

## Team group d'etat

### P02 - The End

#### SoftDev1 pd7

Rachel Ng, Ray Onishi, Tina Wong, Maggie Zhao

Name: ambrosia

Description: This website will focus on monitoring all aspects of the user's health. It will track the number of hours of sleep and exercise, the amount of water intake, as well as the user's diet based on user input. In order to encourage the user to pursue a healthier lifestyle, the website will also suggest workouts that exercise different parts of the body as well as food recipes that fulfill the nutrients missing from the user's diet.

#### List of Program Components:

- Account creation through a signup form on the website allows users to directly create their accounts on the site
- Logout capability
- Authentication
- Create a SQLite database that stores the data about:
  - Each user and their login information
  - Each user's height and weight
  - Each user's sleeping patterns for the past week
  - Each user's water intake
  - Each user's amount of exercise for the past week
  - Each user's allergies, dietary restrictions
  - Each user's diet for that day, including amounts of
    - Carbohydrates
    - Vegetables
    - Meat/poultry
    - Fats
    - Milk
    - Sugary foods
- Allow user to fill out forms to add information about their health
- When logged in, the user's statistics for sleep, hydration, exercise, and nutrition will display on the landing page
  - Statistics for sleep hours, hydration, and exercise should be displayed in respective graphs
- Implement the USDA Nutrients API to allow user to input what they are eating and get how much nutrients they are getting from the food, and how much more nutrients and what kind they need to get
- Implement the Spoonacular API to recommend recipes for the user that fulfill the nutrients that the user has not gotten yet
- Implement the Wger Workout Manager API to allow the user to search for exercise recommendations based on the category (ex: arms, legs, abs)
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weekly\_diet (year, month, day, user)- update weekly\_diet table with info from the  
food\_log table

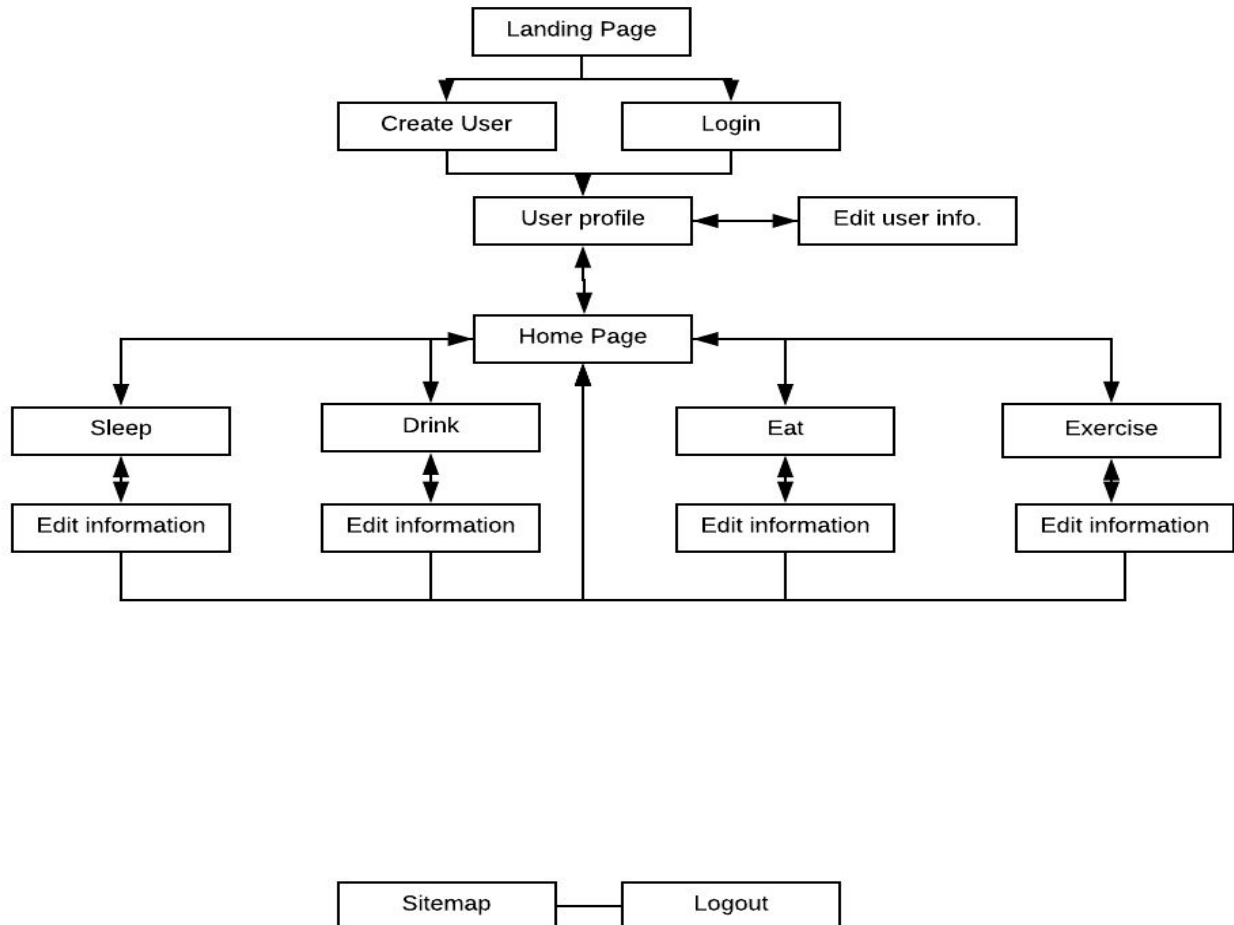
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Front End Site Map:

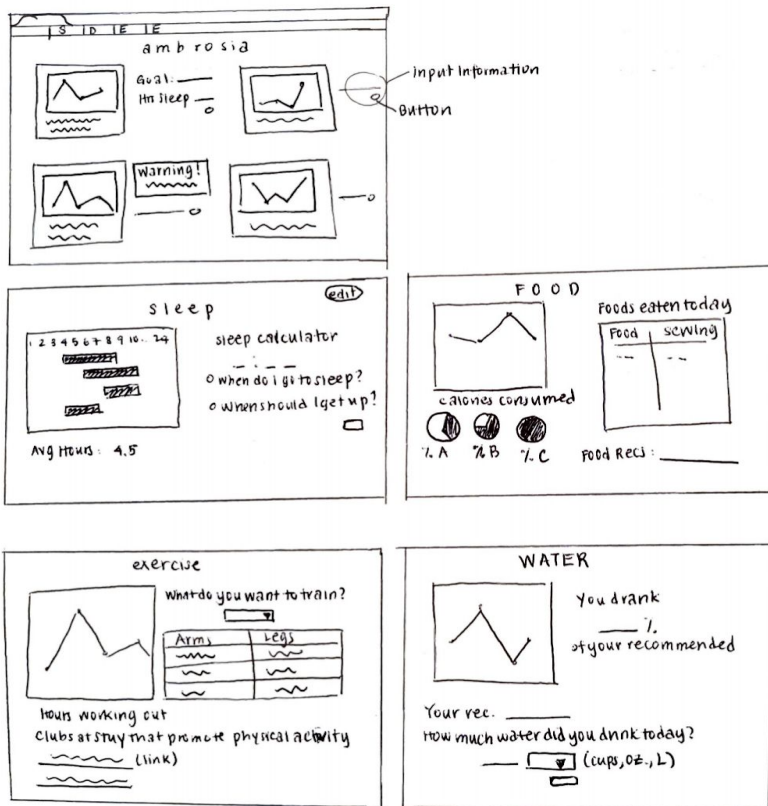


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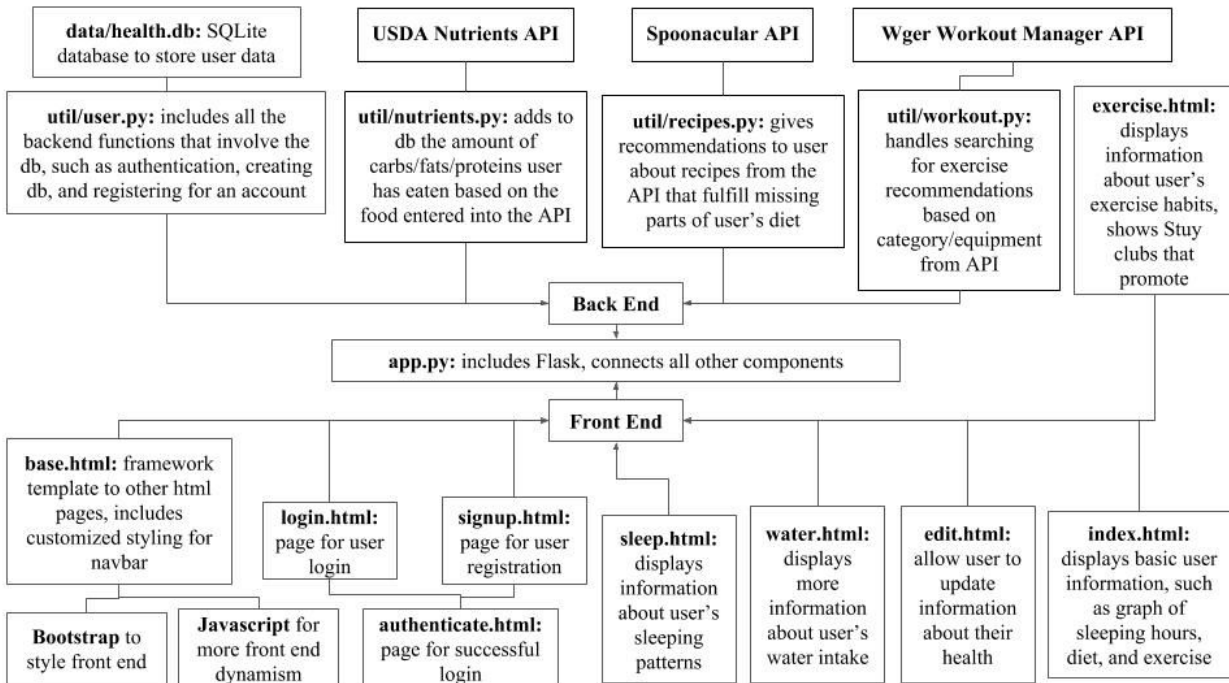
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#### Component Map:



#### Breakdown of Tasks and Group Member Assignments, ordered in priority:

Project Manager: Rachel Ng

- miscellaneous coding tasks, frontend and backend
- Bootstrap + Jinja2 Templating
- Flask routing
- API implementation
- app.py

Front End: Ray Onishi

- Bootstrap + Jinja2 Templating
- Flask routing
- Pages:
  - base.html, index.html
  - signup.html, login.html, authenticate.html, edit.html
  - water.html, sleep.html, exercise.html, food.html
- app.py

Back End: Tina Wong, Maggie Zhao

- Database implementation
  - data/health.db
  - util/user.py

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- API implementation
  - data/apis.json
  - util/nutrients.py (USDA Nutrients)
  - util/recipes.py (Spoonacular)
  - util/workout.py (Wger Workout Manager)
- app.py

**Ideal Timeline**

|         | <b>PM</b>   | <b>Front End</b>   | <b>Back End</b>                                  |
|---------|---|--|--|
|         | Work on all miscellaneous coding tasks throughout   | Work on general design and app.py throughout                           | Work on util/user.py and app.py throughout       |
| 1/08/19 | Design document, 3 hard copies, begin any preliminary work<br><b>PM: Submodule linking (retrying with correct link)</b> |  |  |
| 1/09/19 | Hardcopy latest design.pdf and devlog.txt, design (doc) changes highlighted   | base.html, index.html<br>signup.html, login.html,<br>authenticate.html | data/health.db, util/user.py                     |
| 1/10/19 | Create requirements.txt<br>wheel, flask, passlib, other pip<br>installs   | edit.html, water.html  | util/user.py, data/keys.json,<br>util/workout.py |
| 1/11/19 |   | sleep.html   | util/workout.py                                  |
| 1/12/19 |   | exercise.html  | util/nutrients.py                                |
| 1/13/19 |   | exercise.html, food.html   | util/nutrients.py,<br>util/recipes.py            |
| 1/14/19 |   | food.html  | util/recipes.py                                  |
| 1/15/19 | Due today! Finishing touches by 8:00 AM EST   |  |  |