HealthNCare Application

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How to run this project:

- Run "HealthNCareApp.jar" to start the program

If running from Visual Studio Code:
- Navigate to "./HealthNCare/App"
- Select run without debugging or press the play button

How to use this project:

- Users have options to select between Food, Exercise, Log, and View Actions
    - Food Actions will allow the user to add or remove Basic Foods and Recipes
        - **Add Basic Food** - Allows users to add a basic food into foods.csv to be used in other functionalities (add recipe, add food to log, etc.)
        - **Add Recipe** - Allows users to add a recipe into foods.csv to be used in other functionalities. Users can select to add in a preexisting basic food or recipe
        - **Remove Food**- Allows users to select from a list of foods to delete from foods.csv
    - Exercise Actions will allow the user to add or remove Exercises
        - **Add Exercise** - Allows users to add an exercise name and how many calories burned per hour for a 100lb person into exercise.csv
        - **Delete Exercise** - Allows users to select from a list of exercise to delete from exercise.csv

- ○ Log Actions will allow users to edit information about their daily log
  - ■ **Add Food to Daily Log** - Allows users to select from a list of foods to add to their inputted daily log date
  - ■ **Delete Food from Daily Log** - Allows users to select from a list of foods to delete from their inputted daily log date
  - ■ **Add Exercise to Daily Log** - Allows users to select from a list of exercises to add to their inputted daily log date
  - ■ **Delete Exercise from Daily Log** - Allows users to select from a list of exercise to delete from their inputted daily log date
  - ■ **Change Calorie Limit of Daily Log** - Allows users to change the calorie limit from their inputted daily log date
  - ■ **Change Weight of Daily Log** - Allows users to change the weight of their inputted daily log date
  - ■ **Save Log Configuration** - Allows users to save all the changes made to their daily logs to logs.csv

* Note: Log changes will not be made to the logs.csv file until save log configuration is pressed or until user leaves program which they will be prompted to

- ○ View Actions will allow users to view more information about their inputted daily log
  - ■ **View Daily Log (by date)** - Allows users to view all information for a certain date including:
    - ● Weight
    - ● Calorie limit
    - ● Foods consumed for the day with calories and servings
    - ● Exercises completed for the day with minutes and total calories burned
    - ● Total calories consumed for the day
    - ● Total calories burned for the day
    - ● Net calories
    - ● Nutritional break of fat, carb and protein percentages
    - ● Total sodium for the day
    - ● Percentage of consumed sodium compared to the daily recommended intake of sodium
  - ■ **View Daily Log Chart** - Allows users to view their total fats, carbs, and protein consumed within a bar chart

Project Structure

```
HealthNCare/
├── App (current folder)
├── src/
│   ├── main/
│   │   ├── java/
│   │   │   └── App/
│   │   │       ├── controller/
│   │   │       │   ├── ExerciseController.java
│   │   │       │   ├── FoodController.java
│   │   │       │   └── LogController.java
│   │   │       ├── model/
│   │   │       │   ├── BasicFood.java
│   │   │       │   ├── DailyLog.java
│   │   │       │   ├── Exercise.java
│   │   │       │   ├── ExerciseEntry.java
│   │   │       │   ├── Food.java
│   │   │       │   ├── FoodEntry.java
│   │   │       │   └── Recipe.java
│   │   │       ├── view/
│   │   │       │   ├── SwingUI.java
│   │   │       │   └── UserInterface.java (unused)
│   │   │       └── CLI.java
│   │   └── resources/
│   │       ├── basicfoods.csv (unused)
│   │       ├── exercise.csv
│   │       ├── foods.csv
│   │       ├── foodTemplate.csv (unused)
│   │       ├── log.csv
│   │       └── test.csv (unused)
│   └── test (unused)
├── target (class files)
├── HealthNCareApp.jar (runs app)
├── pom.xml
└── README2.0.pdf (currently open)
```