

# NutriPro

## Nutrition & Physical Activity Counseling Platform

מערכת ייעוץ לתזונה ופעילות גופנית

### **Complete System Documentation & UI/UX Specification**

Current Platform Analysis  
December 2025

# 1. Executive Summary

NutriPro is a comprehensive desktop-based platform designed for nutritionists and dietitians to manage client health data, create personalized meal plans, track body composition metrics, and monitor overall client progress. The system is built on a Hebrew-language interface and operates as a locally-installed application (likely Microsoft Access or similar database-driven system).

**Core Value Proposition:** Centralized management of nutritional counseling workflows including client records, meal planning with real-time macro/micronutrient calculations, blood test tracking, body composition analysis, and medical history documentation.

## 2. System Architecture Overview

### 2.1 Technology Stack (Observed)

- **Platform Type:** Desktop application (Windows-based)
- **Database Backend:** Relational database (likely MS Access or SQL Server)
- **UI Framework:** Form-based interface with modal windows
- **Language:** Hebrew (RTL layout) with English medical terminology
- **Export:** PDF generation capability for meal plans

### 2.2 Visual Design Language

- **Color Scheme:** Green-dominated palette (#4A7C59 primary) with yellow/gold accents
- **Typography:** Mixed Hebrew/English fonts, varying sizes across modules
- **Layout:** Right-to-left orientation, tabular data presentation, modal dialogs
- **Branding:** AHAVCENTER.CO.IL logo presence

### 3. Core Functional Modules

The system is organized into interconnected modules accessible from a central dashboard. Each module serves a specific function within the nutritional counseling workflow.

| Module Name                  | Hebrew Name | Primary Function                  |
|------------------------------|-------------|-----------------------------------|
| <b>Client List</b>           | רשימת שמות  | Master client database            |
| <b>Data Tracking</b>         | מעקב נתונים | Body metrics & progress tracking  |
| <b>Menu Builder</b>          | תפריטים     | Meal planning with nutrition calc |
| <b>Blood Tests</b>           | בדיקות דם   | Lab results management            |
| <b>Medical Questionnaire</b> | שאלון רפואי | Health history intake             |
| <b>Medications</b>           | תרופות      | Drug database with interactions   |
| <b>Food Database</b>         | מזונות      | Nutritional values repository     |
| <b>Supplements</b>           | תוספי מזון  | Supplement management             |
| <b>Workouts</b>              | תרגילים     | Exercise prescription             |
| <b>Dictionary</b>            | מילון       | Terminology reference             |

## 4. Detailed Module Specifications

### 4.1 Client Management System

The central hub for all client-related information. Serves as the entry point to all client-specific functions.

#### 4.1.1 Client List View

- Searchable/filterable list of all registered clients
- Basic info display: Name, Phone, Address, ID Number
- Click-to-select functionality opens Client Card
- Client status indicators (active/inactive)

#### 4.1.2 Client Card (כרטיס לקוח) – Data Fields

| Field Category          | Included Data Points   |
|-------------------------|--|
| <b>Personal Info</b>    | Name, ID (ט.ת.), Phone, Address, City, Age                                 |
| <b>Medications</b>      | List of current medications with name + description (manual entry)         |
| <b>Medical Info</b>     | Bullet-point list of relevant medical conditions (manual entry)            |
| <b>Food Preferences</b> | Dietary restrictions/preferences: Vegan, Keto, Vegetarian, Allergies, etc. |
| <b>General Notes</b>    | Free-text area for additional observations                                 |
| <b>Workouts</b>         | Free text description, hours/week, type of sports                          |
| <b>Metabolic Data</b>   | RMR (Resting Metabolic Rate), Fat Percentage                               |
| <b>Quick Actions</b>    | Display Graph button (Weight, Fat, RMR, Measurements over time)            |

## 4.2 Data Tracking Module (מעקב נתונים)

Comprehensive body composition and progress tracking system with historical data visualization.

### 4.2.1 UI Layout

- **Header Bar:** Client name, ID, age displayed prominently
- **Right Sidebar:** Quick-access links to related modules (Medical Questionnaire, Blood Tests, Supplements, etc.)
- **Main Grid:** Horizontal scrolling data table with date-based rows
- **Bottom Actions:** Graph generation buttons

### 4.2.2 Tracked Metrics (Data Grid Columns)

| Metric            | Hebrew | Description                      |
|-------------------|--------|----------------------------------|
| Date              | תאריך  | Measurement date                 |
| Weight            | משקל   | Body weight in kg                |
| Fat %             | שומן % | Body fat percentage              |
| Fat Mass          | מ. רזה | Fat mass in kg (calculated)      |
| FMMI              | FMMI   | Fat-Free Mass Index              |
| %BIA              | %BIA   | Bioelectrical Impedance Analysis |
| TBW               | TBW    | Total Body Water                 |
| Body Measurements | היקפים | Belly, Waist, Arm, Forearm       |
| Blood Pressure    | לחץ דם | Systolic/Diastolic               |
| H.GRIP            | H.GRIP | Hand grip strength               |
| Notes             | הערות  | Free-text notes per entry        |

### 4.2.3 Graph Generation Buttons

- **התפתחות - גובה** (Height Development)
- **התפתחות - משקל** (Weight Development)
- **התפתחות - BMI** (BMI Development)
- **דף סיכום - גרפים** (Summary Page - Graphs)
- **דף הרכב גוף** (Body Composition Page)

### 4.2.4 Activity & Metabolic Settings

- **RMR Coefficient:** Configurable based on O2 consumption
- **Activity Coefficient:** Adjustable multiplier (undefined by default)
- **Body Activity:** Undefined by default, must be set per client
- **Training Type Checkboxes:** אימון אירובי (Aerobic), אימון כח (Strength)

### 4.3 Menu/Meal Planning Module (תפריטים)

The core feature for creating personalized meal plans with real-time nutritional calculations.

#### 4.3.1 Screen Layout

- **Top Header:** Date selector, Print button (with sibling table option), Client info display
- **Client Summary Bar:** Displays blood test abbreviations, medications, food preferences, supplements
- **Left Panel:** Meal type tabs for navigation
- **Center Panel:** Food items data grid for the selected meal
- **Right Panel:** Daily nutritional summary (סיכום יומי)
- **Bottom Bar:** Calorie totals, Dictionary button

#### 4.3.2 Meal Types (Left Panel Tabs)

| Hebrew    | English           | Typical Time   |
|-----------|-------------------|----------------|
| א. בוקר   | Breakfast         | Morning        |
| א. ביניים | Mid-morning Snack | 10-11 AM       |
| א. צהריים | Lunch             | Noon-1 PM      |
| אחה"צ     | Afternoon Snack   | 3-4 PM         |
| א. ערב    | Dinner            | 6-7 PM         |
| א. לילה   | Evening Snack     | Before bed     |
| תוספים    | Supplements       | Throughout day |

#### 4.3.3 Food Entry Grid Columns

- **סידורי (Order):** Sequence number within meal
- **מזון (Food):** Dropdown selector from food database
- **כמות (Quantity):** Numeric amount
- **ראשי (Primary):** Checkbox for main item flag
- **Observed Example:** "גבינה 3% (3% cheese, 1 קט), 40 גר" (אבוקדו 2 כפות) (Avocado 2 spoons, 40g)

#### 4.3.4 Daily Nutritional Summary Panel (סיכום יומי)

Real-time calculations displayed on right side:

| Category        | Nutrients Tracked   | Display Format |
|-----------------|---|----------------|
| <b>Vitamins</b> | B-6, A, B1, B2, B5, B-12, C, D, E, K                          | Total + % RDA  |
| <b>Minerals</b> | Iron, Calcium, Magnesium, Potassium, Zinc, Sodium, Phosphorus | mg + % RDA     |
| <b>Macros</b>   | Carbohydrates, Proteins, Fats, Fiber, Sugars                  | grams + %      |
| <b>Other</b>    | Saturated fat, Unsaturated fat, Cholesterol                   | grams/mg       |

#### 4.3.5 Bottom Calorie Bar

- **RMR Display:** Resting metabolic rate value
- **קלוריות בפעילות שבועית:** Weekly activity calories
- **ללא מקדם / עם מקדם:** Calorie display without/with activity coefficient
- **Observed Values:** 2,400.0 (with), 2,000.0 (without), 800.0 (activity)

#### 4.3.6 Special Features

- **OR Conditions:** Ability to specify alternative foods (conditional parameters)
- **Meal Notes:** תערות field for instructions per meal

- **Menu Notes:** General notes field for the entire menu
- **PDF Export:** Print functionality with sibling table option
- **Dictionary Access:** מילון button for food/disease/medication descriptions

## 4.4 Blood Test Management (תוצאות בדיקות דם)

Comprehensive lab results tracking with reference ranges and historical comparison.

### 4.4.1 UI Structure

- **Header:** Title "תוצאות בדיקות דם" with client selector
- **Grid Layout:** Test parameters as rows, dates as columns
- **Reference Ranges:** Shown inline (e.g., \*[3.5.....5.5] for Albumin)
- **Selection Checkboxes:** Toggle visibility of each test parameter

### 4.4.2 Tracked Blood Parameters

| Parameter                     | Unit   | Category      |
|-------------------------------|--------|---------------|
| ALBUMIN                       | g/dL   | Protein       |
| ALK PHOSPHATASE               | U/L    | Liver/Bone    |
| CALCIUM                       | mg/dL  | Mineral       |
| CHOLESTEROL (Total, HDL, LDL) | mg/dL  | Lipid Panel   |
| CPK                           | U/L    | Muscle        |
| CREATININE                    | mg/dL  | Kidney        |
| FERRITIN                      | ng/mL  | Iron Storage  |
| FOLIC ACID                    | ng/mL  | Vitamin       |
| GGT                           | U/L    | Liver         |
| GLUCOSE (GLU)                 | mg/dL  | Metabolic     |
| GOT/GPT (AST/ALT)             | U/L    | Liver Enzymes |
| HB (Hemoglobin)               | g/dL   | Blood         |
| IRON                          | מק"ג/ל | Mineral       |



## 4.5 Medical Questionnaire (שאלון רפואי ללקוח)

Structured health history intake form for comprehensive client assessment.

### 4.5.1 UI Structure

- **Client Selector:** Dropdown at top to select client
- **Question Grid:** List of medical questions with response options
- **Columns:** שאלה (Question), כן/לא (Yes/No), הערות (Notes), מטופל (Treated)

### 4.5.2 Sample Medical Questions

- האם הינך סובל מיתר לחץ דם? (Do you suffer from high blood pressure?)
- האם חלית בעבר בסרטן? (Have you ever had cancer?)

*Additional questions are configurable through the system's admin panel.*

## 4.6 Body Composition Calculator (חישוב אחוזי שומן בעזרת כפלי גוף)

Skinfold measurement tool for calculating body fat percentage using standardized formulas.

### 4.6.1 Measurement Sites

| Site        | Input Field |
|-------------|-------------|
| Triceps     | mm input    |
| Midaxillary | mm input    |
| Chest       | mm input    |
| Subscapular | mm input    |
| Suprailium  | mm input    |
| Abdominal   | mm input    |
| Thigh       | mm input    |

### 4.6.2 Calculation Formulas

- **Method 1:** Chest, Abdominal, Thigh (3-site Jackson-Pollock)
- **Method 2:** Chest, Triceps, Subscapular (alternative 3-site)
- **Output:** Calculated fat % using both formulas + total 3-variable result

## 4.7 Medications Database (תרופות)

Manually maintained database of medications with nutritional relevance notes.

### 4.7.1 Observed Medication Entries

| Medication  | Notes/Interactions   |
|-------------|--|
| Asthma meds | Anti-psychotic medication used for schizophrenia treatment |
| Contraloc   | (Description not visible)                                  |
| GLP1-GIP    | ירידה במשקל (Weight loss medication)                       |
| micropirin  | נגד קרישה (Anti-coagulant)                                 |
| Norvasc     | Not with iode  |
| PRENATAL    | בחר 60 מג עם מולטי ליים (Take 60mg with multi-lime)        |
| Relvar      | אסתמא/COPD   |

## 5. Administration Dashboard

The main dashboard provides access to all system configuration and data management modules.

### 5.1 Dashboard Module Grid

The home screen displays modules organized in a grid layout:

| Column 1              | Column 2                 | Column 3            |
|-----------------------|--------------------------|---------------------|
| תרופות (Medications)  | תוספי מזון (Supplements) | שמורות SMS הודעות   |
| RMR מקדמי             | שאלון רפואי              | מקדמי פעילות        |
| טווחי אחוזי שומן      | פרמטרי בדיקות דם         | סטטוס לקוח          |
| מכשירים לאימון אירובי | רשימת שמות (Clients)     | סוגי ארוחות         |
| יחידות מאפייני מזון   | מאפייני מזון             | מזונות (Foods)      |
| סוגי לקוחות           | מילון (Dictionary)       | שירות לקוחות        |
| סוגי תוכניות          | סוגי תרגילים             | תרגילים (Exercises) |
| ערים (Cities)         |                          |                     |

## 6. UI/UX Analysis & Observations

### 6.1 Visual Design Characteristics

#### 6.1.1 Color Palette

- **Primary:** Green (#4A7C59 approximately) – used in headers, buttons, accents
- **Secondary:** Yellow/Gold highlights – used for emphasis and warnings
- **Background:** Light gray/white workspace areas
- **Text:** Black primary, white on green headers
- **Accent:** Dark brown/olive for section dividers

#### 6.1.2 Typography

- Mixed Hebrew and English fonts throughout
- Inconsistent sizing across different modules
- RTL (Right-to-Left) text direction for Hebrew content
- Medical/scientific terms kept in English (ALBUMIN, HDL, etc.)

#### 6.1.3 Layout Patterns

- Modal/popup windows for most data entry screens
- Data grids with horizontal scrolling for wide datasets
- Sidebar navigation for related modules
- Action buttons clustered at bottom of screens
- Green header bars for section titles

### 6.2 Interaction Patterns

- Click-to-select client from master list
- Dropdown selectors for food items and medications
- Checkbox toggles for yes/no responses and feature visibility
- Numeric input fields for measurements
- Date pickers for time-series data
- Print/Export buttons for PDF generation

### 6.3 Current System Limitations (Opportunities for Improvement)

- Desktop-only – no mobile or web access
- Manual data entry for most reference data (medications, foods)
- Limited visualization options (basic graphs only)
- No apparent client portal or self-service options
- Single-user architecture (no collaboration features visible)
- Dated visual design aesthetic
- Dense information display may overwhelm new users
- No visible integration with external services (lab systems, fitness trackers)

## 7. Inferred Data Model

Based on the observed screens, the following entity relationships can be inferred:

### 7.1 Core Entities

#### Client (לקוח)

- ID, Name, Phone, Address, City, Age, Status
- Relationships: → Medications, → Medical Info, → Food Preferences, → Menus, → Data Tracking Records, → Blood Tests

#### Menu (תפריט)

- Client ID, Date, Notes
- Relationships: → Menu Items (per meal type)

#### Menu Item (פריט תפריט)

- Menu ID, Meal Type, Food ID, Quantity, Order, Is Primary, Notes

#### Food (מזון)

- ID, Name, Description (for customers), Nutritional Values (all macros/micros)

#### Data Tracking Record (רשומת מעקב)

- Client ID, Date, Weight, Fat%, Measurements, Blood Pressure, Notes

#### Blood Test (בדיקת דם)

- Client ID, Date, Parameter Values (multiple tests per date)

#### Reference Tables

- Medications, Supplements, Exercises, Cities, Client Types, Meal Types, Blood Test Parameters, RMR Coefficients, Activity Coefficients, Fat Percentage Ranges

## 8. Appendix: Glossary of Hebrew Terms

| Hebrew      | Transliteration | English               |
|-------------|-----------------|-----------------------|
| מעקב נתונים | Ma'akav Netunim | Data Tracking         |
| סיכום יומי  | Sikum Yomi      | Daily Summary         |
| בדיקות דם   | Bedikot Dam     | Blood Tests           |
| שאלון רפואי | She'elon Refu'i | Medical Questionnaire |
| תרופות      | Trufot          | Medications           |
| תוספי מזון  | Tosefei Mazon   | Food Supplements      |
| מזונות      | Mezonot         | Foods                 |
| תרגילים     | Targilim        | Exercises             |
| מילון       | Milon           | Dictionary            |
| הערות       | He'arot         | Notes                 |
| לקוח        | Lako'ach        | Client                |

**Document Purpose:** This specification serves as the foundation for redesigning and improving the NutriPro platform while ensuring all existing functionality is preserved and enhanced. Use this document as a reference for requirements gathering, feature prioritization, and UI/UX redesign efforts.