

MyBMIUSR
USAGE MANUAL

Available for
Andriod

Dear customer,

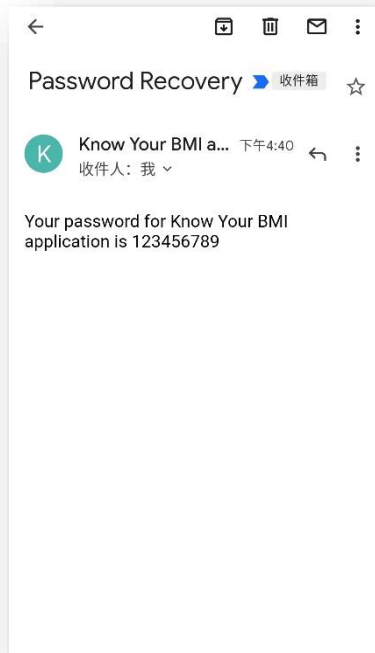
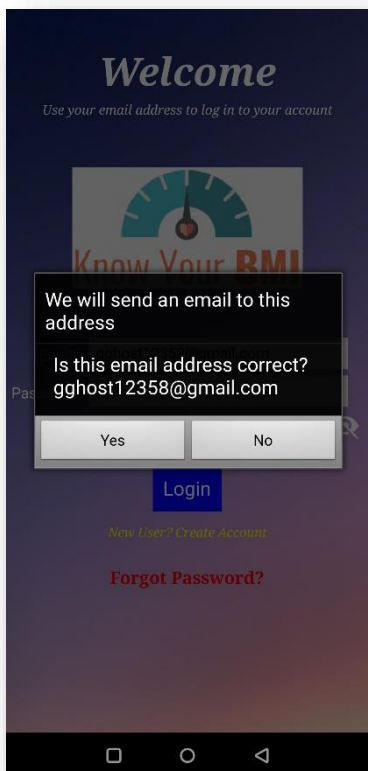
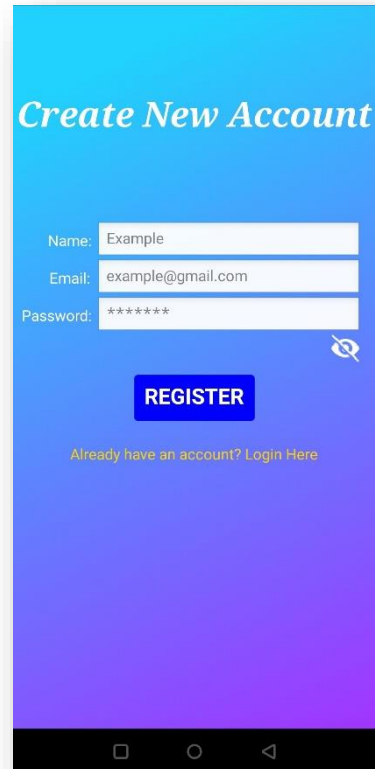
Thank you for choosing MyBMIUSR APP.

MyBMIUSR is a system that checking your BMI via mobile phone.

This manual provides the functions that are directly accessible from your smartphone-tablet device (Android).

To use MYBMIUSR:

1. Download and Install the free “MyBMIUSR” Mobile app to your device.
 - <https://drive.google.com/file/d/1g0Es1BnGuXoYYWeE4dvPfQthWCI264ZF/view?usp=sharing>
2. Open the app and sign in by entering your Email and Password if you are register before. You can turn to register page from login page.
3. You can also click on the Forget Password to receive your password if you are unfortunately forgot it. Our application will automatically send an email with your password to the email address you have filled in.
4. Once you have completed the steps above, you will be directed to the main page.



Main Page

After login done, the Main Page display the main functions available in the app which is BMI calculator. At the top of the page, you will be able to see two blank space.

1. The first box asks for your height, and the button next to it selects the appropriate unit of calculation.
2. The second box asks for your weight, and the button next to it selects the appropriate unit of calculation also.
3. After that, your BMI score will be displayed on the bottom of the pages.
4. Then, you can click the suggest button to get our suggestion to improve your health.

BMI Calculator

Height

Unit

Metre (m)

Weight

Unit

Kilograms (kg)

Calculate BMI

BMI Calculator

Height

1.71

Unit

Metre (m)

Weight

40

Unit

Kilograms (kg)

Calculate BMI

Your BMI score

13.7

Hi Vincent, your category is
underweight. Press the suggest button
below to see how to gain weight.

SUGGEST

BMI Calculator

Height

1.71

Unit

Metre (m)

Weight

60

Unit

Kilograms (kg)

Calculate BMI

Your BMI score

20.5

Hi Vincent, your category is healthy
weight. Press the suggest button below
to see how to maintain your weight.

SUGGEST

BMI Calculator

Height

1.71

Unit

Metre (m)

Weight

90

Unit

Kilograms (kg)

Calculate BMI

Your BMI score

30.8

Hi Vincent, your category is Obese.
Press the suggest button below to see
how to lose your weight.

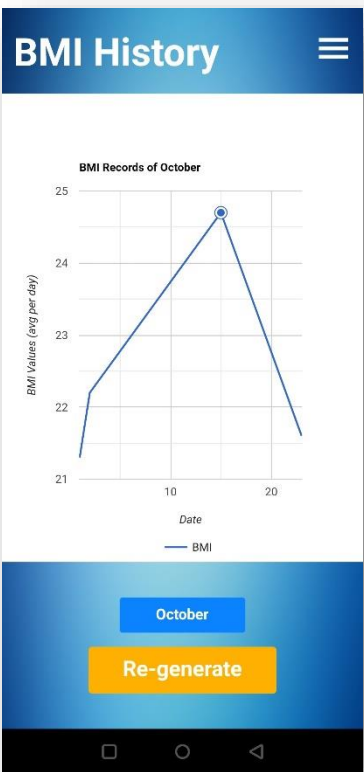
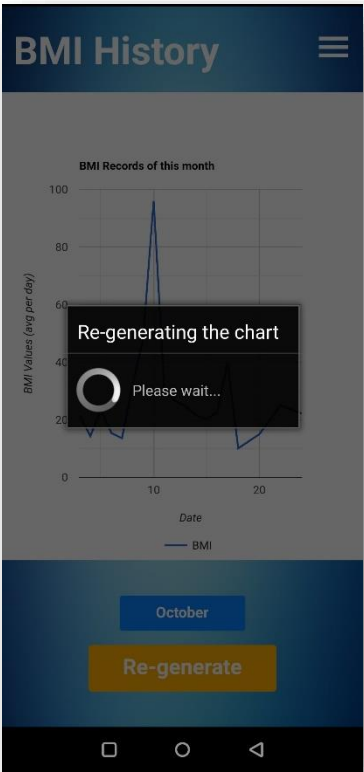
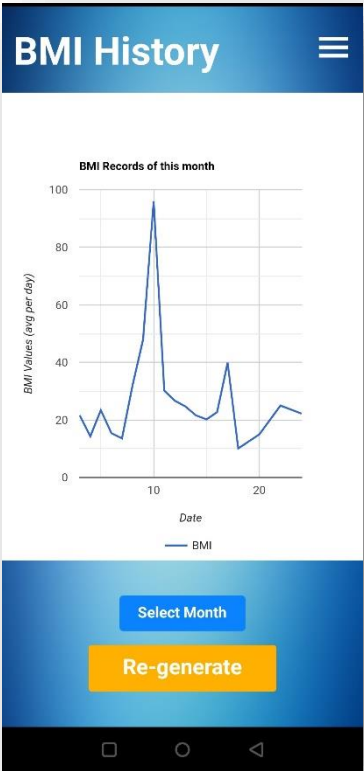
SUGGEST

View Chart

Through the button on the top-right corner of every pages, you can see the interface which present View Chart, Suggestion, Log out and Exit function.

You can check for your past BMI in this page.

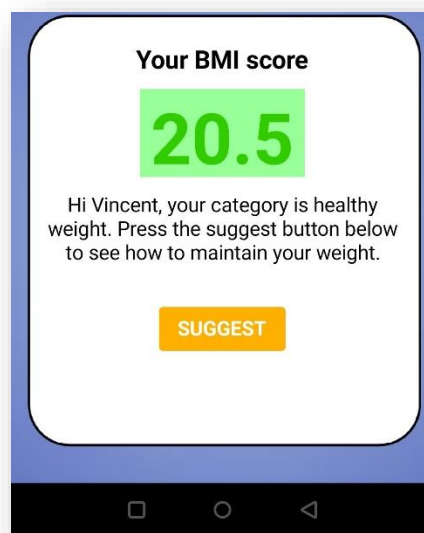
Besides, you can also check it monthly when you click on “select month” button. A new BMI history will be re-generate after you click on the “Re-generate” button.



Suggestion

The Suggestion pages will give you some advice based on your latest BMI record. You can get in this pages in the same way you enter the Chart page and through the Suggestion button

The suggestion includes the exercises that can control and maintain your body health as well as the balanced diet.



MyBMIUSR App Provider:

Team TBA

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Github: <https://github.com/vinc3898/vinc3898-TCC3141-Cloud-Computing-Assignment>