# Page 1 – Creating Your Health Profile

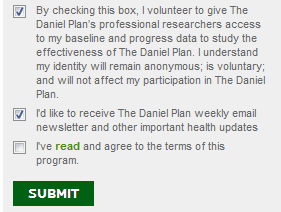
The following screenshots are pulled from the Daniel Plan app.

* **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)  
  + 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.  
    - 

# Page 2 – Tracking Your Progress

* **The following fields would be needed for the ‘Track Your Progress’ page**
  + Date**(24)**

Today’s Food

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

Today’s Faith

* + 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)**

