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## TCSS 445

### Team 7

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# Project Summary

7<sup>th</sup> December 2016

## OVERVIEW

As a personal trainer, you help your clients maintain a healthy lifestyle. One way to help them is through portion control and proper nutrition balance. Design a program that allows users to keep track of calories daily consume for diet control.

## GOALS

Trainer/Trainee can use browser to access database to track previous diet data, to insert daily food consumption, to update incorrect data, to login and logout. There are several drop down menus filled by the database: two on the start screen if signed in as a trainer (one if not), two on the insert screen, one on the delete screen, and two on the update screen. A customize Tableau report is provided to track calories.

## SPECIFICATIONS

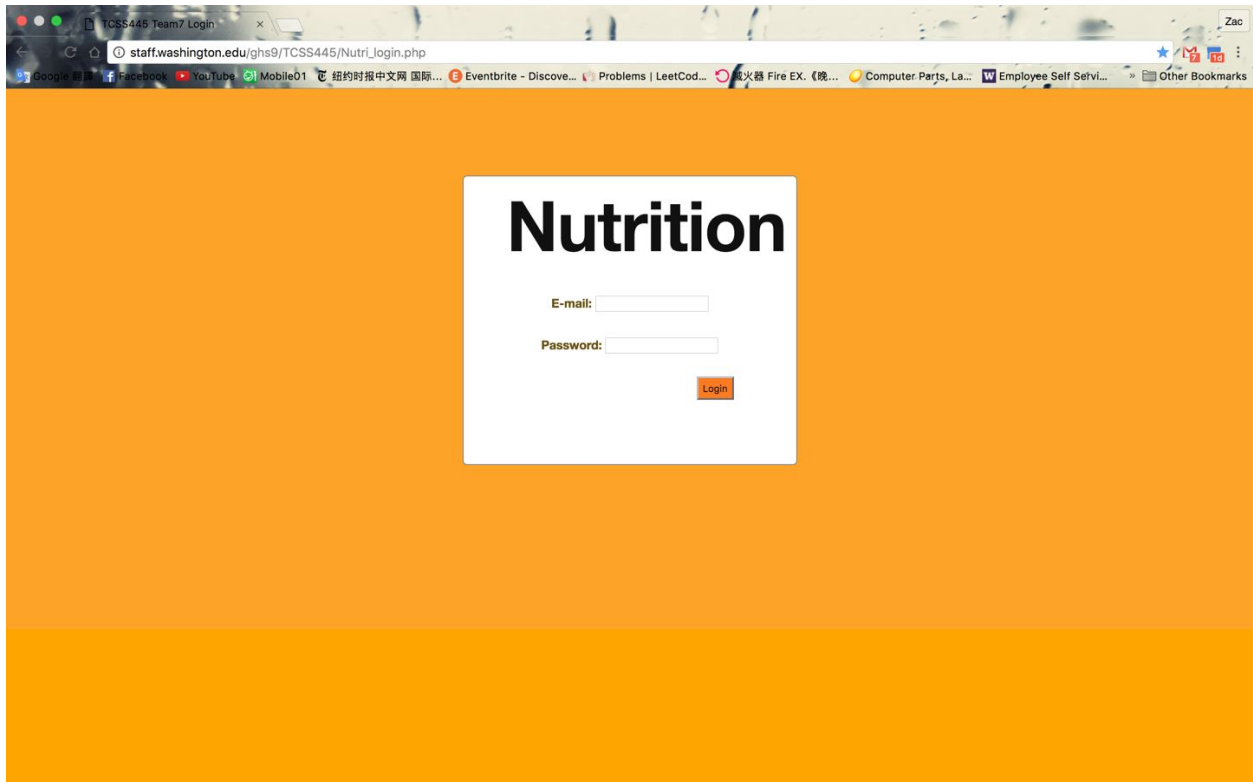
URL:	<a href="#">LoginPage</a>
Database path:	vergil.u.washington.edu
Port:	8787
Account:	<a href="#">jilarson@uw.edu</a> (DB and Tableau without @uw.edu)
Password:	jilarsonTCSS445\$\$%
Tableau report:	<a href="#">TCSS445project.twb</a>
Database file:	<a href="#">TCSS445_team7_Autumn_2016.sql</a>

※ Credential for both database and Tableau report connection (HuskyOnNet is required)

※ Tableau software: <https://itconnect.uw.edu/wares/uware/tableau-software/>

## Content

### Login



The screenshot shows a web browser window with the address bar displaying `staff.washington.edu/ghs9/TCSS445/Nutri_login.php`. The page has a solid orange background. In the center, there is a white rectangular box containing the word "Nutrition" in a large, bold, black font. Below the title, there are two input fields: "E-mail:" followed by a text box, and "Password:" followed by a text box. At the bottom right of the white box is a small orange button with the word "Login" in white text. The browser's address bar and a bookmarks bar are visible at the top of the window.

## User interface

# Nutrition

Hello Joel Larson The day is December 6, 2016 and here is your report.  
Happy eating!

Date	Meal Type	Calories	Protein	Fat	Carbohydrates
1 December, 2016	breakfast	614	8	10	4
1 December, 2016	lunch	961	16	25	17
1 December, 2016	supper	604	5	21	22
2 December, 2016	breakfast	1198	37	34	25
2 December, 2016	lunch	361	4	9	15
2 December, 2016	supper	447	4	5	6
3 December, 2016	lunch	1140	12	28	20
3 December, 2016	supper	1481	14	18	25
7 December, 2016	supper	355	2	5	5
8 December, 2016	snack	639	0	15	15
12 December, 2016	supper	710	4	10	10
16 December, 2016	breakfast	1278	0	30	30

Find a specific date?

Or look for a specific month?

Or look for a specific week?

Or [add a meal?](#)

Or [delete a meal?](#)

Or select a meal to alter?

[Change Meal](#)

Trainer, select which profile to view

[View Profile](#)

Or, Log out? [log in](#)