

NutriPro

Nutrition & Physical Activity Counseling Platform

מערכת ייעוץ לתזונה ופעילויות גופניות

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
Client List	רשימת לקוחות	Master client database
Data Tracking	מעקב נתונים	Body metrics & progress tracking
Menu Builder	תפריטים	Meal planning with nutrition calc
Blood Tests	בדיקות דם	Lab results management
Medical Questionnaire	שאלון רפואי	Health history intake
Medications	תרופות	Drug database with interactions
Food Database	מזונות	Nutritional values repository
Supplements	תוספי מזון	Supplement management
Workouts	תרגילים	Exercise prescription
Dictionary	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 (כרטיסו לקוח) – Data Fields

Field Category	Included Data Points
Personal Info	Name, ID (ת.ז.), Phone, Address, City, Age
Medications	List of current medications with name + description (manual entry)
Medical Info	Bullet-point list of relevant medical conditions (manual entry)
Food Preferences	Dietary restrictions/preferences: Vegan, Keto, Vegetarian, Allergies, etc.
General Notes	Free-text area for additional observations
Workouts	Free text description, hours/week, type of sports
Metabolic Data	RMR (Resting Metabolic Rate), Fat Percentage
Quick Actions	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 הרכוב גופך (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 כוח (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. ביןימים	Mid-morning Snack	10-11 AM
א. צהרים	Lunch	Noon-1 PM
אחרי"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
- (Food):** Dropdown selector from food database
- כמות (Quantity):** Numeric amount
- ראשי (Primary):** Checkbox for main item flag
- Observed Example:** "אבוקדו 2 כפות (40 גרם)", "גבינה 3% גביע ט" (3% cheese, 1 cup) (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
Vitamins	B-6, A, B1, B2, B5, B-12, C, D, Total + % RDA E, K	
Minerals	Iron, Calcium, Magnesium, Potassium, Zinc, Sodium, Phosphorus	mg + % RDA
Macros	Carbohydrates, Proteins, Fats, grams + % Fiber, Sugars	
Other	Saturated fat, Unsaturated fat, grams/mg Cholesterol	

4.3.5 Bottom Calorie Bar

- RMR Display:** Resting metabolic rate value
- קלוריות בפעילויות 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:** הערות 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 (בדיקות דם)

Comprehensive lab results tracking with reference ranges and historical comparison.

4.4.1 UI Structure

- Header:** Title "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	מג/ל	Mineral

4.5 Medical Questionnaire (שאלון רפואי ללקות)

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), לטופל (Treated)

4.5.2 Sample Medical Questions

- האם הינך סובל מיתר לחץ דם?
- האם חلت בעבר בسرطان?

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
Supraillium	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 קריישה (Anti-coagulant)
Norvasc	Not with iodine
PRENATAL	בחר 60 מג עם מולטי ליום (Take 60mg with multi-lime)
Relvar	אוסטמא/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
מקדי RMR	שאלון רפואי	מקדי פעילות
טוויח אחזוי שמן	פרמטרי בדיקות דם	սטטוס לקוחות
מכשירים לאימון אירובי	רשימת לקוחות (Clients)	סוגי ארוחות
יחסיות מאפייני מזון	מאפייני מזון	מזונות (Foods)
סוגי לקוחות	מילון (Dictionary)	שירות לקוחות
סוגי תוכניות	סוגי תרגילים	תרגולים (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 מенוי)

- 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 (רשומות מעקב)

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

Blood Test (בדיקות 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 נתוניים	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
תרגולים	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.