

Calorie Tracker

User Manual

tracker.aasifversi.com

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Account creation

- Facebook - To signup with Facebook, click the Facebook login button on the signup page and give the app the requested permissions.
- Manual - To sign up manually, click the Sign Up button on the home page, fill out all the fields on the signup page, and click Create Account.

Sign Up

Username:

Password:

Confirm Password:

First Name:

Last Name:

Phone Number:

Fat Calories:

Carbohydrate Calories:

Protein Calories:

Display my goals publicly:
☐

Display my food publicly:
☐

Home Page

After logging in, the user will be directed to the home page where the user will have a tab bar with more options. They will also see how many calories that they have left for the day and a table of all the food and exercises for the day.

Food Tracker

New Manual EntryNew Search EntryNew Entry From FavoritesNew Exercise EntryCalorie CalculatorHistoryWeightDownload History

Settings

05-02-2016

Go

Carbs Remaining: 100

Fat Remaining: 100

Protein Remaining: 100

Tweet

Breakfast

Food	Measurement	Quantity	Carbs	Fat	Protein
------	-------------	----------	-------	-----	---------

Lunch

Food	Measurement	Quantity	Carbs	Fat	Protein
------	-------------	----------	-------	-----	---------

Dinner

Food	Measurement	Quantity	Carbs	Fat	Protein
------	-------------	----------	-------	-----	---------

Snack

Food	Measurement	Quantity	Carbs	Fat	Protein
------	-------------	----------	-------	-----	---------

Entering Food

- **Personal Entry** - To create a new manual food entry, click the orange New Manual Entry button at the top of any page. Fill in all the fields on the entry page and check the Add to Favorites box if you want to add this food entry to your list of favorites, then click Complete to add this food entry to your daily diary.

New Diary Entry

Food | Beverage

Qty. Measure (QM)

Meal

Qty.


Fat per QM


Protein per QM

Carbs per QM

Add to Favorites ☐

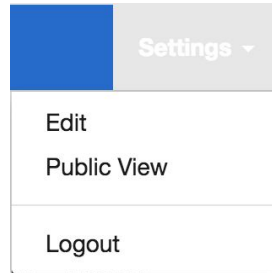
- **Database Search** - To search for a new food entry in the database, click the orange New Search Entry button at the top of any page. Click the microphone icon on the right side of the search bar to use voice search. Name the food you want to search for and click the magnifying glass icon to the left of the search bar to search for it, or type your search term. Then select the entry you want to add to your food diary.





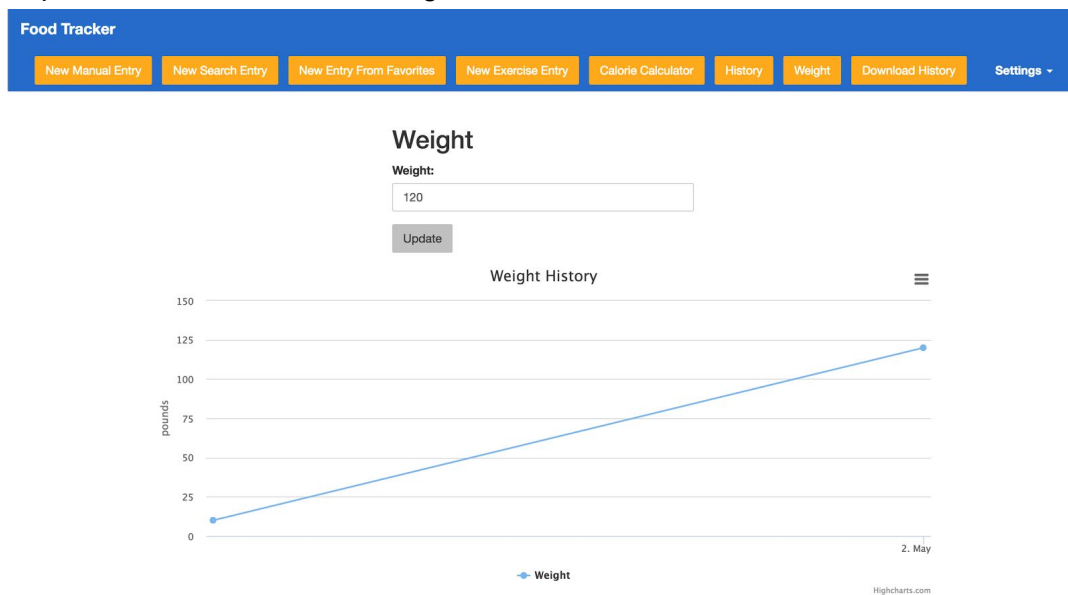
Editing Settings

- To edit your account settings, click the Settings button in the top right corner of any page and then click Edit. On this page you can change your calorie goals, your phone number, and the privacy of your profile.



Entering Weight

- To add a new weight entry, the user can select the orange weight tab titled "Weight". Here there will be an option to add a new weight for the current user. If there is currently a weight for today's date, the weight will be updated. There will also be a graph representation of the user's weight.



Favorite Meals

- To add a new food entry from your favorites, click the orange New Entry from Favorites button at the top of any page, edit the number of servings and meal of one of your favorites, and click the Submit button to add it to your food diary.

Favorites

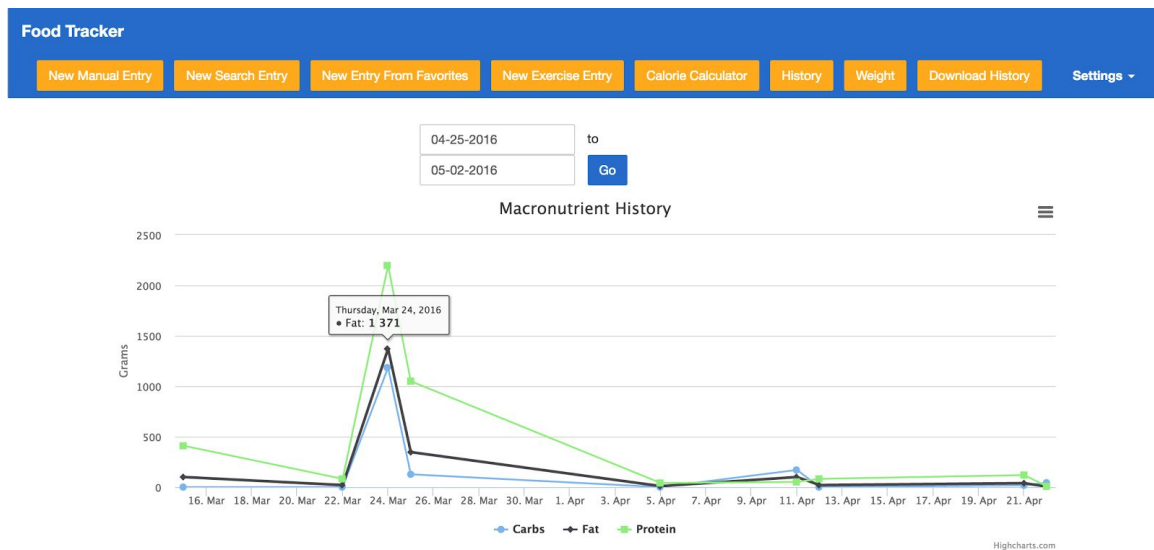
Food	Carbs	Fat	Protein	Servings	Unit	Meal	Submit
blueberries	60	0	0	3	Handfuls	Breakfast ▾	Submit
apple	65	0	0	1	Servings	Breakfast ▾	Submit
orange	10	1	1	1	Servings	Breakfast ▾	Submit

Cheat Day Mode

- While on the home page, if the user presses the sequence (up, up, down, down, left, left, right, right, b, a) on their keyboard, it would enter “cheat mode”. During this mode, the user cannot enter entries and there’s a gravity based animation on screen.

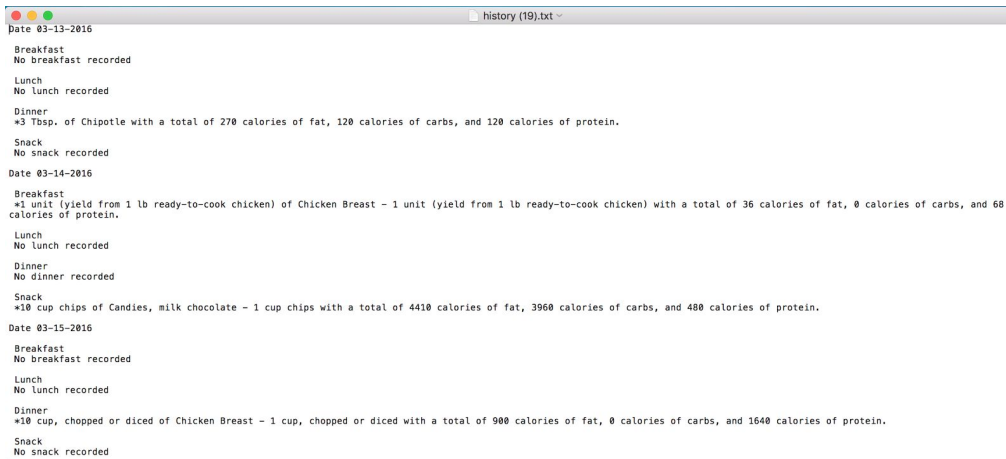
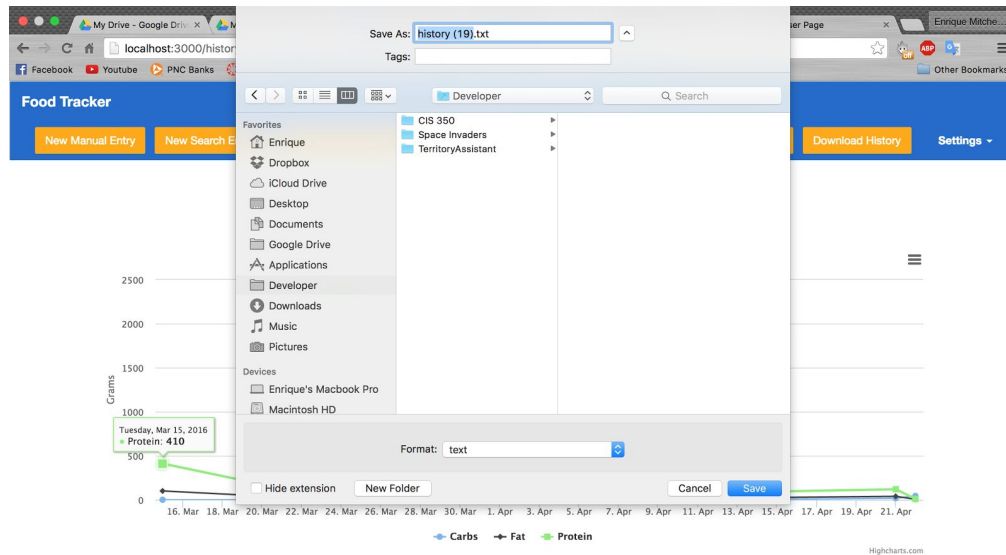
Tracking History

- If a user selects the history tab, they will have the option to insert a start date and an end date that would show them a graphical representation of how many calories they consumed over that period of time.



Getting text file

- If the user selects the “Download History” tab, the user will be prompted to download a text file with all the food that they’ve logged since eating. The food will be sorted by meals and give the caloric information for each meal.



Calculators

- Click the orange Calorie Calculator button at the top of any page to go to the calculator page. To calculate how many calories of each macronutrient you need from the percentage of your total calories, input into the first calculator the total amount of calories you want to consume and the percentage of your calories you want each macronutrient to be and click Calculate. To calculate the number of calories of each macronutrient you

need to consume from the number of grams of that macronutrient, input into the second calculator the number of grams of each macronutrient you want to consume and click Calculate. If the number of grams of each macronutrient you want to consume is proportional to your body weight, input into the third calculator your body weight and the proportion of each macronutrient and click Calculate to get the number of grams of each macronutrient you need.

Calculate total grams from grams per lb. bodyweight

Bodyweight:

Grams of Carbs per lb bodyweight:

Grams of Protein per lb bodyweight:

Grams of Fat per lb bodyweight:

Calculate

Calculate calories from grams

Grams of Carbs:

Grams of Protein:

Grams of Fat:

Calculate

Calculate macronutrient calories from percentage of total calories

Total Amount of calories:

Percentage of Carbs:

Percentage of Protein:

Percentage of Fat:

Calculate

Phone Number Notifications

- Every day at 2:10, every user that doesn't have an entry in for the day will be sent an emailing them a reminder to input food for the day.

Tweet

- To tweet about your progress, click the Tweet button on the center of your food diary page. You will be redirected to Twitter, where you might have to log in, and be shown a standard tweet saying how many calories you have left to eat today with a link to the calorie tracker app. You may edit and post this tweet to your Twitter account.

Share a link with your followers

I have 13650 calories left to eat today <http://group10fitness.com>

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Tweet

Public Pages

- Under the settings panel, the user has the option to allow their goals to be visible to other users. A user's public page is accessible from website.com/public/username.

Food Tracker [New Manual Entry](#) [New Search Entry](#) [New Entry From Favorites](#) [New Exercise Entry](#) [Calorie Calculator](#) [History](#) [Weight](#) [Download History](#) [Settings](#)

Public Page

Current Carbohydrate Goal: 100

Current Fat Goals: 100

Current Protein Goals: 100

Breakfast

Food	Measurement	Quantity	Carbs	Fat	Protein
------	-------------	----------	-------	-----	---------

Lunch

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Snack

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