Weight 1 Minute – Beta Release Documentation

Application Administration

The purpose of application administration is to empower the administrator to control the application behavior. Following is the list of common tasks administrator can perform.

Basic System Units Definition

Administrator can manage measuring units being used by the application. Besides defining the measurement units, administer can also define the rules of conversion (from one unit to other). Administrator does not need to map all the unit conversions. System is intelligent enough to infer the conversion rules at first level. For example, if administrator has defined following units:

> *Table Spoon, Tea Spoon, Cup, Fluid Ounce*

And he has defined following three rules:

> *1 Tea Spoon = 0.16666667 Fluid Ounce*
> *1 Table Spoon = 0.5 Fluid Ounce*

System will automatically start converting:

> *Tea Spoons into Fluid Ounces*

This will greatly reduce the burden as there are number of units being used in different parts of world.

Manage Food Item Database

Administrator can define food item groups and categories. Categories belong to a particular food item group. Every food item defined in the system must belong to a food item category and hence a food item group. Nutrient information is associated with every food item and is used to calculate the diet related information.

Besides defining food items, administrator can import the food items on mass scale as well. System understands CSV files in particular format. Format has been explained on the import screen.

Administrator can define Food Item Menus (for the food item suggestion module of the application). When system is installed, it comes with following Menus as suggested by http://www.mypyramid.gov. While defining Menus, administer associates food item categories with a particular menu. System will consider these food item categories (beside other parameters like nutrient information, user likes and dislikes) while suggesting a menu for the day. Following are the built in menu, as per suggested by http://www.mypyramid.gov.

Fruits
Grains
Meat & Beans
Milk
Vegetables

Manage Recipe Analysis Engine

Using this application, user can analyze his custom recipes. Generically speaking, a recipe consists of 'ingredients' which are 'treated' in a specific manner to obtain the taste. Administrator can define treatments such as boiling, frying, deep frying etc. Administrator can also define ingredients such as orange juice, lime juice, carrots etc. Combining the both, administrator can build a rich database of ingredients for recipes containing nutrient information. User can use these ingredients to build their recipes hence allowing them to obtain more accurate information about nutrient facts.

Manage Physical Routines (Exercises and Physical Excretions)

Administrator can define physical activities in the system along with their calorie consumption information. On generic level, administrator can define 'Physical Activities' such as:

Boxing
Aerobics
Running
Swimming

And moving towards specifics he can define 'Physical Activity Types' such as:

Swimming, Water Polo
Swimming, General
Aerobics, General
Aerobics, Water

And moving towards more specifics, he can define 'Physical Activities Sub Types' such as:

Aerobics, General, High Impact
Aerobics, General, Low Impact

Using these definitions, administrator can define exercises in the system. Administer is not required to follow this particular hierarchy to define an exercise. But however, to provide more 'accurate' information for users, it is recommended to do so. No other system available in market provides such kind of details.

Basic Content Management System

Using the build in articles management system, administrator can publish articles. He can also define articles categories. While publishing articles, administrator can attach keywords and hence allows the article to capture read attention easily.

Administrator can define RSS feed categories and RSS feed sources.

Administrator can manage Crawler configuration.

Membership Management

Using membership management system, administrator can manage the users of the website. When a payment routine (such as LinkPoint) is attached, administrator will be able to view the transaction details as well. Under membership management, administrator can define the contents of welcome email, membership fees and tenors.

General System Administration

General system settings include:

Weight loss threshold definition

Administrator can define weight loss/gain threshold. System will alert a user if user is to lose/gain weight beyond medical recommendations. These alerts will be displayed while defining a plan or during the execution of plan.

> *System will alert a user if he is losing/gaining weight too quickly. For instance, if a user defines a plan and shows intensions to lose 10KG weight in 10 days, system will halt the user.*

WARNING: SYSTEM DOES NOT COME WITH MEDICALLY VALID THRESHOLDS. YOUR MUST CONSULT MEDICAL PRACTITIONER BEFORE IMPLEMENTING THE RULES.

Height & Weight ranges

Height and weight ranges catered by the system.

Cookie of the day

Whenever a user logs into the system, he is presented with tip of the day. Administrator can add tips and they will be selected randomly. Administrator can also bulk import tips.

Buck up Messages

Administrator can define buck up messages. Buck up messages is based on the %age of missing the target. For instance:

Weight 1 Minute: The Application

Following are the available features of Weight 1 Minute application.

Articles

Users can browse articles posted by the administrator.

Food Item Searching / Browsing

Any user can search/browser vast database of food items.

User Registration

A user can register with application by providing his basic information. In future, user registrations will be subject to the payment options set by the administrator.

Recipe Analysis

When a user has been logged in, he can add his custom recipes. He can 'construct' his recipes while defining the basic 'treated' ingredients. He can add custom ingredients with nutrient information as well. User can share his recipe with other users as well.

Diet Plan Definition

Registered user can define a plan to loss/gain weight in a particular period of time. While defining plan, he chooses span of his choice and current and target weight. He can also give a user friendly name to the plan.

A good name could be: My plan to look good on my wedding

Plan dates are mutually exclusive hence user can run only one plan in particular period of time. For instance, he has defined a plan:

From January 12, 2007 to April 12, 2007

He cannot define another plan which comes in these dates.

He cannot define plan starting from February, 12 2007 to March, 12 2007

While defining a plan, user can setup default BMR information. User is presented with BMR details.

User, at any instance, can update his diet plan.

Daily Logging

Whenever user logs into the system, if there is an active plan, he will presented with following set of information:

- Alert, if he hasn't logged his today activities (i.e. food intakes, physical activities, measurements etc)

- Happy face if his calorie consumption is as per suggested by the plan

- Sad face and a buck up message if his calorie consumption is higher than the level suggested by the plan

- Plan summary

- Link to today's suggested menu

Following is a snap shot of a typical plan.

If user clicks on 'You have not logged for today', he will presented with Plan Control Panel.

Diet Plan Logs for Today

My Daily Journal

My BMR

My Measurements

My Exercises

My Food Items Consumed

My Charts

February 2007						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

	Plan			Actual				Updated Plan	
	Date	Weight	Cal Intake	Weight	Food	Exercise	Cal Intake	Weight	Cal Intake
	13/02/2007	99.83	915.67	99.83	702		702		
	14/02/2007	99.67	913.38	99.83					
	15/02/2007	99.5	911.1					99.66	887.67
	16/02/2007	99.33	908.82					99.49	885.34
	17/02/2007	99.17	906.53					99.32	883.01
	18/02/2007	99	904.25					99.15	880.68

BMR – Daily Journal

User can update his daily BMR and log a journal entry.

Measurements

User can input his measurements by clicking Log Measurements link on Plan Logging Panel. He has facility to input number of body measurements such as:

- Blood Pressure

- Neck

- Chest

- Weight

    Weight input is use to 'recalibrate' the diet plan. If has not entered his weight for a particular day and has logged his physical activities or food item consumption, system considers that his weight has not been changed and uses latest reading available

Physical Activities

From Plan Logging Panel, user can input his physical activities.

Food Items Consumed

From Logging Panel, user can input his food item consumptions. These food item consumptions can be logged using standard food items (made available by the system) or by his custom recipes or shared recipes.

Analysis – The Grid

This is the most important portion of the application. Following is a snap shot of typical chart.

	Plan			Actual				Updated Plan	
	Date	Weight	Cal Intake	Weight	Food	Exercise	Cal Intake	Weight	Cal Intake
⚠	13/02/2007	99.83	915.67	99.83	702		702		
	14/02/2007	99.67	913.38	99.83					
	15/02/2007	99.5	911.1					99.66	887.67
	16/02/2007	99.33	908.82					99.49	885.34
	17/02/2007	99.17	906.53					99.32	883.01
	18/02/2007	99	904.25					99.15	880.68
	19/02/2007	98.83	901.97					98.98	878.35
	20/02/2007	98.67	899.68					98.81	876.03
	21/02/2007	98.5	897.4					98.64	873.7
	22/02/2007	98.33	895.12					98.47	871.37
	23/02/2007	98.17	892.83					98.3	869.04
	24/02/2007	98	890.55					98.13	866.71
	25/02/2007	97.83	888.27					97.96	864.38
	26/02/2007	97.67	885.98					97.79	862.05

This grid will be made print-able and more user friendly by the addition of tooltips so that user can understand the meanings easily.

First column contains the iconic representation of the summary. This column will contain green icon if calorie intake by user is as per suggestions of the plan. If user has breached the calorie level (which was suggested by the system) a warning sign will appear. If user is breaching system level defined threshold, he will be presented with stern warning icon. Second column, as suggested by the name, contains the date. Next two columns contain the suggested amount of calorie intake and expected weight. These entries are generated by the system mathematically while considering the age, height and other factors. Under actual heading, appears the actual reading of user's weight, his calorie intake, calories burnt and net calories. Under heading of updated plan, contains the suggestions for future based upon user's performance 'to-date'. If user is very careful about the calorie intake and is living by the rules, his actual and updated plans will not vary. If he is not living his life by rules, his calorie intake for future will start decreasing and system will try to make his plan successful (provided there is not breach of thresholds). If user is extra careful and is taking fewer calories than planned, system will automatically relax him for his future provided he is losing weight as well – as per plan.

Analysis – The Charts

System presents a number of charts so that user can monitor his progress visually. Currently following five charts are available.

- Weight Chart: Actual vs. Planned

- Nutrient Chart

- Calorie intake chart: Actual vs. Planned vs. Recalibrated (Projected)

- Calorie intake chart: Actual vs. Planned vs. Recalibrated (Projected)

- Calorie intake chart: Actual vs. Planned

Menu Suggestion

From main page, active plan's panel, user can click Today's Food Menu link to allow the system to suggest that day's menu. This menu is composed based on:

- Nutrient requirements

- User likes and dislikes

- Menu [configured by the system administrator]

Successful Completion of a Plan

If end date of a plan arrives and user is able to achieve his goals, user is presented with an appropriated animation.

Failure of a Plan

If end date of a plan arrives and user is unable to achieve his goals, user is presented with an appropriate animation.