

# User Guide:

# FitLifeApp

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# 1. Create Account

- When you first open the application it will prompt you for a login field with a username and password.
- If you already have an account then you may login (see Login on page 4).
- Assuming you do not have an account, you must create one.
- The user will click on Create Account button which will open up a new window with fields that must be filled out
- Once the user fills out the necessary requirements (username, password, re-type password) they will then click on the Create Account button which will create their account and go back to the login screen.

## 2. Login

- After the user has successfully created an account (see Create Account page 3) they will login
- The user will enter their username and password and press login which will take them to the home screen
- If the wrong username or password is entered user will be again prompted for login credentials

### 3. Add/Review Workout

- Once successfully logged in user will be brought to the home screen
- To add a workout the user will click on the exercise panel
- A calendar will open up and the user can navigate through the calendar
- Once a date is settled on the user double clicks the date and is prompted to enter a workout on that date
- User will enter workout type, name of workout, duration, their bodyweight, and the weight used in the workout
- Once those fields are successfully entered user will press okay
- To review an entered workout the user will navigate back to the home page
- User will click review exercise and similarly a calendar will open up
- User will navigate calendar and double click desired date
- A table will open up with all the workouts for that day
- If desired the user may edit the information by double clicking
- If desired the user may delete a workout by selecting it and right clicking

## 4. Add/Review Nutrition

- Once successfully logged in user will be brought to the home screen
- To add a meal the user will click on the nutrition panel
- A calendar will open up and the user can navigate through the calendar
- Once a date is settled on the user double clicks the date and is prompted to enter a meal on that date
- User will enter meal name, carbs, fat, protein, and hydration
- Once those fields are successfully entered user will press okay
- To review an entered meal the user will first navigate back to the home page
- User will click review nutrition and similarly a calendar will open up
- User will navigate calendar and double click desired date
- A table will open up with all the meals entered for that day
- If desired the user may edit the information by double clicking
- If desired the user may delete a meal by selecting it and right clicking

## 5. Add/Review Sleep

- Once successfully logged in user will be brought to the home screen
- To add sleep the user will click on the sleep panel
- A calendar will open up and the user can navigate through the calendar
- Once a date is settled on the user double clicks the date and is prompted to enter sleep on that date
- User will enter duration, quality of sleep on a scale, and the start time of their sleep
- Once those fields are successfully entered user will press okay
- To review sleep the user will first navigate back to the home page
- User will click review sleep and similarly a calendar will open up
- User will navigate calendar and double click desired date
- A table will open up with all the sleep entered for that day
- If desired the user may edit the information by double clicking
- If desired the user may delete sleep by selecting it and right clicking