

NutriSPEC

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Initial Draft

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Contents

[1 Introduction 3](#_Toc27765071)

[1.1 Rationale 3](#_Toc27765072)

[1.2 Software Description 3](#_Toc27765073)

[2 Specifications 4](#_Toc27765074)

[2.1 System Architecture 4](#_Toc27765075)

[2.1.1 Application 4](#_Toc27765076)

[2.1.2 Core Components 4](#_Toc27765077)

[2.1.3 Application server 5](#_Toc27765078)

[2.1.4 Database 5](#_Toc27765079)

[2.2 Product Use 5](#_Toc27765080)

[2.3 Product Features 6](#_Toc27765081)

[3 Use Cases 7](#_Toc27765082)

[3.1 User Management 7](#_Toc27765083)

[3.2 Nutritionist Management 7](#_Toc27765084)

[4 Sequence Diagram 8](#_Toc27765085)

[4.1 User Login 8](#_Toc27765086)

[4.1 Nutritionist Search 9](#_Toc27765087)

[5 Class Diagram 10](#_Toc27765088)

# 1 Introduction

This document describes the Requirements, System Architecture, Use cases and design details of ‘NutriSpec’ student project for the Software Engineering course. The document explains the rationale and objective of the ‘NutriSpec’ and provides detailed view of software models used to implement ‘NutriSpec’.

## 1.1 Rationale

Proper nutrition is essential to lead a healthy life. Adequate nutrition can help become more productive and can create opportunities to gradually break the cycle of intermittent illnesses which can prove to be fatal in the long term. Nutrition is about eating a healthy and balanced diet.

Nutritionists and dietitians are experts who suggest and promote food as a remedy for many illnesses and disorders. They prescribe diet plans and set goals which are made as per users need. But the services provided by these experts are not cheap. A nutritionist’s education, experience and location are factors in determining how they charge for the service.

In today’s digital world, it’s not relevant to consult/visit a Nutritionist on a regular basis. It is time consuming, costly and a hassle process. So, an application providing an interface and information database to clients and Nutritionists helps in overcoming these drawbacks. ‘NutriSpec’ is an application which provides user friendly interface connecting clients and Nutritionists with various features.

This project is not only to make these services available at lower costs but also to provide them with live guidance from an expert for accurate diagnosis.

## 1.2 Software Description

Our application ‘NutriSpec’ aimed at every individual to search, consult nutritionist and maintain their Nutrition plan. This also connects client with Nutritionists based on the location of the client, Nutritionists to manage their clients’ data and consult online. It enables nutritionists to provide their service online by interacting with clients over this application.

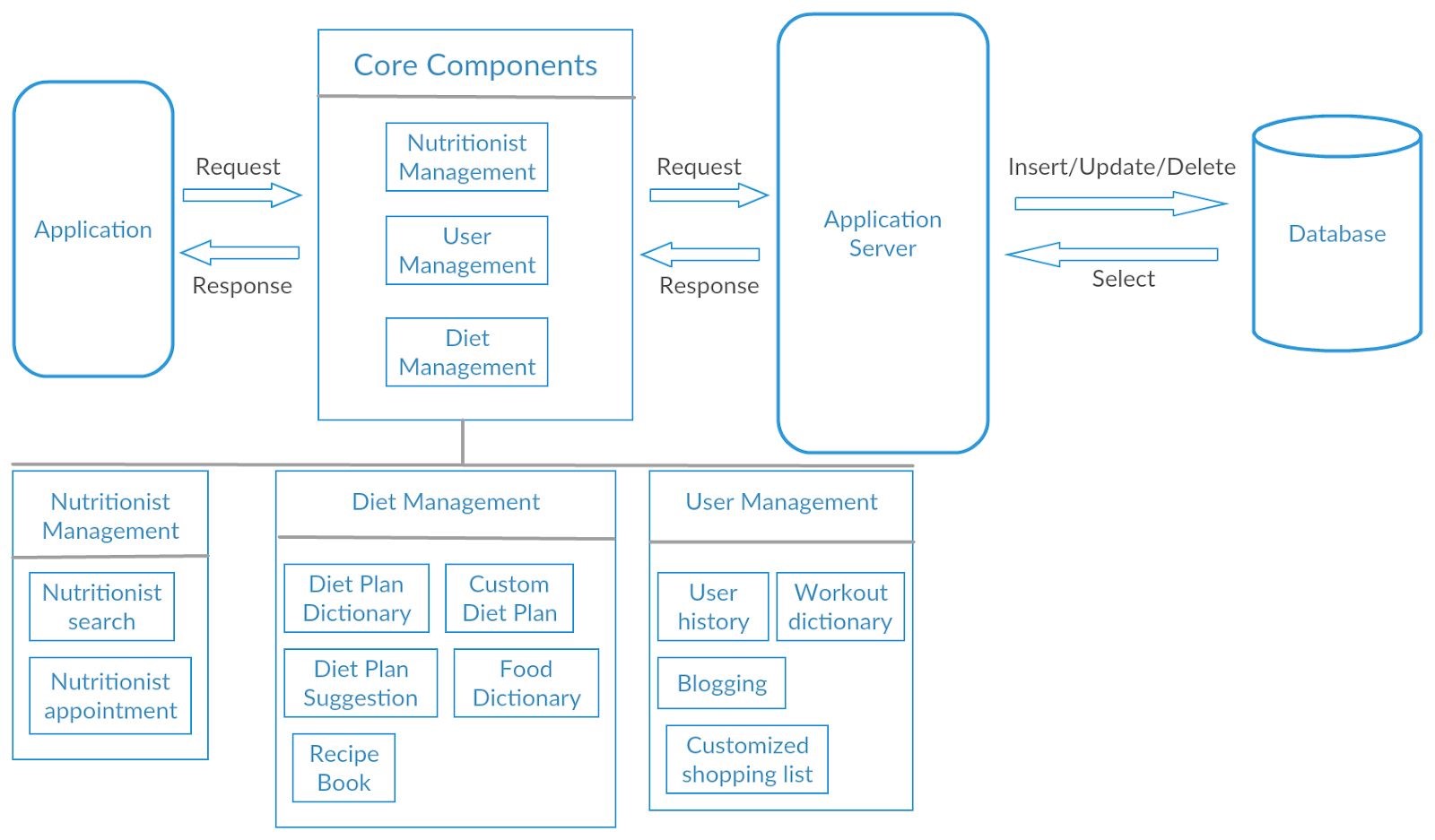
Nutritionists can enroll with the ‘NutriSpec’ company administrator and make their profile visible/reachable to millions of clients. They can also get a personalized Nutritionist page with details of their clients and related data. Nutritionist can update the client information with the consultation reports and diet prescriptions. Also, he can monitor the progress of the client. A nutritionist can also write blogs and success stories in the application.

Client can search for a Nutritionist without requiring a registration. A location-based search is possible with ‘NutriSpec.’ Client can get contact details of the Nutritionist and view the Nutritionist profile, ratings, qualifications, blogs and success stories. Client can also contact Nutritionist via ‘NutriSpec’ online contact form.

Registration of each user to help monitor the individual separately and accurately. The record of user's history would be analyzed to ensure better diagnosis which would be concentrated to the concerned user. User Personalization would also make users more engaged in the activities which would increase the probability of completing the tasks and thus resulting in maintaining good health. Relevant and tailored experiences also boost user retention.

# 2 Specifications

## 2.1 System Architecture



### 2.1.1 Application

This component houses the user interface of the application. These consists mainly of pages for each of the use cases and modules inside the system.

### 2.1.2 Core Components

#### Nutritionist Management

This component deals mainly with searching and making and appointment with the nutritionist. This module contains all the details associated with nutritionist. The ratings associated with every nutritionist is also maintained in this component. The user search​ queries shall be handled by the details based on this component eg location of the nutritionist, ratings(numeric and textual) of the nutritionist.

#### Diet Management

This component specifies all the dietary planning associated to users. These dietary plans are assigned to the user by nutritionists. This component contains two major containers:

Recipe Book: Book containing all the instructions needed to prepare a dish. These instructions are recommended by nutritionists and are therefore precise on the amount of calories and fat a dish must contain.

Food dictionary: These dictionaries contain ready-made dishes made from above recipe book. It is not necessary for a nutritionist to associate a dish from the existing food dictionaries and can create a custom food(dish) from the recipe book which is specifically targeted as per user deficiencies. The nutritionist can also get dietary suggestions based on the user profile while associating a dietary plan.

#### User Management

This component contains information of all the users in the system. The user and the nutritionist have access to the user’s history and can generate monthly or weekly reports to gain insight into the activities. The user is also suggested with workout activities from a dictionary which is based on user’s goal. User can also post blogs which has a view scope limited only to other users. This component contains a suggestion view for shopping list which is system computed based on user’s deficiencies.

### 2.1.3 Application server

The application server provides access to the data for the user. It serves as an interface between the user and the database server and hosts the application. The requests sent by the user are validated and processed to generate a response which is then sent back to the user.

### 2.1.4 Database

The database server provides the data requested by the application server on behalf of the user. The database server processes queries and generates data which is sent back to the application server. The database houses all the information about users and nutritionist and their associations.

## 2.2 Product Use

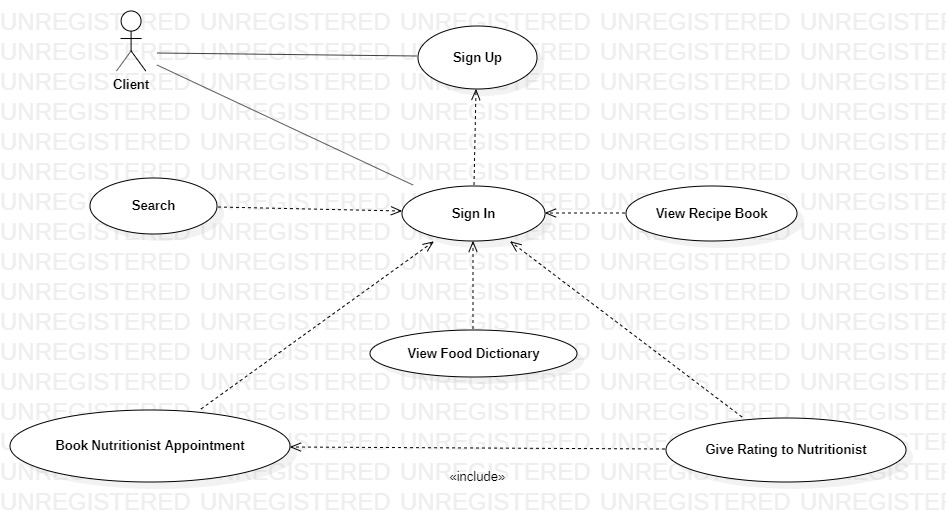
This application can be used by Nutritionists, Diet Specialists, Fitness Bloggers and Clients(General Public).

## 2.3 Product Features

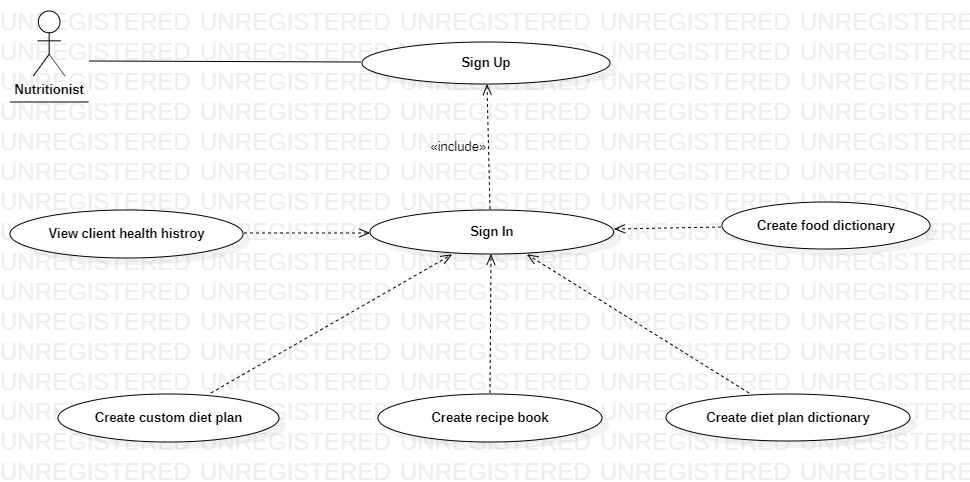
|  |  |
| --- | --- |
| F101 | Client Sign Up |
| F102 | Nutritionist Sign up |
| F103 | Nutritionist Search |
| F104 | Book appointment with nutritionist |
| F105 | View Recipe book |
| F106 | View Food dictionary |
| F107 | Give Rating to Nutritionist |
| F108 | View Client Health History |
| F109 | Create Food dictionary |
| F110 | Create Recipe Book |
| F111 | Create Diet Plan |
| F112 | Create Custom Diet Plan |

# 3 Use Cases

## 3.1 User Management

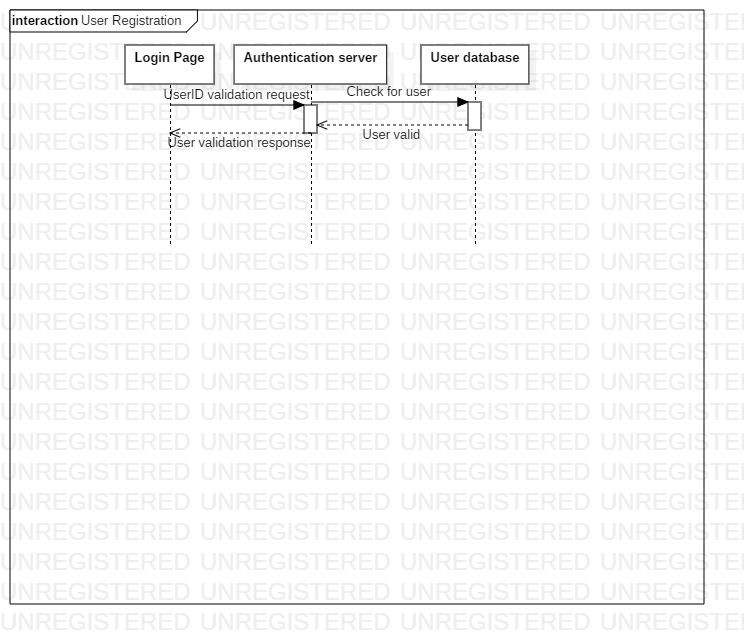


## 3.2 Nutritionist Management

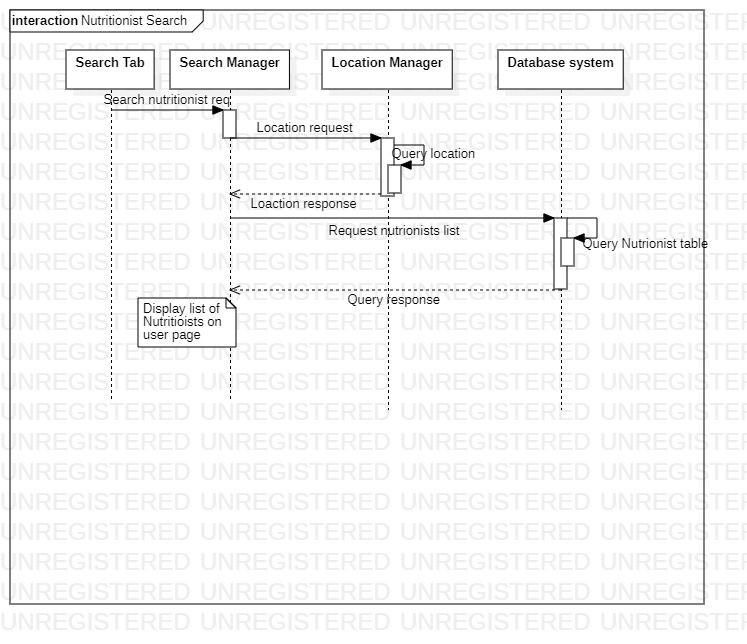


# 4 Sequence Diagram

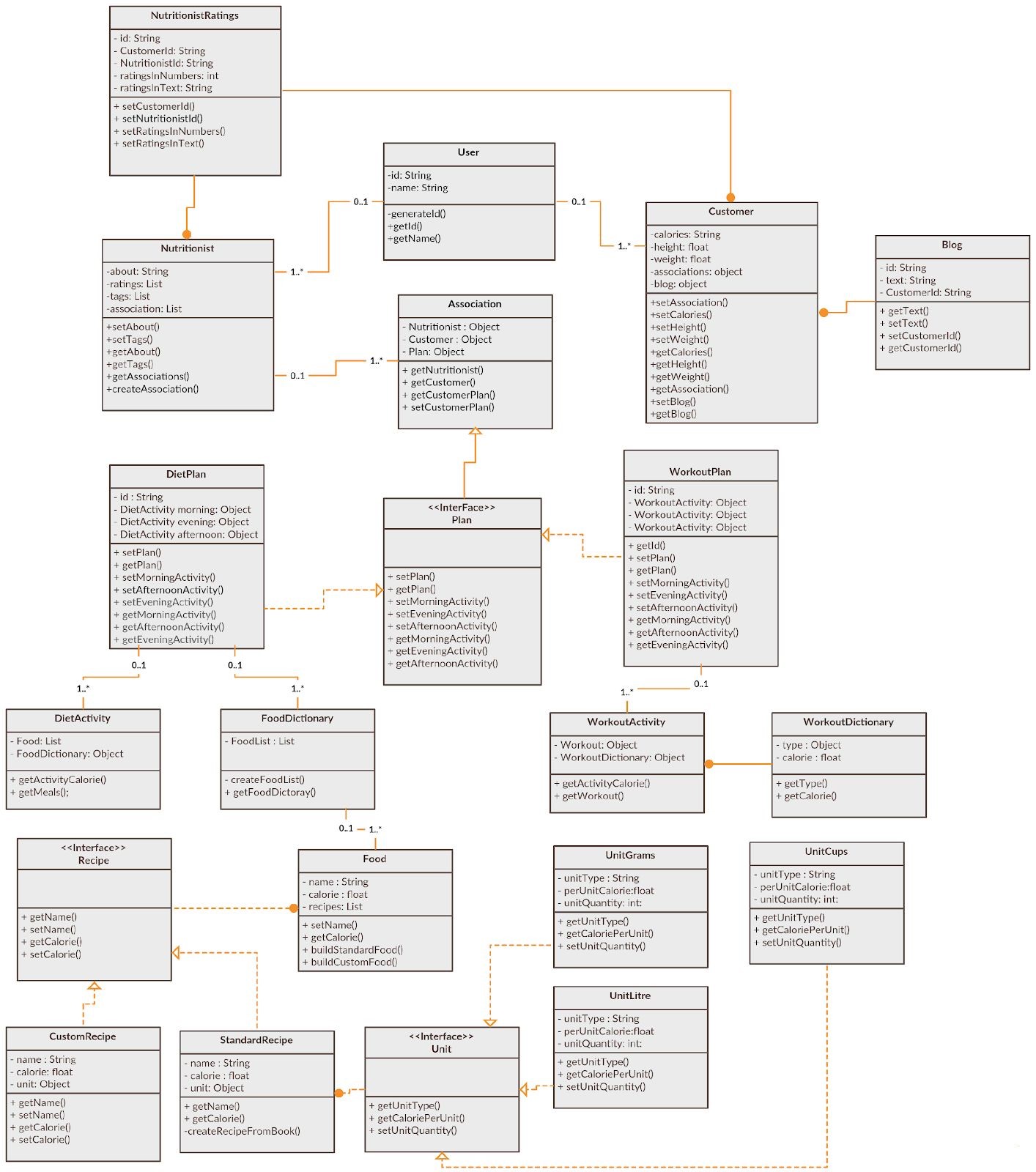
## 4.1 User Login



## 4.1 Nutritionist Search



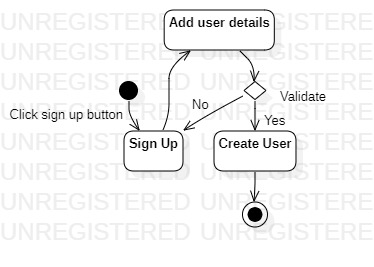
# 5 Class Diagram



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# 6 Activity Diagrams

## 6.1 Nutritionist/Client Sign Up



## 6.2 Searching Nutritionists

