Part 2

User effort estimation

For the user.

Log in

1. Click on account settings.
2. Click on sign in button.
3. Input username.
4. Input password.
5. Click sign in button.

Invite friends.

1. Click on invite friends button.
2. Input your friend’s email address.
3. Click on send button.

Set Goals

1. Click on Set Goals button.
2. Select one item in the task list.
3. Set up the target.
4. Click on the Enter button.

Share on Facebook

1. Click on the Share on Facebook button.
2. Input some description.
3. Click on the share button;

Custom diet plan.

1. Click on custom diet plan button.
2. Input the expected calories.
3. Select the food in the list.
4. Click on the save button.

Get suggestion.

1. Click on the Get suggestion button.

For the data analyst.

Log in

1.Click on account settings

2.Click on sign in button.

3.Input username.

4.Input password.

5.Click sign in button.

View and get statistic charts

1. Select the item in the categories of data.
2. Input the filter to search.
3. Click on the enter button.
4. Click on the Save data button.