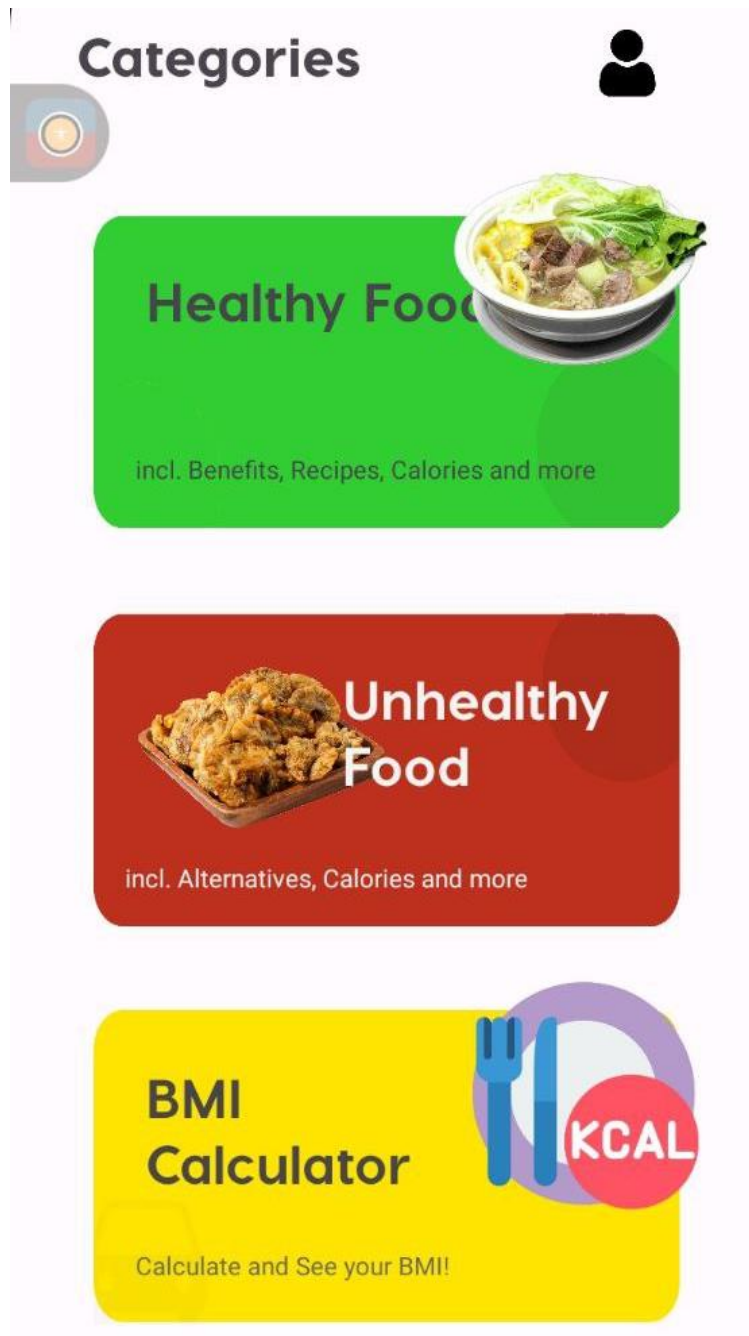
The Healthy food feature is where you can see the Local Filipino Healthy foods, dishes and their ingredients. You can also filter the information by sliding to left and right.

And if you click the food, you will see the food content and its information like food category, food type, calorie, and the benefits of the food. The ingredient, Recipe and Related food are included in this feature.

Healthy Food Details

Kangkong

Vegetable

Lungs

Ingredient

19

A leafy green vegetable with a mildly sweet and earthy taste.It is als known as swamp or water spinach

See Recipe

Ingredients / Related Food

ong and T | ng na Ban

Healthy Food Details

Kangkong And Tofu Stir Fry

Vegetable

Heart

Dish

474

Stir fry tofu and kangkong is a humble dish made of fried tofu and kangkong (or water spinach) and flavoured with liquid seasoning, oyster sauce, sugar, corn starch, salt and pepper.

See Recipe

Ingredients / Related Food

Tofu | auce   O | asoning | ste

1 bunch | oons   4 | oons   3

Dish 474

Stir fry tofu and kangkong is a humble dish made of fried tofu and kangkong (or water spinach) and flavoured with liquid seasoning, oyster sauce, sugar, corn starch, salt and pepper.

See Recipe

Prepare the tofu and cut into large cubes.
Set aside. Heat some oil in a pan.
Fry the tofu cubes until brown and crispy.
Flip all sides to cook evenly.
Transfer them to a strainer or paper towel to drain excess oil.
Set aside.
Using the same pan, add the onions and garlic and saute for a few minutes.
Once the garlic is light brown, add the oyster sauce and stir a bit.
Turn the heat to medium low.
Add the liquid seasoning and mix well.
Combine water and cornstarch in a bowl to make a slurry. Mix well.
Pour the slurry into the mixture and stir well.
Season with salt, pepper and sugar. Stir until the sauce thickens.
Once thick, add the kangkong. Mix gently until softened.
Then, add the fried tofu cubes.
Toss gently until well coated with the sauce.
Add some fried garlic bits (optional) and then let it simmer for a few more minutes.
Turn the heat off.
Transfer the stir fry tofu and kangkong to a serving plate.
Enjoy this as an appetizer or have it with a big bowl of hot steaming rice.

Ingredients / Related Food

| Tofu | Oyste | d seasonir | Salt |

In this part, user can use the spinner (Filter Icon) to check what foods can help the certain body parts.
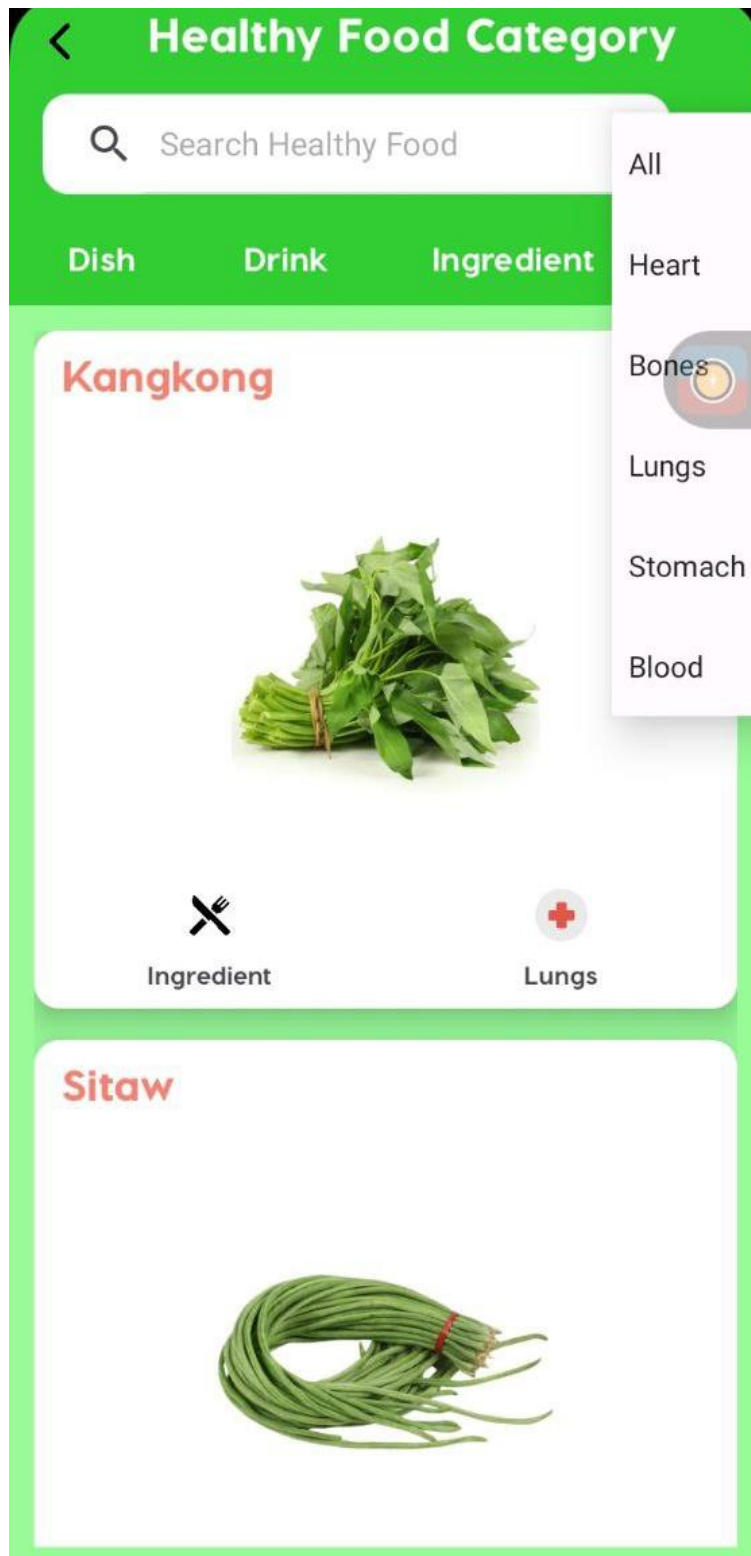
Just like in the previous feature, the Healthy Food feature, the Unhealthy Food feature
has also the same feature that can use to filter the information.

Like Healthy Food feature, we can see in this screen as well the food content and its information like food category, food type, calorie, and the disbenefits of the food. The ingredient. Recipe and related food are included in this feature.

Unhealthy Food Details

Chicharon

Ingredient

Ingredient

Heart

160

Food Description:

Chicharon is a popular Filipino dish made from deep-fried pork rind or pork belly. It is known for its crispy texture and savory flavor. However, it is important to note that chicharon is high in fat and cholesterol, which can contribute to health issues such as hypertension, high blood pressure, and heart attack when consumed in excess. It is recommended to enjoy chicharon in moderation and explore healthier alternatives.

See Alternatives

Ingredients / Related Food

Munggo w   Palabok w

Unhealthy Food Details

Snack

Snack

Obesity

300

Food Description:

Chips are a popular snack choice, but they are often considered unhealthy due to their low nutritional value. They are typically high in calories, salt, sugar, and unhealthy fats. Regular consumption of chips can contribute to weight gain and increase the risk of chronic diseases such as cardiovascular disease and type 2 diabetes. It is recommended to limit the intake of chips and opt for healthier snack alternatives.
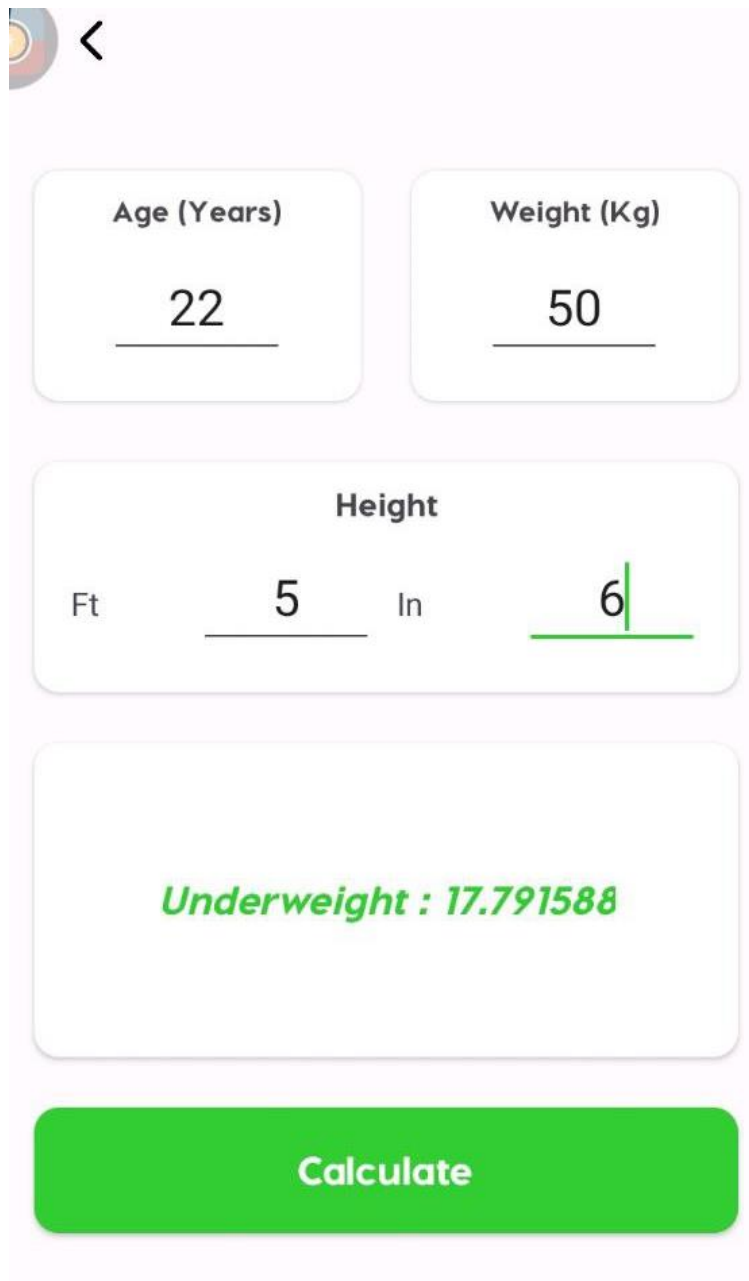
See Alternatives

Food Alternative:

Dried Nuts

Ingredients / Related Food

Lastly, the BMI calculator helps user to calculate and to know if they are overweight, underweight, and normal. We have made sure that the calculation is accurate.

<

Age (Years)	Weight (Kg)
22	50

Height

Ft   5   In   6

Underweight : 17.791588

Calculate