Page 1 – Creating Your Health Profile

The following screenshots are pulled from the Daniel Plan app.

- **The following fields would be needed for the 'Create Your Profile' page**
- **Note: I don't believe age verification is needed on web since we have a privacy policy checkbox.**

  - Create User Name **(1)**
  - Password **(2)**
  - Confirm Password**(3)**

  - First Name **(4)**
  - Last Name**(5)**
  - Email**(6)**

  - Upload picture button **(7)**

  - Current Weight **(8)**
  - Goal Weight **(9)**
  - Current Waist Size (Measure 1 in Above Navel)
    - (*note: this is not on the app – this will have to be a new data field created in Parse*)
  - BMI **(10)**
    - Note: Formula: weight (lb) / [height (in)]2 x 703
    - Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.
    - Example: Weight = 150 lbs, Height = 5'5" (65")
    - Calculation: [150 ÷ (65)2] x 703 = 24.96
    - *This calculation is already being done in the app/Parse*
  - Units**(11)**– **note – if this is time consuming, we can simply go with Standard US and not offer metric.**
    - Options
      - Standard U.S.
      - Metric
  - Height**(12)**
    - Options
      - Feet
      - Inches

- Gender **(13)**
  - Options
    - Male
    - Female
- Birthdate **(14)**
  - Options
    - Month
    - Day
    - Year

- Rate Current Level of Faith**(15)**
  - (***** scale)
- Rate Current Level of Focus**(16)**
  - (***** scale)
- Rate Current Level of Energy**(17)**
  - (***** scale)
- Current Hours of Sleep per Night**(18)**
  - (-/+ function)

  Food Servings Per Day
- Fruit**(19)**
  - (-/+ function)
- Lean Protein**(20)**
  - (-/+ function)
- Whole Grains**(21)**
  - (-/+ function)

  Hours of Exercise Per Week
- Aerobic (cardio) **(22)**
  - (-/+ function)
- Strength**(23)**
  - (-/+ function)

  Optional Fields (*note: these are not on the app – these will have to be new data fields created in Parse*)
- Blood Pressure Systolic (mm Hg)
- Blood Pressure Diastolic (mm Hg)
- Total Cholesterol
- Cholesterol (HDL)
- Cholesterol (LDL)

- o These checkbox fields and 'submit' button that are currently on the site would also have to exist on the new profile page. After clicking submit, you would be done with creating your profile.

    - ☑ By checking this box, I volunteer to give The Daniel Plan's professional researchers access to my baseline and progress data to study the effectiveness of The Daniel Plan. I understand my identity will remain anonymous; is voluntary; and will not affect my participation in The Daniel Plan.

      ☑ I'd like to receive The Daniel Plan weekly email newsletter and other important health updates

      ☐ I've **read** and agree to the terms of this program.

      SUBMIT

Page 2 – Tracking Your Progress

- **The following fields would be needed for the 'Track Your Progress' page**

    - o Date**(24)**

            Today's Food

    - o Fruits/Vegs**(25)**
        - (-/+ function)
    - o Lean Protein**(26)**
        - (-/+ function)
    - o Whole Grains**(27)**
        - (-/+ function)
    - o Other**(28)**
        - (-/+ function)

            Today's Faith

    - o Faith**(29)**
        - (***** scale)

Fitness

- Weight**(30)**
    - (-/+ function)
- Aerobic Exercise**(31)**
    - (checkbox function)
- Strength Exercise**(32)**
    - (checkbox function)

- Energy**(33)**
    - (-/+ function)

- Focus**(34)**
    - (-/+ function)

- Hours of Sleep Last Night**(35)**
    - (-/+ function)

- Notes**(36)**

- Update Your Picture   **(37)**
    - Update button

Progress Graphs – These will live on the same page as the update progress fields

- Weight Loss Graph**(38)**
- BMI Graph**(39)**
- Faith Graph**(40)**
- My Plate Graph **(41)**

Left screen:

●●○○○ AT&T 📶 11:10 AM ⚡ 64% 🔋

ACCOUNT Done

Age Verification

I'm over 13

Login

Login **1**

Password **2**

Confrim Password **3**

Name

First **4**

Last **5**

Address

Address

~~City~~

Right screen:

●●○○○ AT&T 📶 11:10 AM ⚡ 64% 🔋

ACCOUNT Done

Address

Address

City

State

Zip

Email

Email **6**

Picture

Email

Picture

Take Picture   **7**

Fitness Profile - Weight

Current	0	**8**
Goal	0	**9**
BMI	**10**	0

Fitness Profile

Units	**11**	Standard U.S.	›
Height	**12**	5 Feet	›
Gender	**13**	Female	›
Birth date	**14**	10/17/1995	›

Faith

15 Faith ★☆☆☆☆
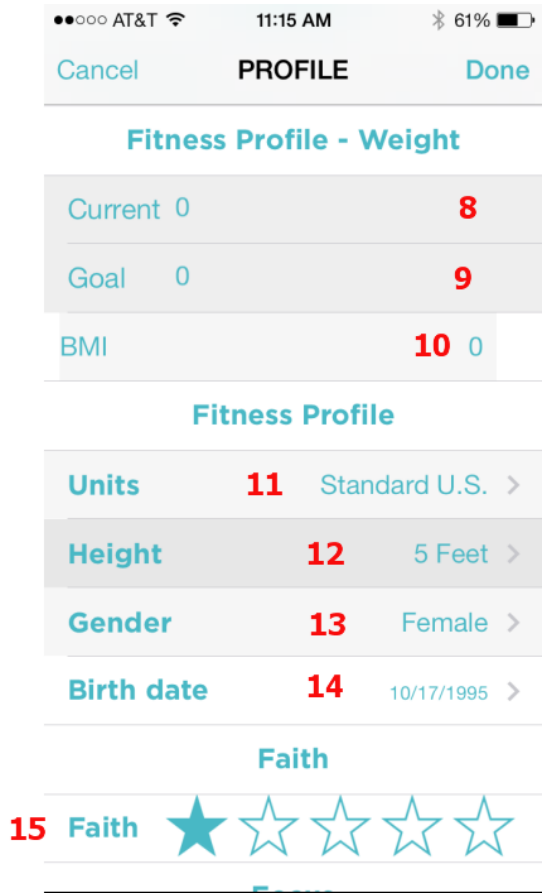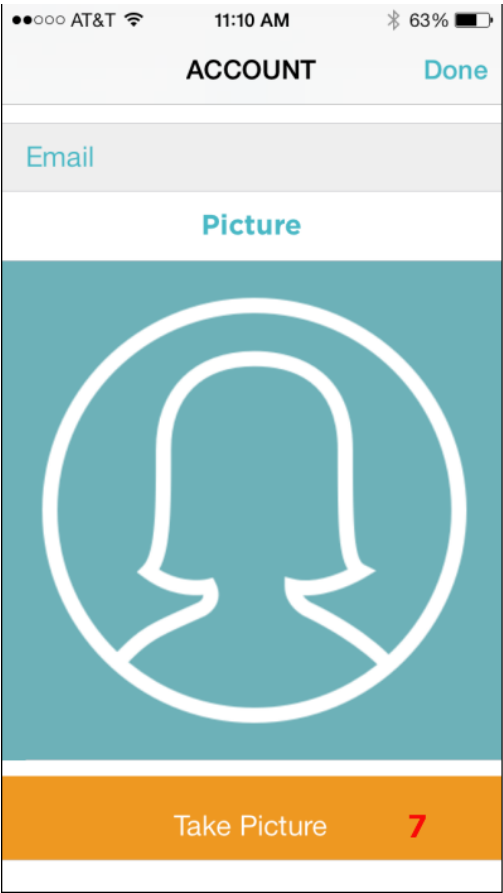
●●○○○ AT&T 🔍	11:15 AM	⚡ 61% ▮
Cancel	**PROFILE**	Done

Faith

Faith ★ ☆ ☆ ☆ ☆

Focus

Focus ★ ☆ ☆ ☆ ☆ **16**

Energy ★ ☆ ☆ ☆ ☆ **17**

Focus - Sleep

Hours Sleep   0   [− | +]   **18**

Food Servings Per Day

Fruit   0   [− | +]   **19**

Lean Protein   0   [− | +]   **20**

Whole Grains 0   [− | +]   **21**

●●○○○ AT&T 🔍	11:15 AM	⚡ 61% ▮
Cancel	**PROFILE**	Done

Hours Exercise Days Per Week

Aerobic   0   [− | +]   **22**
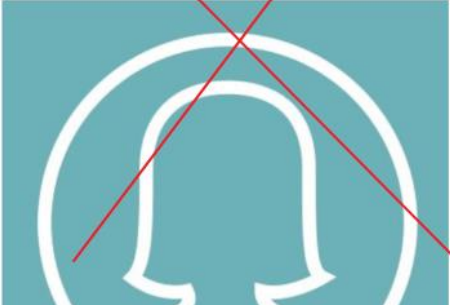
Strength   0   [− | +]   **23**

Progress Reminder

Remind Me   ◉———

When   9:00 PM ›

Picture

Screen 1

Cancel   **Track**   Save

Day

Date   10/17/2013 › **24**

Food

Fruits/Vegs   0   [− | +]   **25**

Lean Protein   0   [− | +]   **26**

Whole Grains   0   [− | +]   **27**

Other   0   [− | +]   **28**

Faith

Faith   ★ ☆ ☆ ☆ ☆   **29**

Fitness

Weight   205   [− | +]   **30**

Aerobic Exercise

Screen 2

Cancel   **Track**   Save

Fitness

Weight   205   [− | +]

Aerobic Exercise   **31**

Strength Exercise   **32**

Energy   ★ ☆ ☆ ☆ ☆   **33**

Focus

Focus   ★ ☆ ☆ ☆ ☆   **34**

Hours of Sleep   0   [− | +]   **35**

Note

Note   **36**

Screen 3

Cancel   Track   Save

Note

Picture

Take Picture   **37**

Dashboard

STATS

1 LBS	-1 INCHES	25.50 BMI	1 ENTRIES
★★★★★ FAITH		★★★★★ FOCUS	

WEIGHT LOSS

38

Weight: 205.0, 204.5, 204.0
Wed 17:00 — Thu 05:00 — Thu 1
Day

Dashboard

STATS

1 LBS	-1 INCHES	25.50 BMI	1 ENTRIES
★★★★★ FAITH		★★★★★ FOCUS	

BMI

39

Weight: 25.7, 25.6, 25.5, 25.4
Wed 17:00 — Thu 05:00 — Thu 1
Day

Dashboard

STATS

1 LBS	-1 INCHES	25.50 BMI	1 ENTRIES
★★★★★ FAITH		★★★★★ FOCUS	

Faith

40

Faith: 2.0, 1.5, 1.0, 0.5, 0.0
Wed 17:00 — Thu 05:00 — Thu 1
Day

Dashboard

STATS

1 LBS	-1 INCHES	25.50 BMI	1 ENTRIES
★★★★★ FAITH		★★★★★ FOCUS	

My Plate

41

- 30%
- 20%
- 30%
- 20%

- ◆ Fruits/Veggies
- ◆ Lean Meat
- ◆ Whole Grains
- ◆ Other