



**DIET WIZARD**

# Diet Wizard

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Bahaa Abbas

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Dr. Manar Qamhieh

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# What's Our App

Our app is a diet tracking and fitness coaching platform, simplifying healthy lifestyle maintenance. It connects users with coaches and offers multiple features to make it more user-friendly.



# Technologies



**Flutter  
framework**



**NodeJS**



**MongoDB**



**Firebase**



**Postman**

# App Workflow

**Type Of Users :**



**Normal User**





**Coaches**




**Adminstrator**



# Sign-in



  
**DIET WIZARD**  
**Diet Wizard**  
Login To Your Account

 Email

---

 Password 

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Login

Don't have an account? [SignUp](#)

# Sign-up

9:52

Signup




Die\_

[Sign Up](#)

[Already Registered? Login](#)

9:55

 DietWizard

Choose your target



Lose Weight

Gain Weight

Maintain Weight

[Next](#)

# Sign-up

9:55  DietWizard 

### Choose your Activity Level



**Not Very Active**  
Spend most of the day sitting (e.g., bankteller, desk job)

**Lightly Active**  
Spend a good part of the day on your feet (e.g., teacher, salesperson)

**Active**  
Spend a good part of the day doing some physical activity (e.g., food server, postal carrier)

**Very Active**  
Spend a good part of the day doing heavy physical activity (e.g., bike messenger, carpenter)

[Back](#) [Next](#)

9:55  DietWizard 

### Choose your sex

Male  Female

### How old are you?

Age

### How tall are you in Centimeters?

Height

### How much do you weight in Kilograms?



Weight

### What's your goal weight in Kilograms?

Goal Weight

Don't know what is your goal weight? Press here

[Back](#) [Next](#)

9:56  DietWizard 

### TDEE Calculator

Your TDEE:

Maintain TDEE  
Based on Mifflin-St Jeor Formula

---


Choose Weekly Target:

### NEW TDEE:

[Back](#) [Finish User](#)

Continue Information For Coach

[Coaches](#)

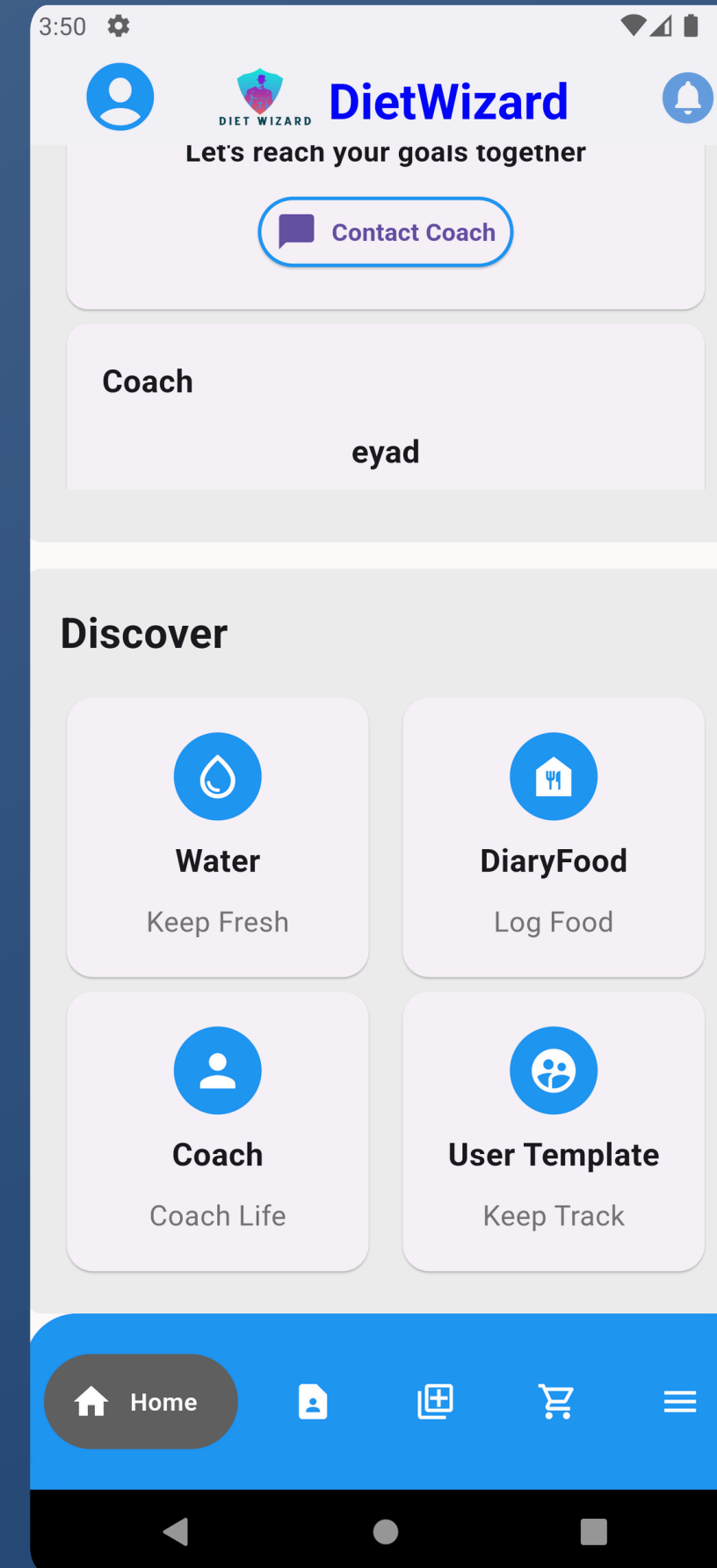
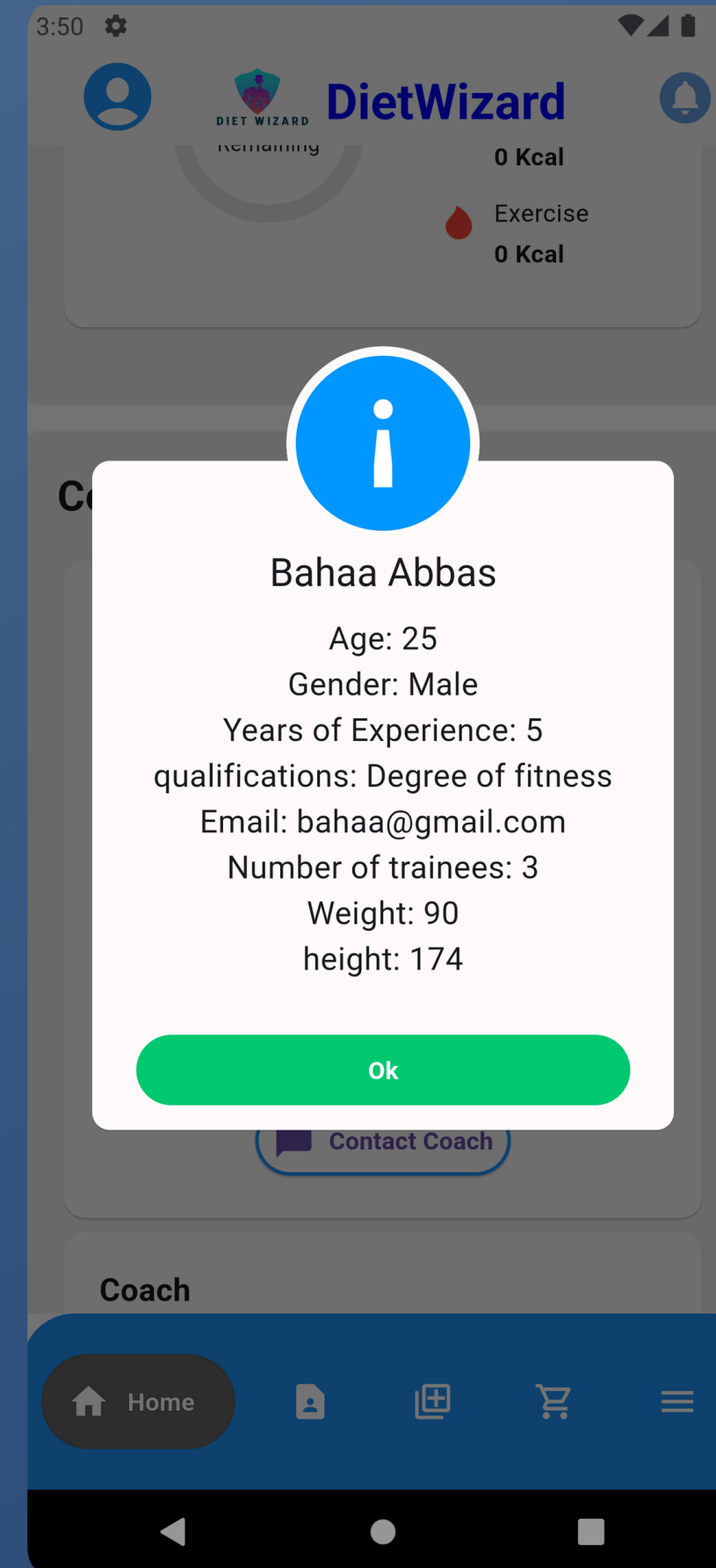
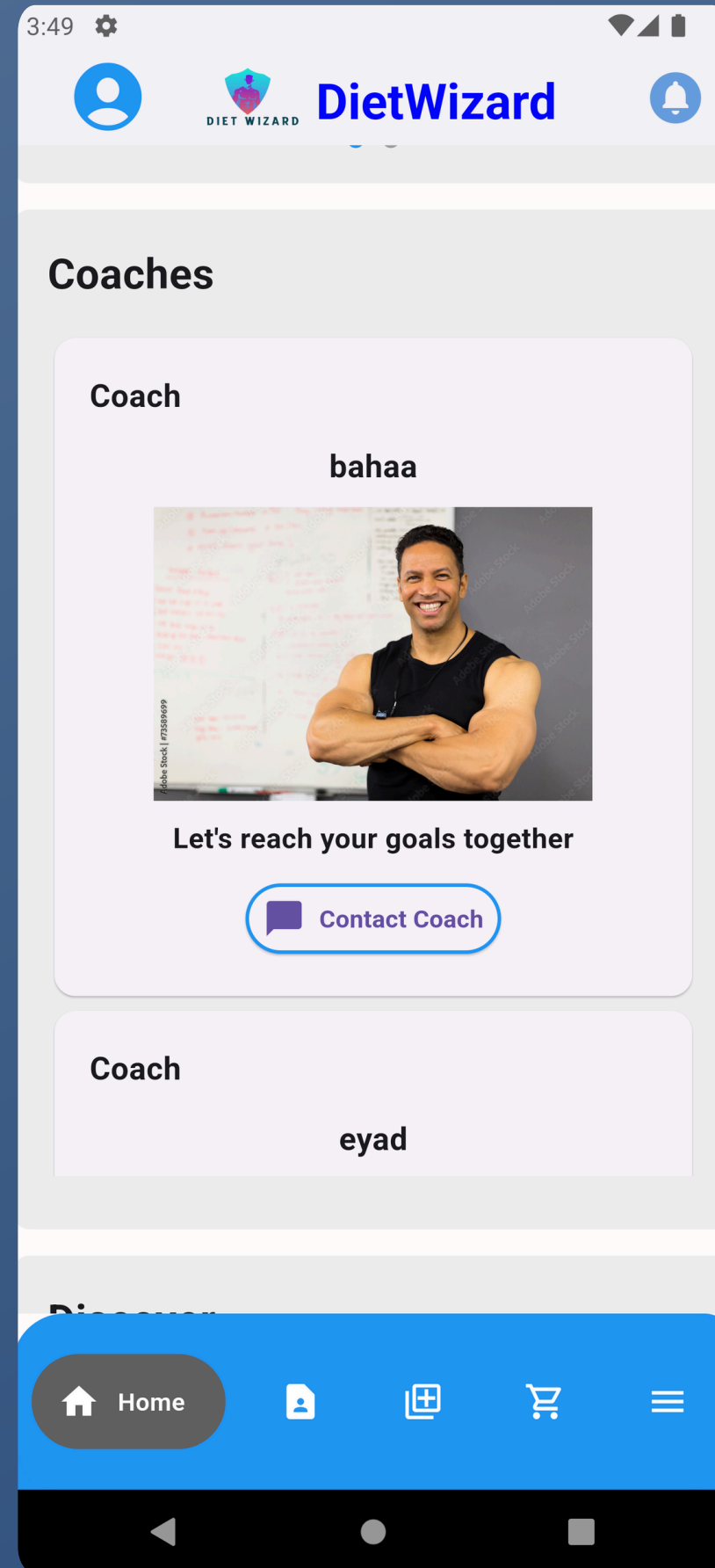
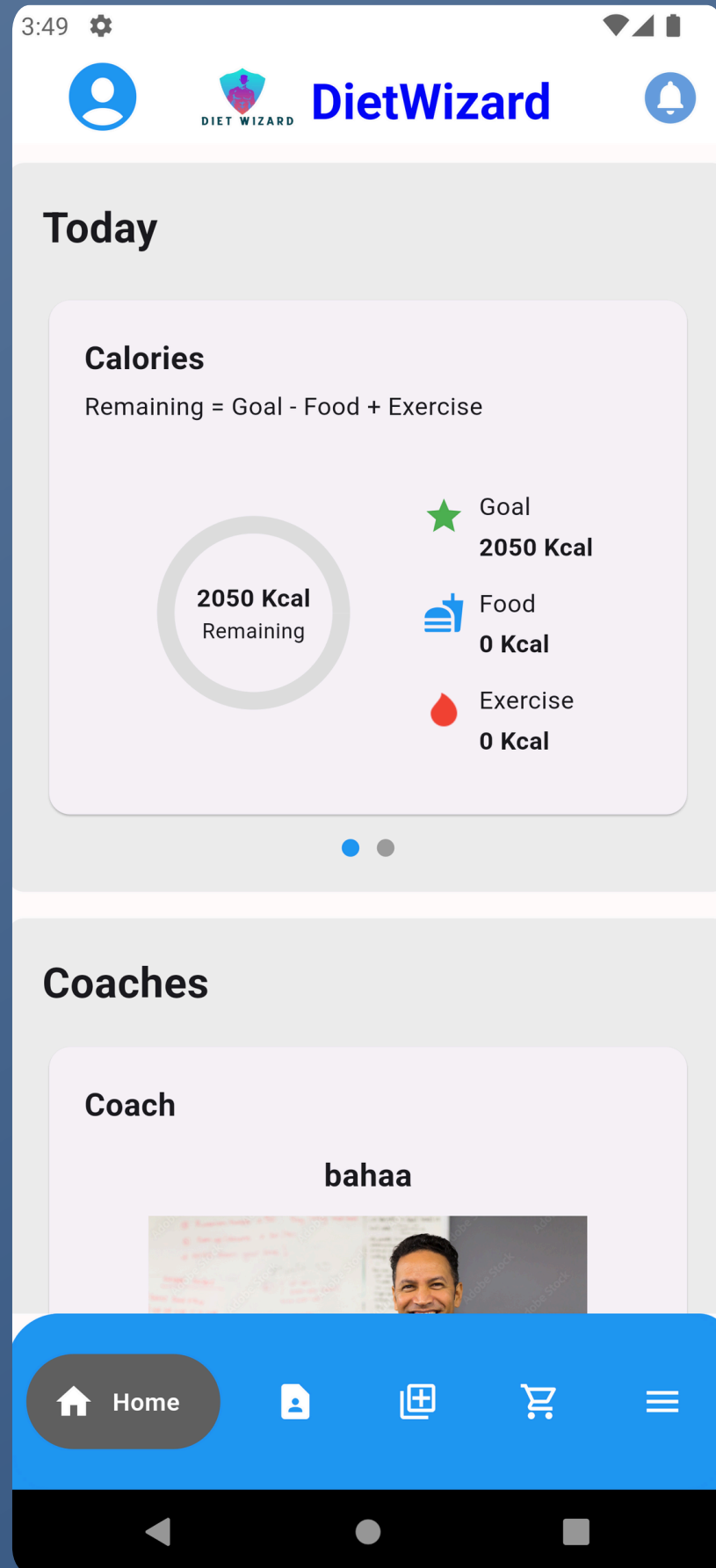
9:57  **Coach I\_**

[Select Image](#)

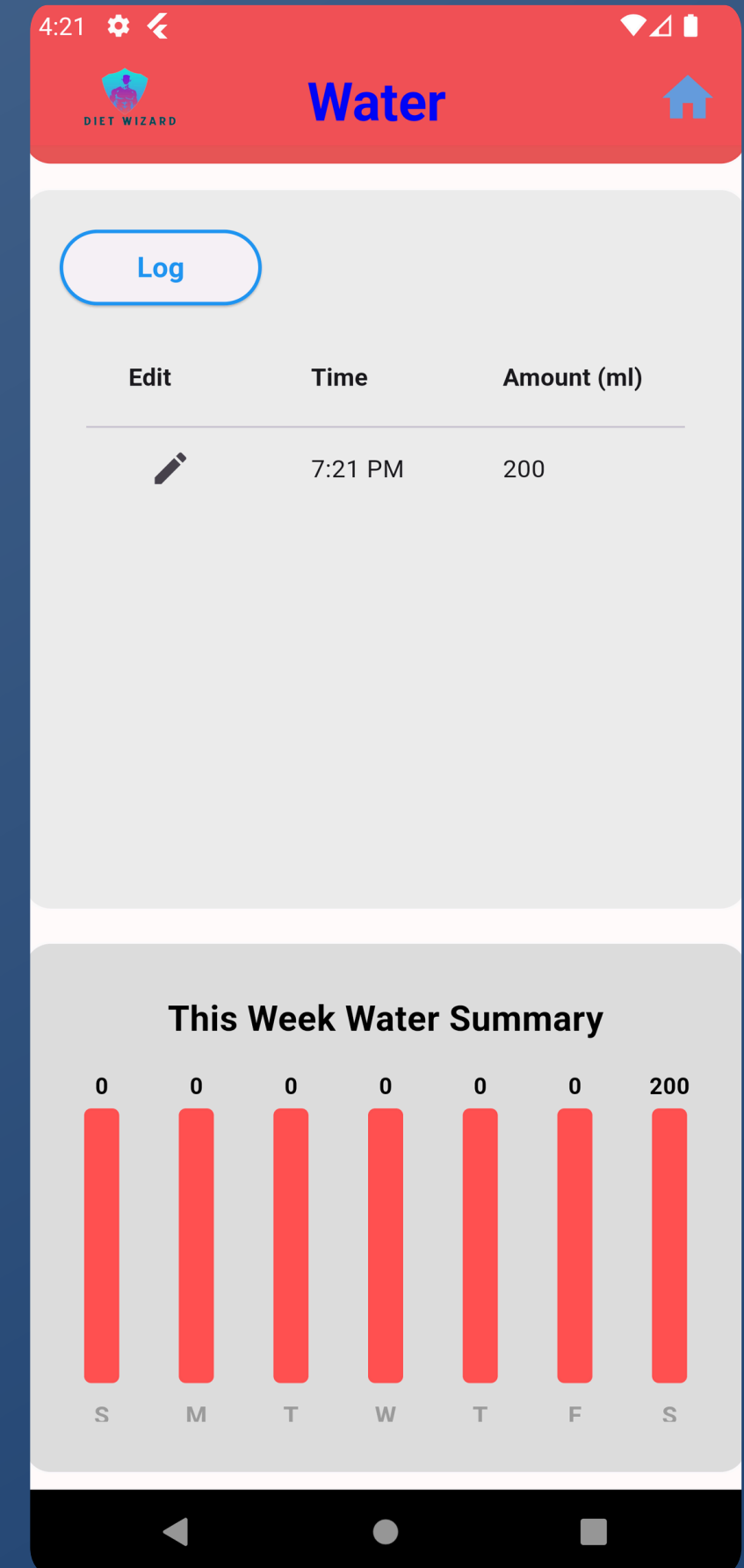
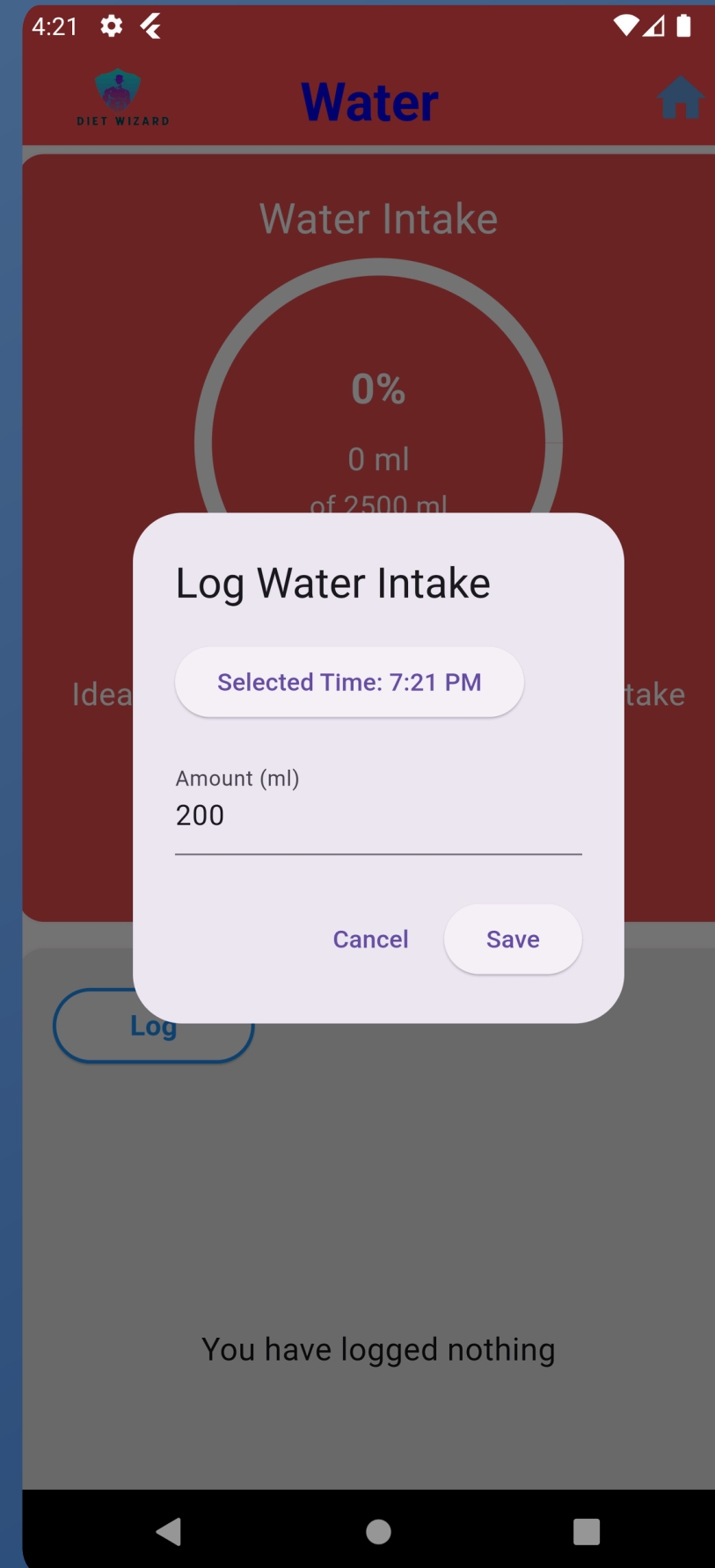
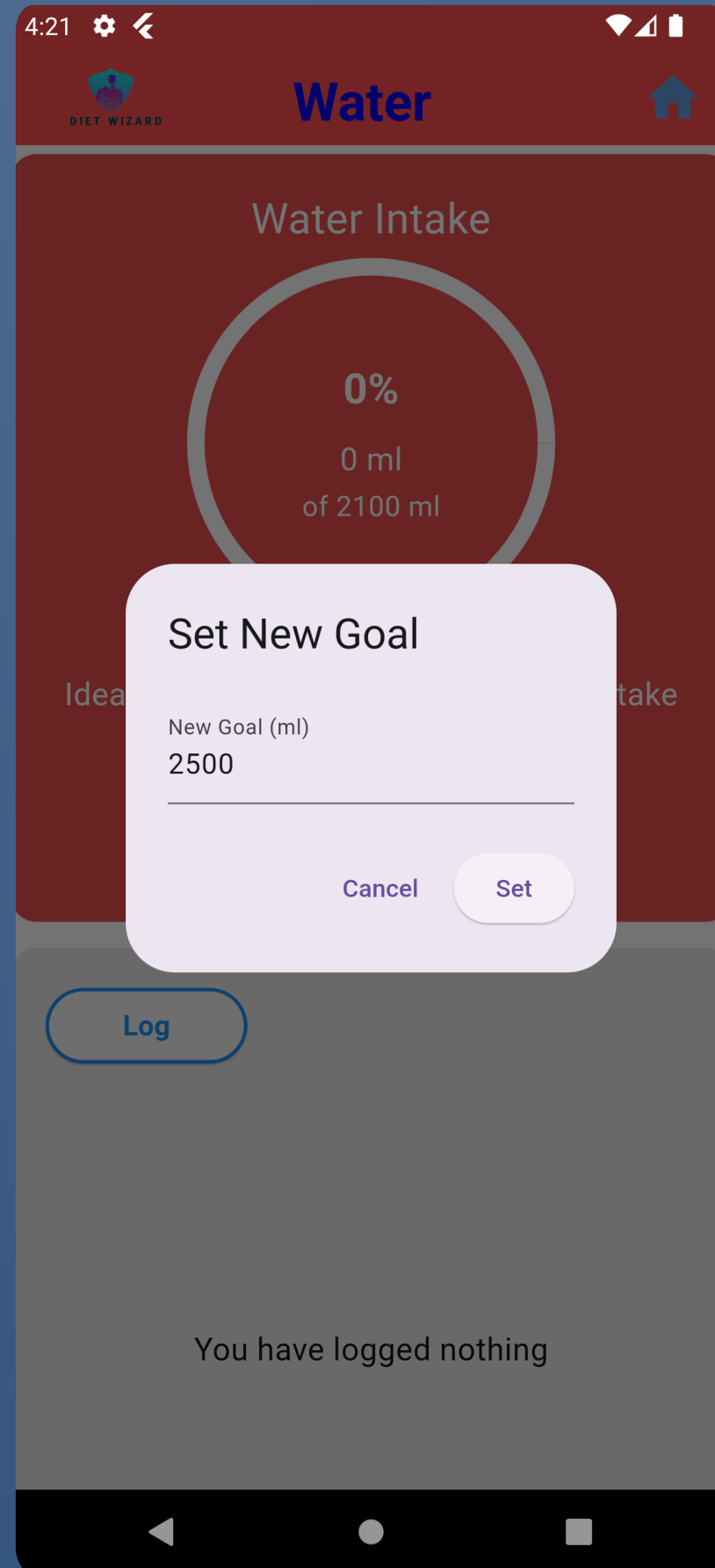
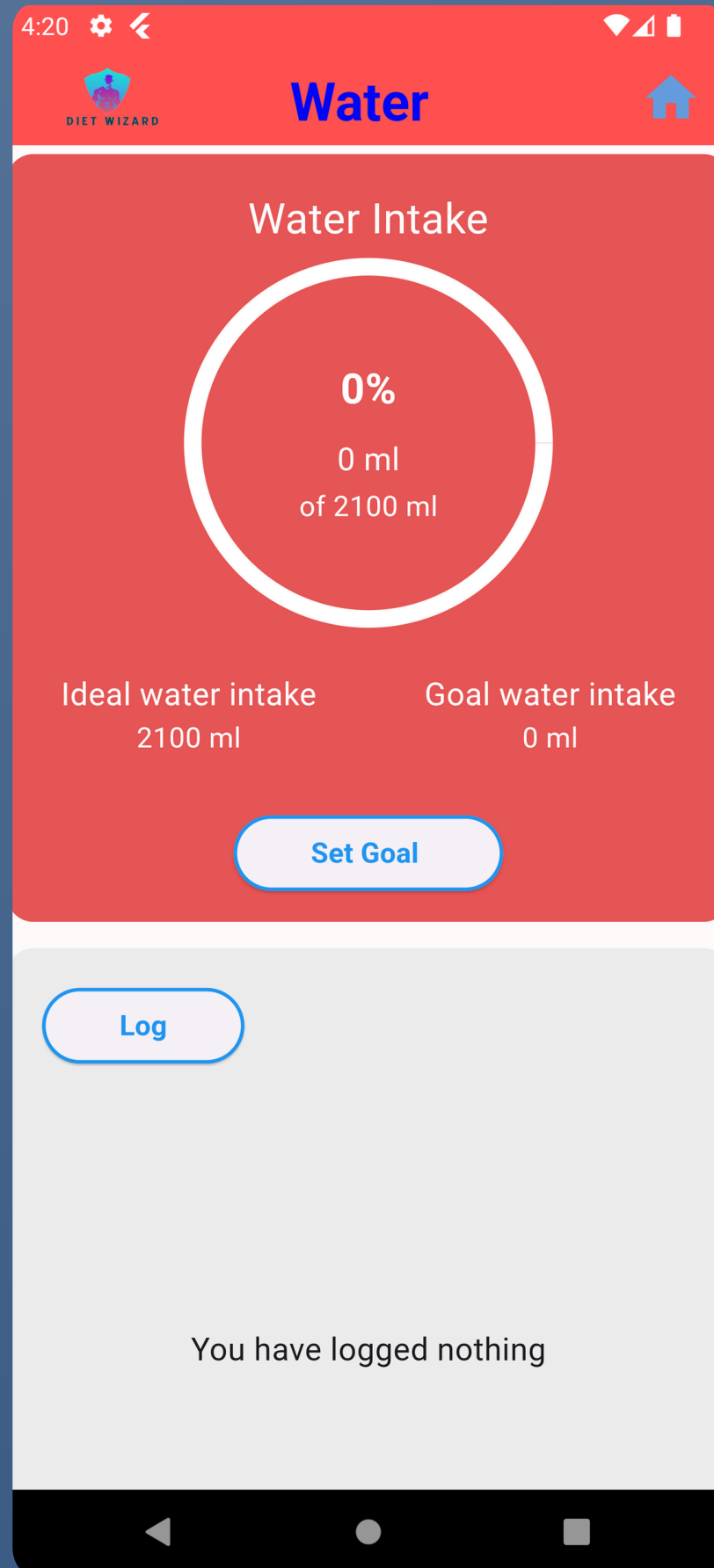
[Sign Up](#)

Coach Registered ? [Login](#)

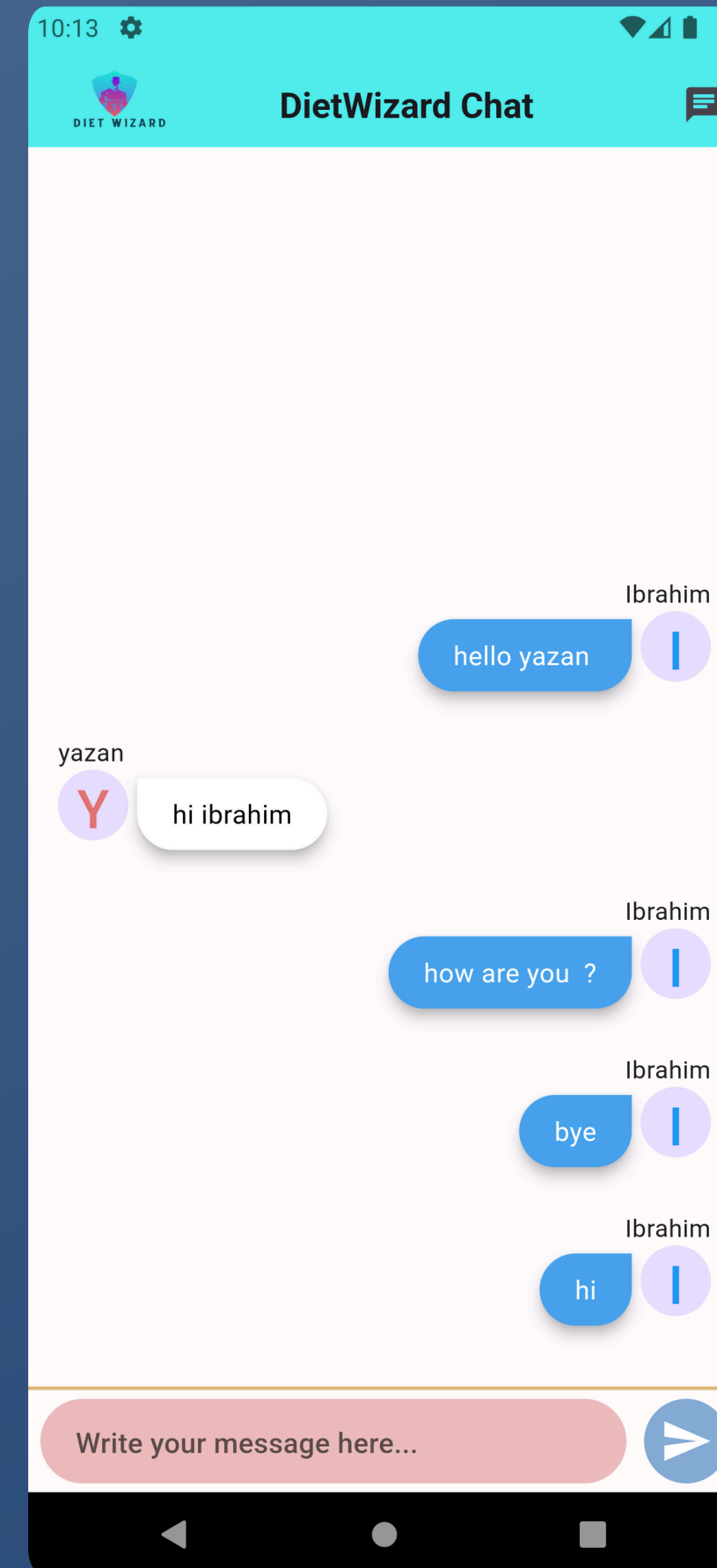
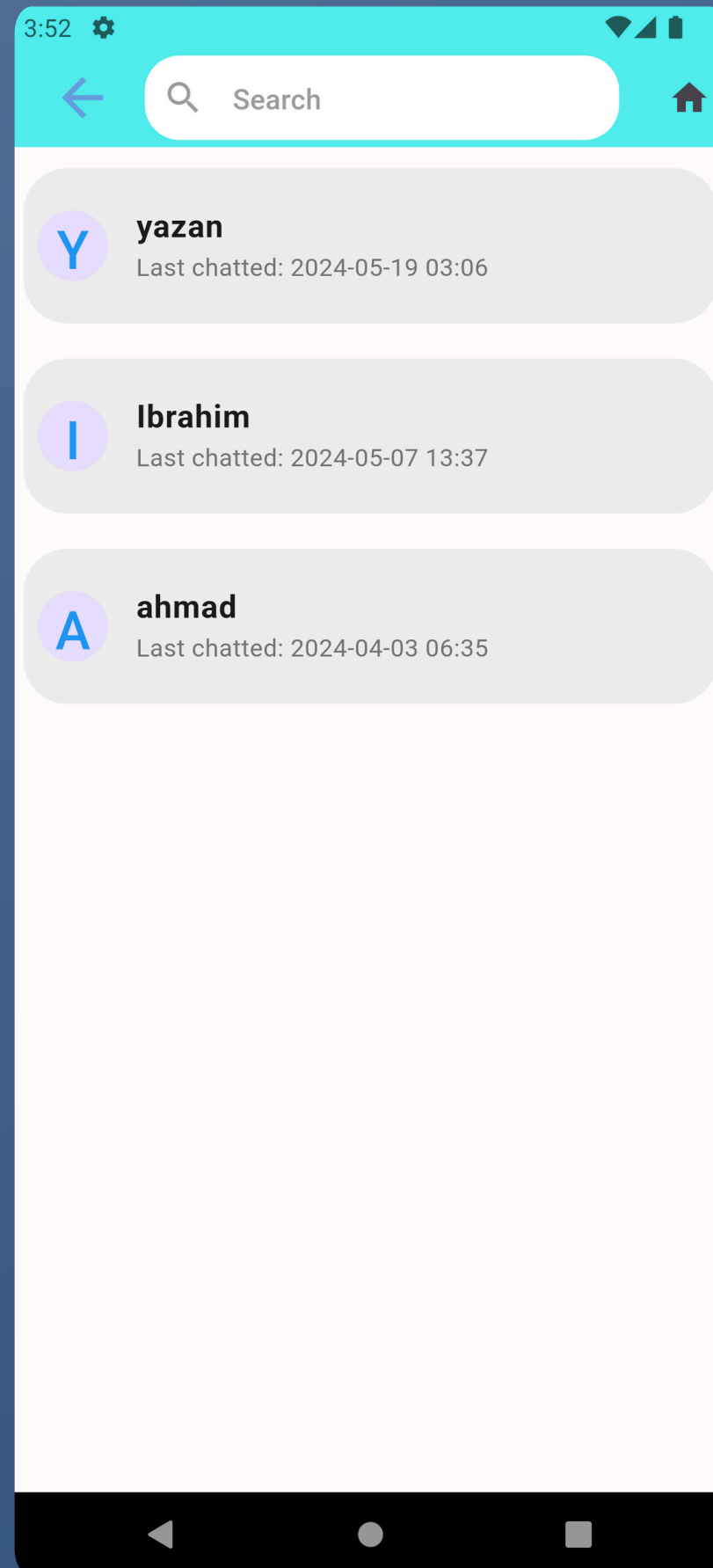
# Main Page



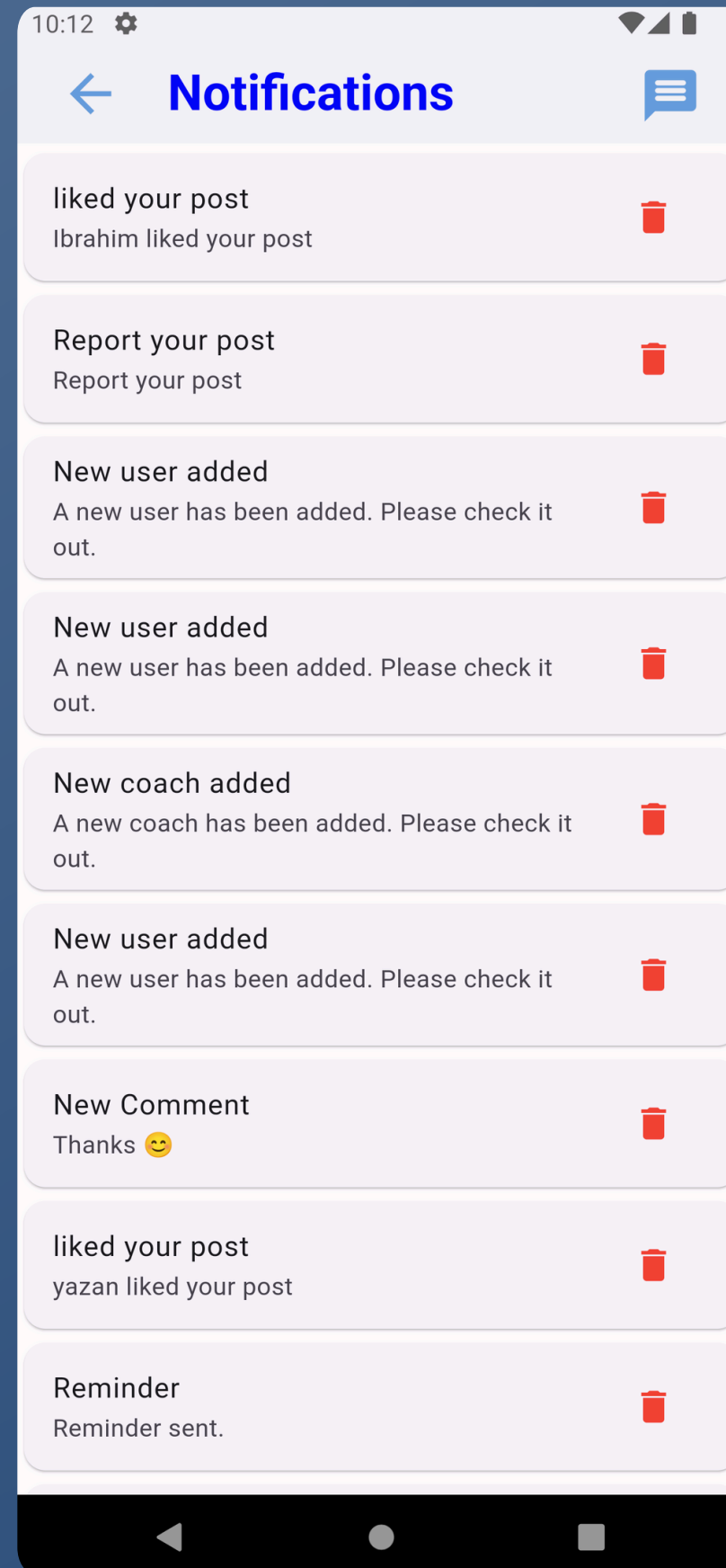
# Water Intake Page



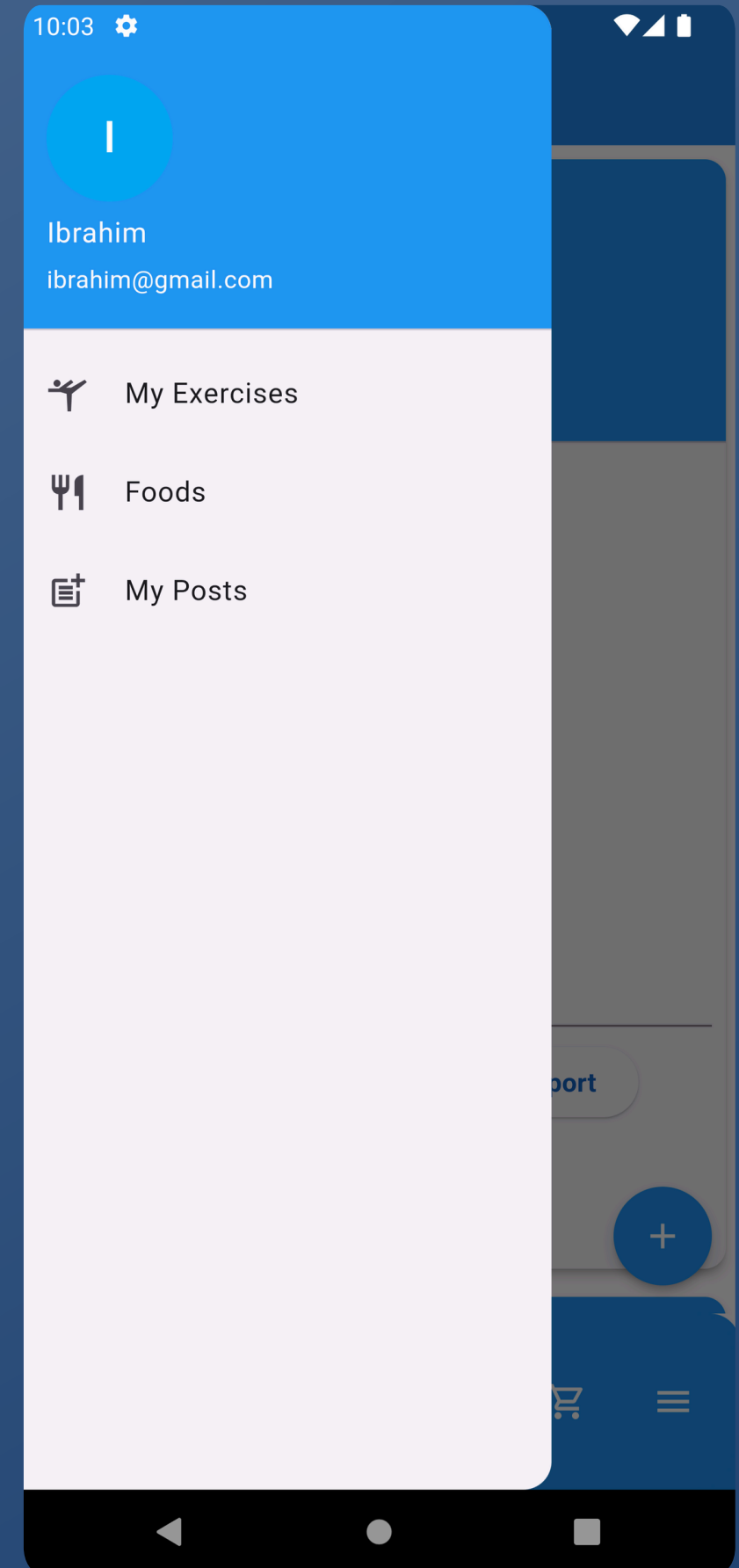
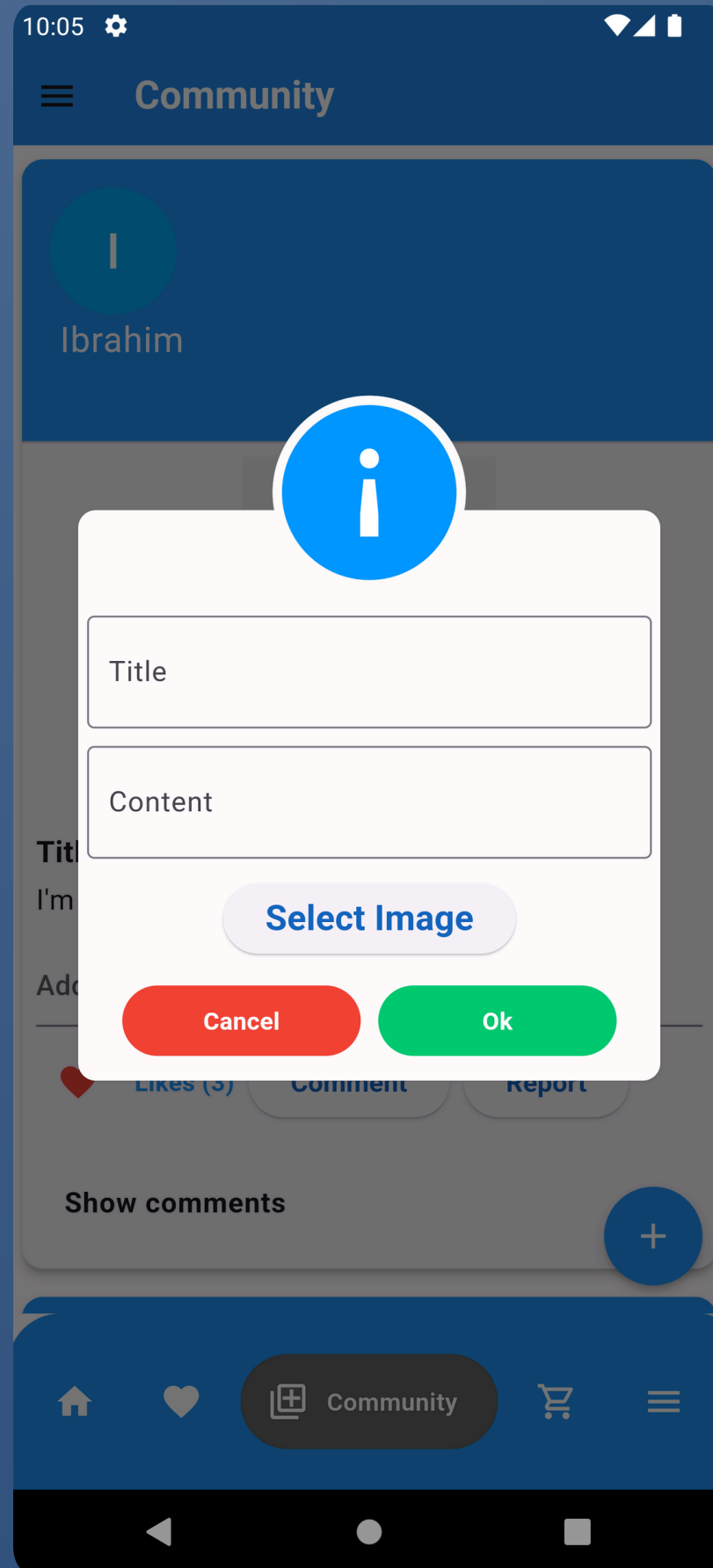
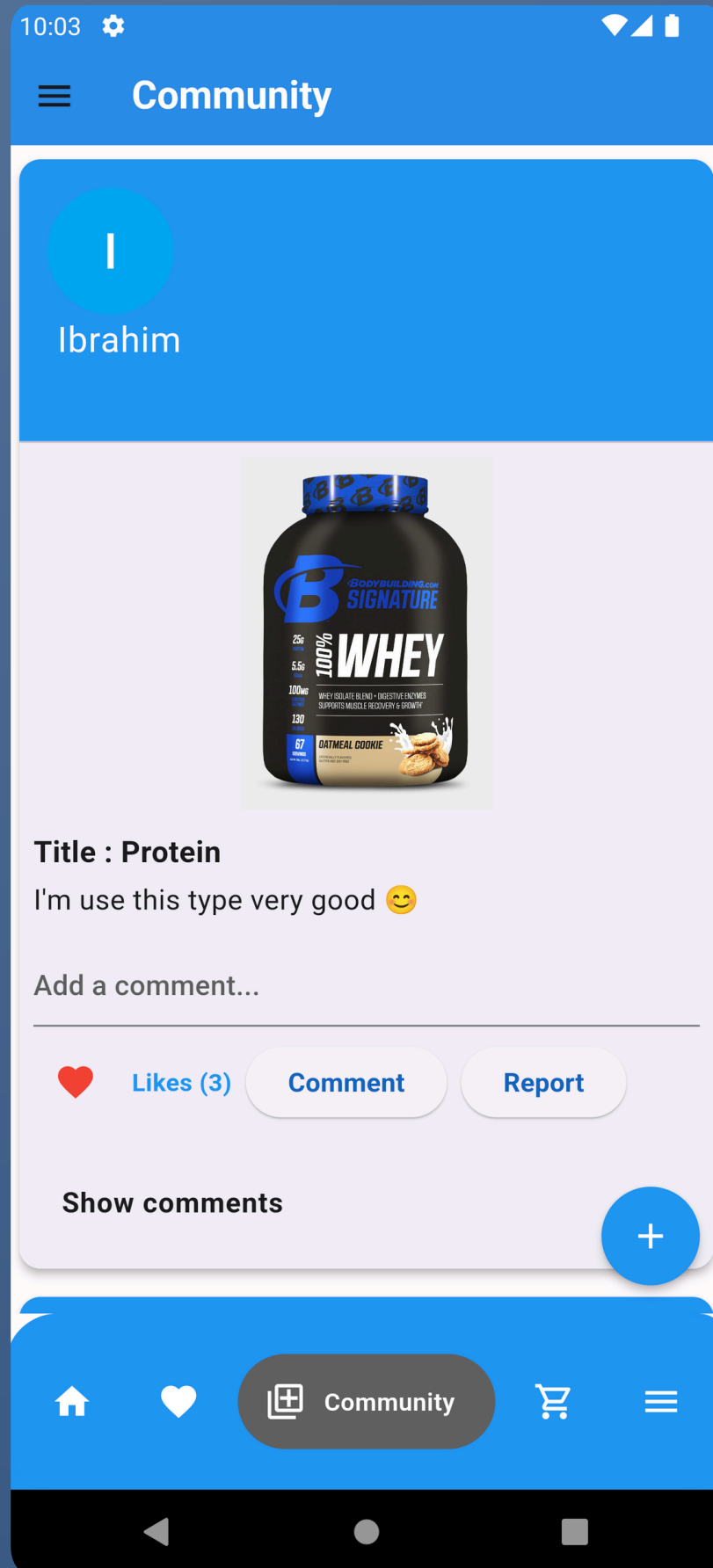
# Chat Page



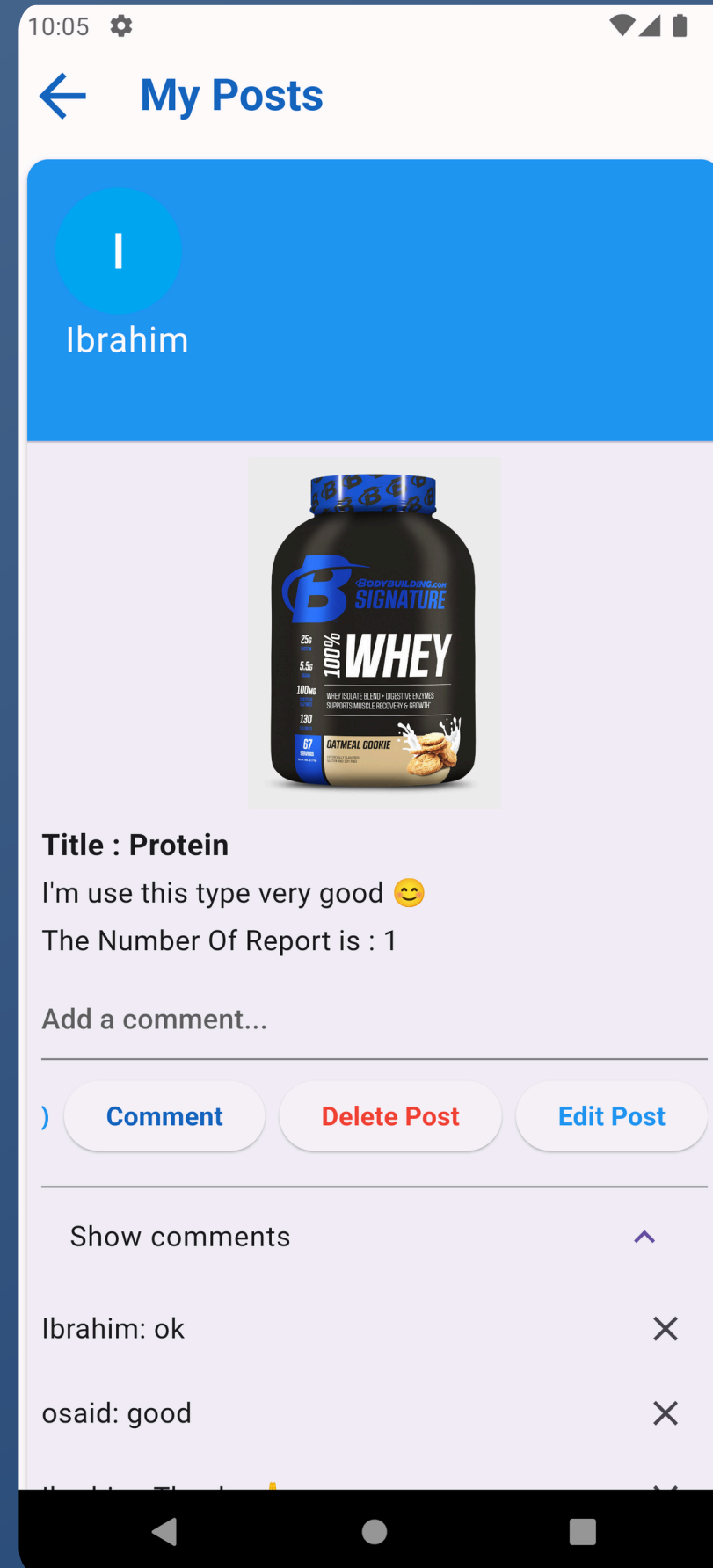
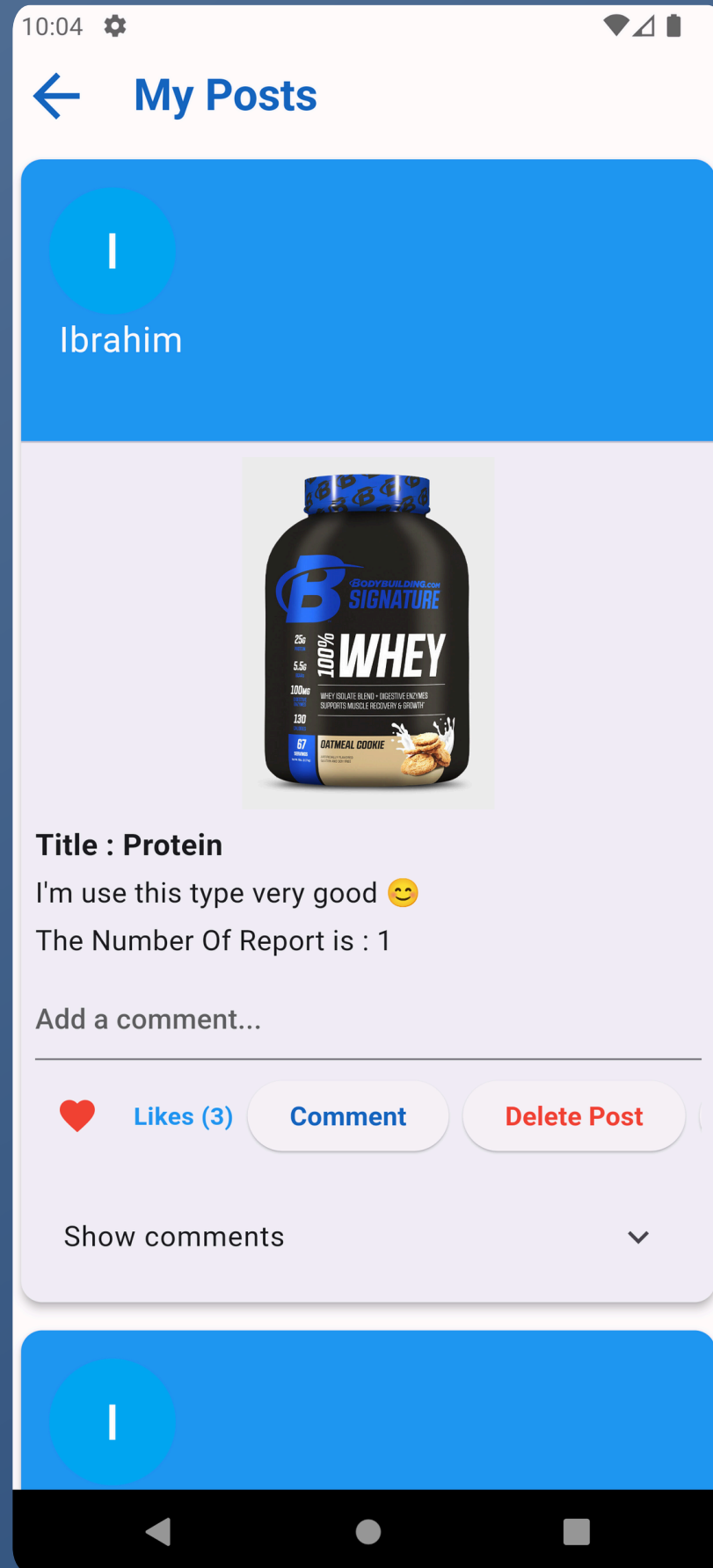
# Notifications Page



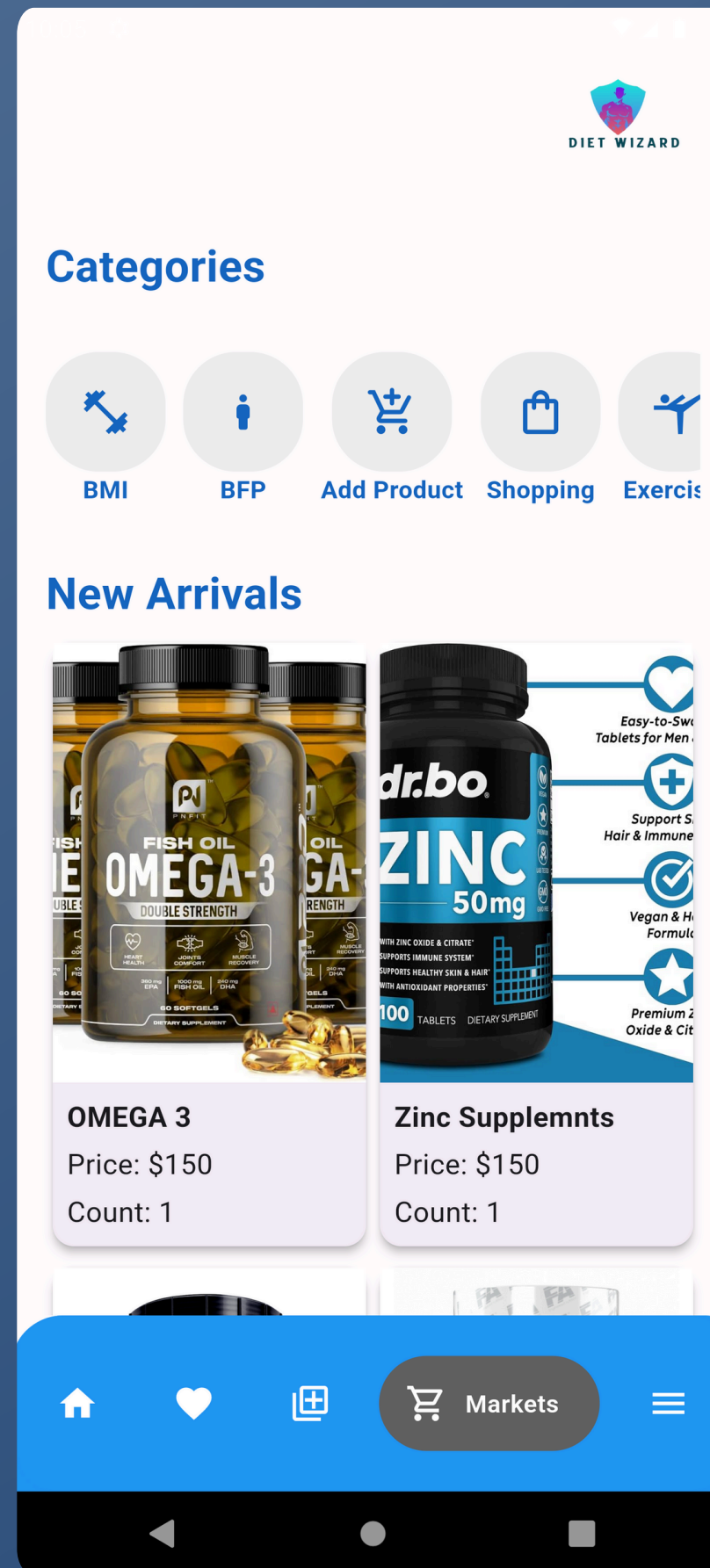
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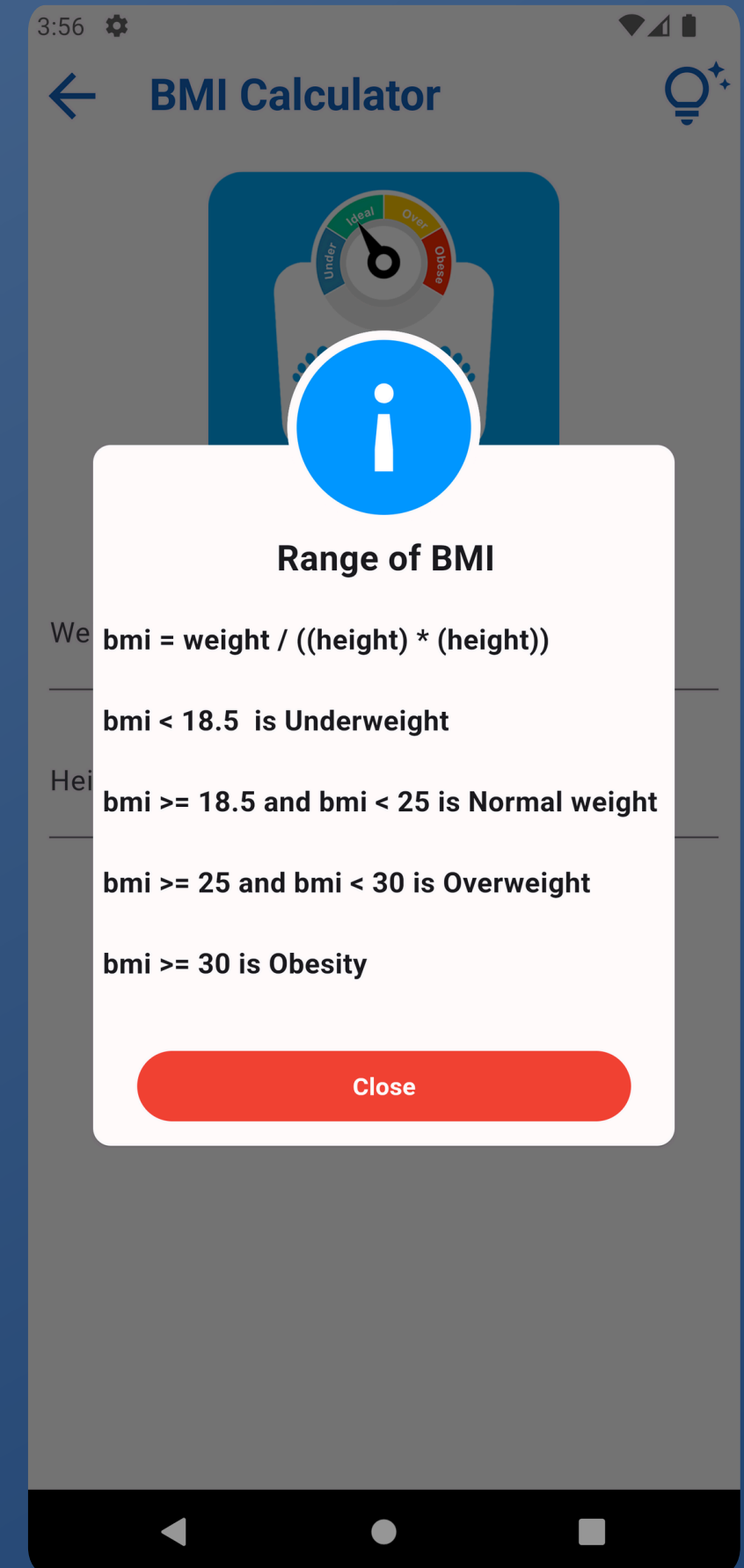
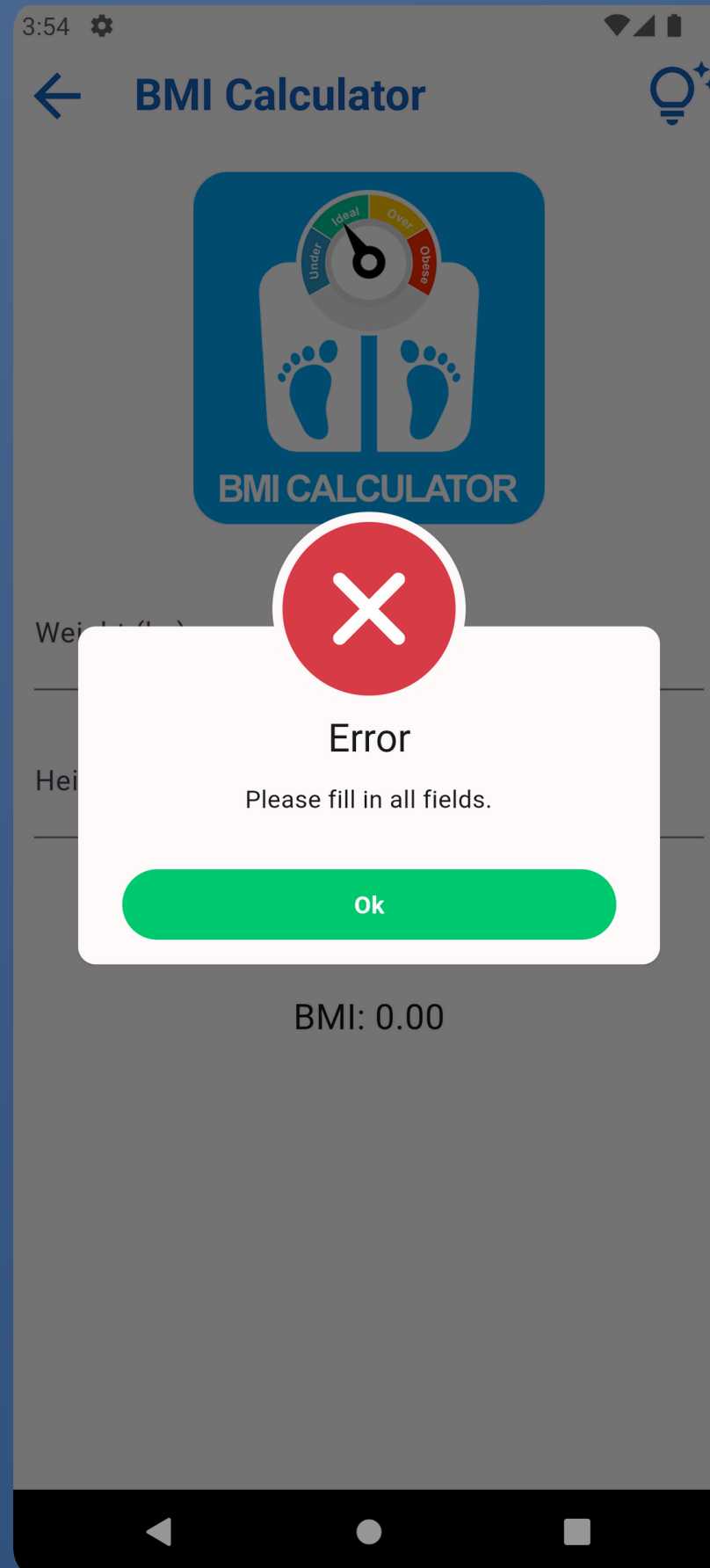
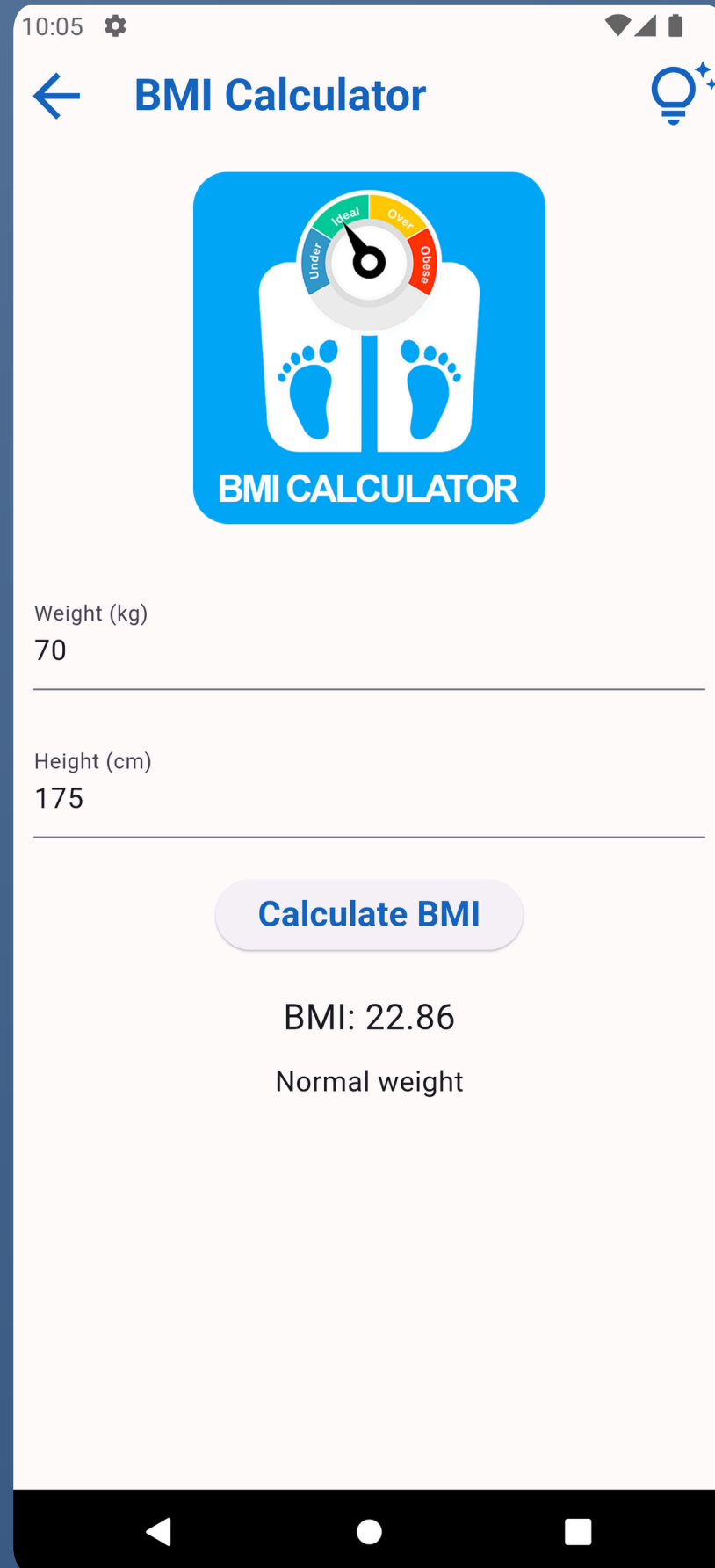
# My Post Page



# Marketplace Page



# BMI Page




# BFP Page

10:06

BFP Calculator

Calculate your **BODY FAT**



Weight (kg)  
70

Height (cm)  
175

Age  
23

Male  Female


Calculate

BFP: 16.52  
Fat Mass: 11.56  
Lean Mass: 58.44  
Description: Fitness

10:06

BFP Calculator

Calculate your **BODY FAT**



Weight (kg)

Height (cm)

Age

Male  Female

Calculate

BFP:

Fat Mass:

Lean Mass:

Description:

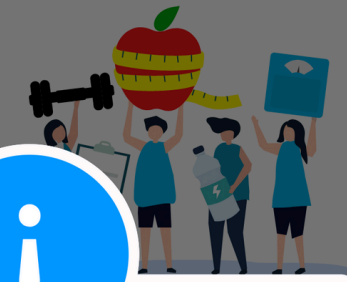
**Error**  
Please fill in all fields.

ok

3:58

BFP Calculator

Calculate your **BODY FAT**



Weight (kg)

Height (cm)

Age

Male  Female

Calculate

BFP:

Fat Mass:

Lean Mass:

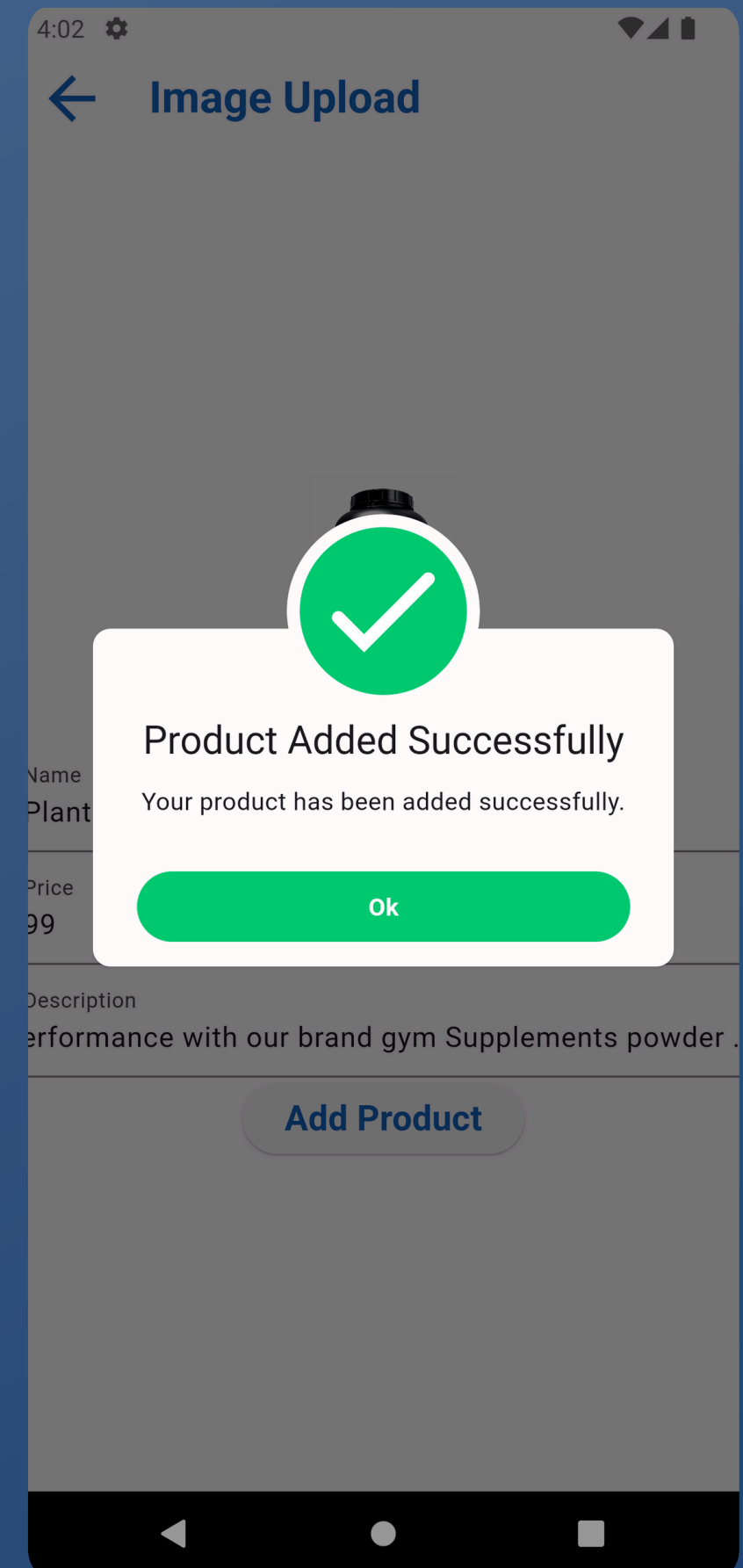
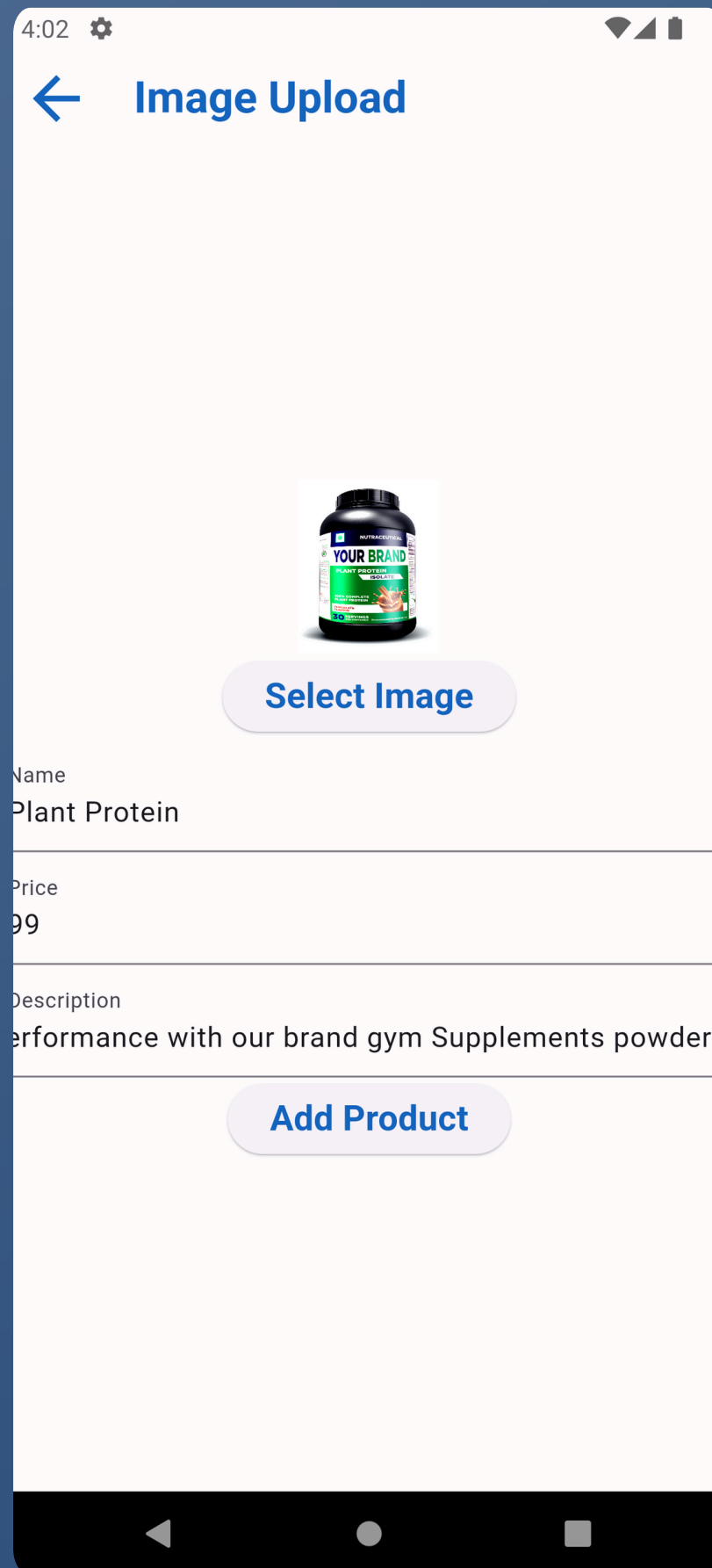
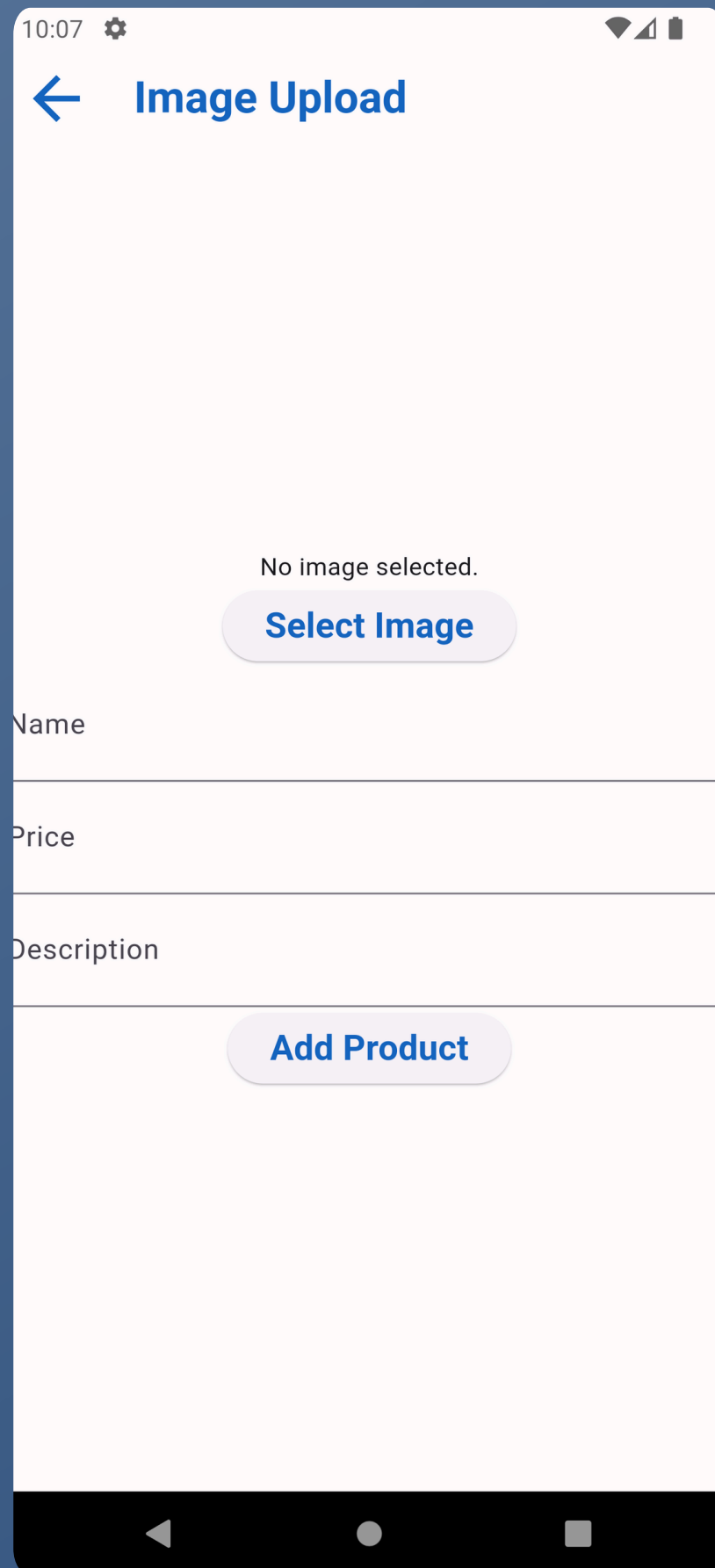
Description:

**Male :**  
$$\text{bfp} = (1.20 * \text{bmi}) + (0.23 * \text{age}) - 16.2$$
  
**bfp < 6 is Essential Fat**  
**bfp >= 6 and bfp < 14 is Athletes**  
**bfp >= 14 and bfp < 18 is Fitness**  
**bfp >= 18 and bfp < 25 is Average**  
**elsewise is Obese**

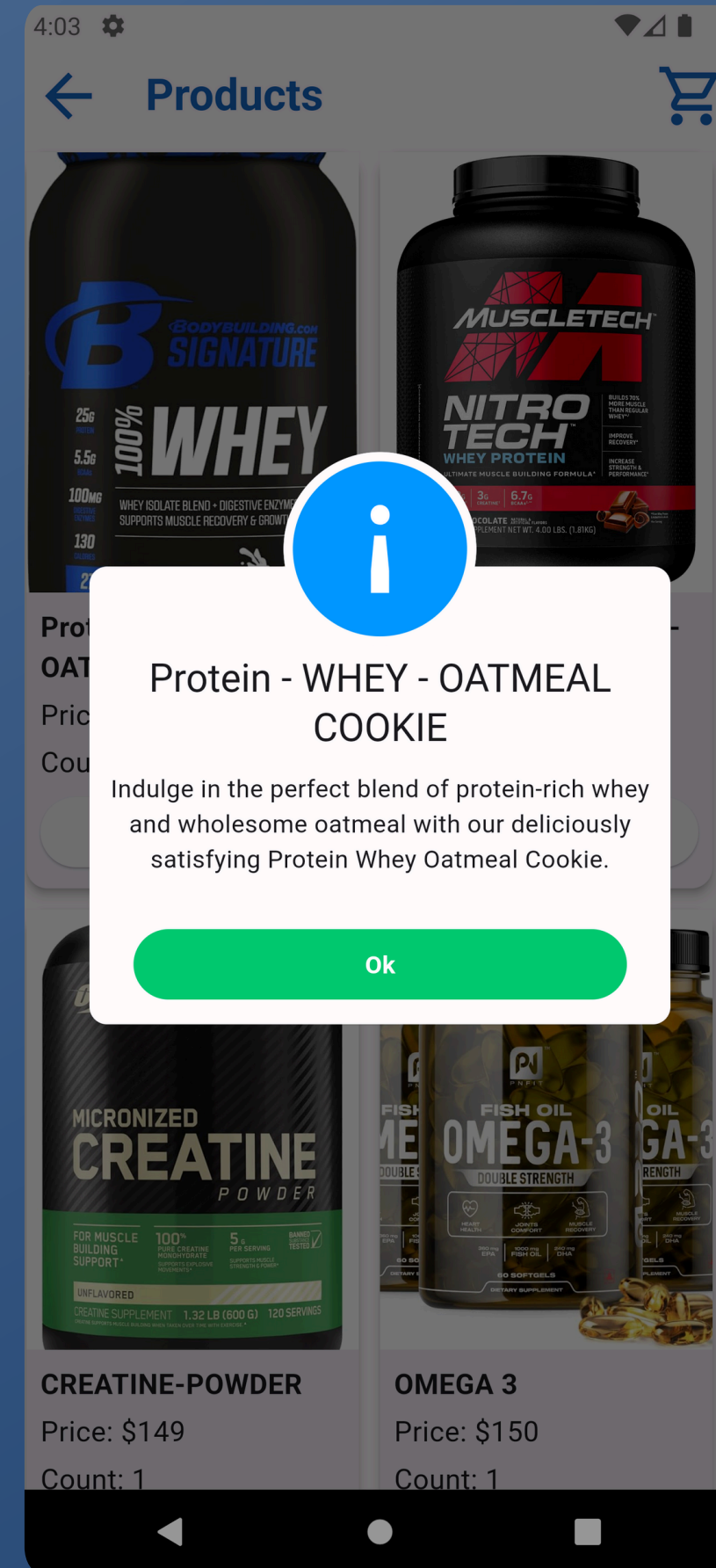
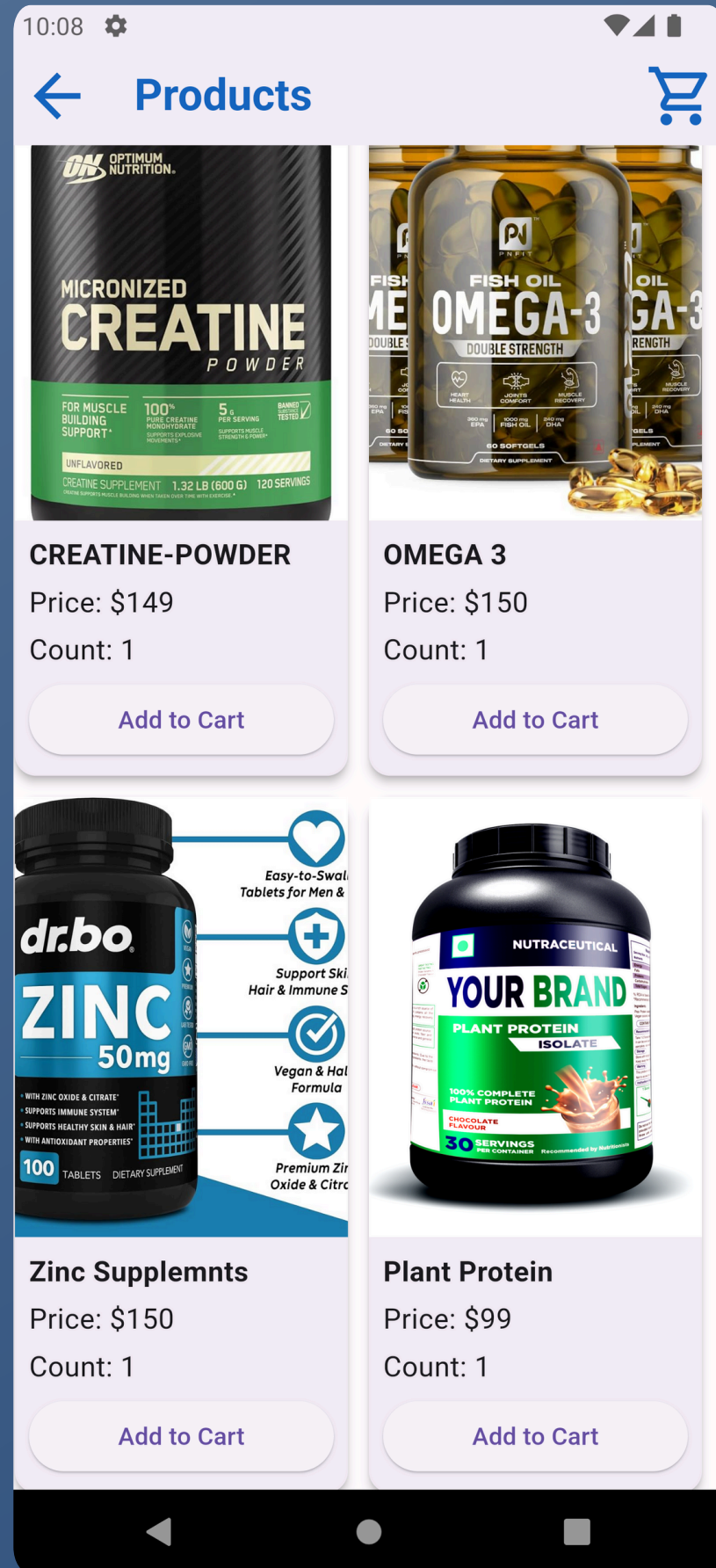
**Female :**  
$$\text{bfp} = (1.20 * \text{bmi}) + (0.23 * \text{age}) - 5.4$$

Close

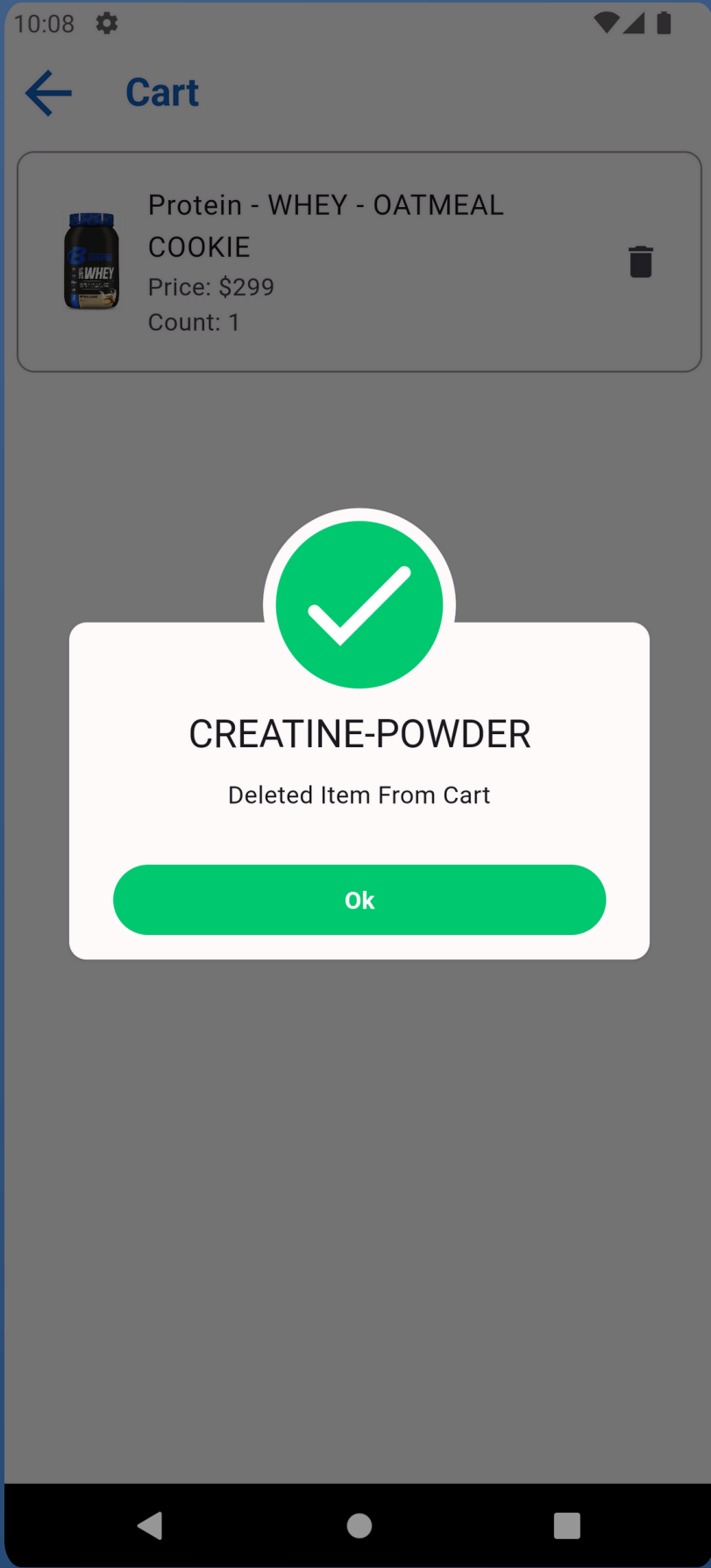
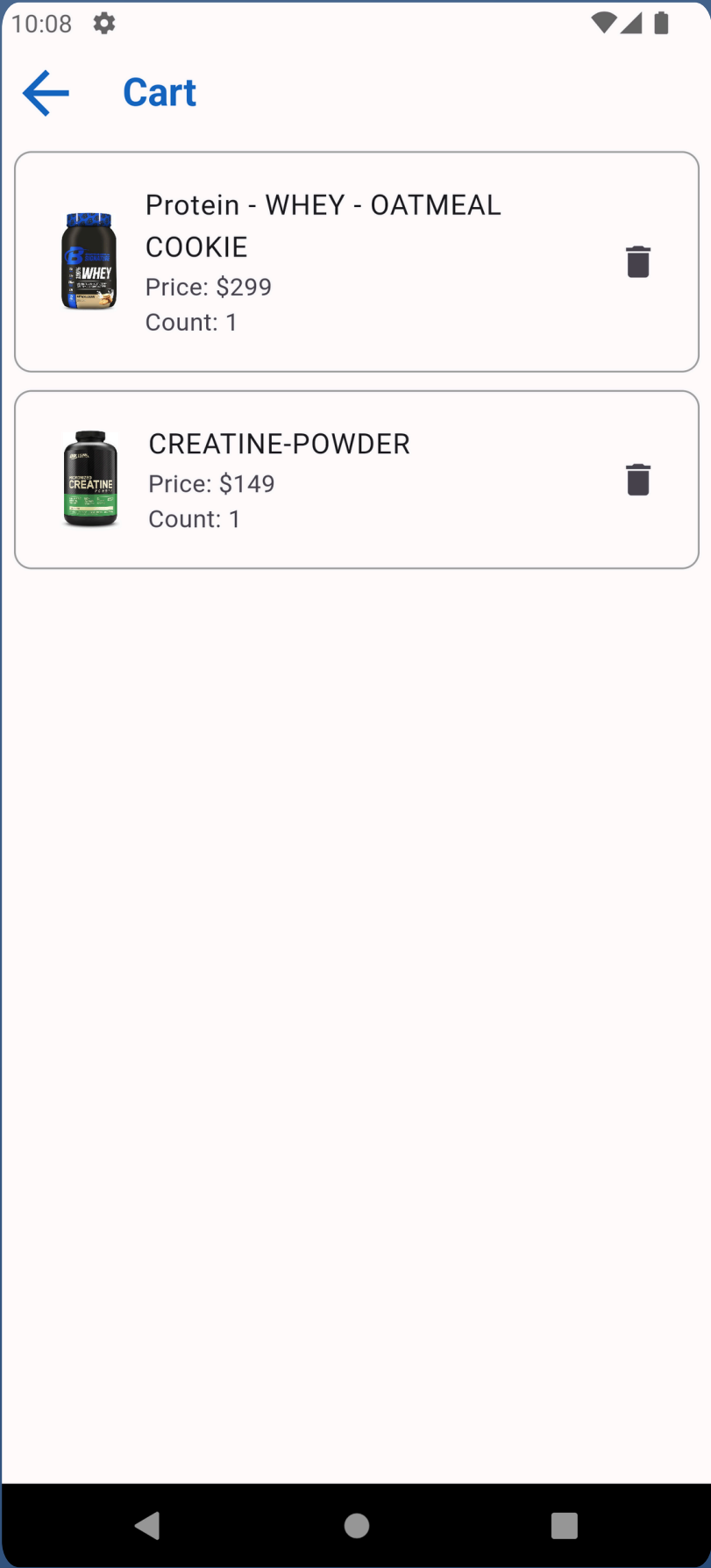
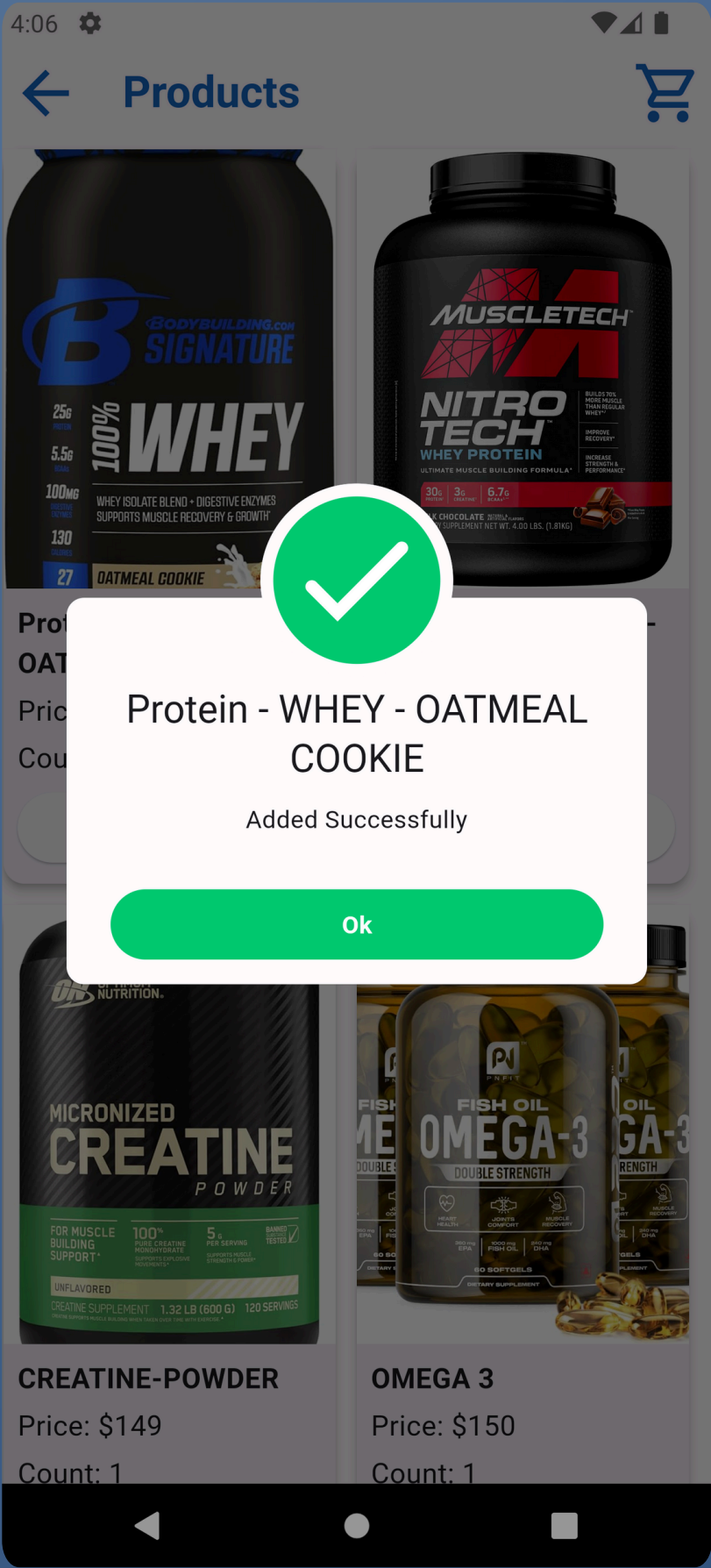
# Add Product Page



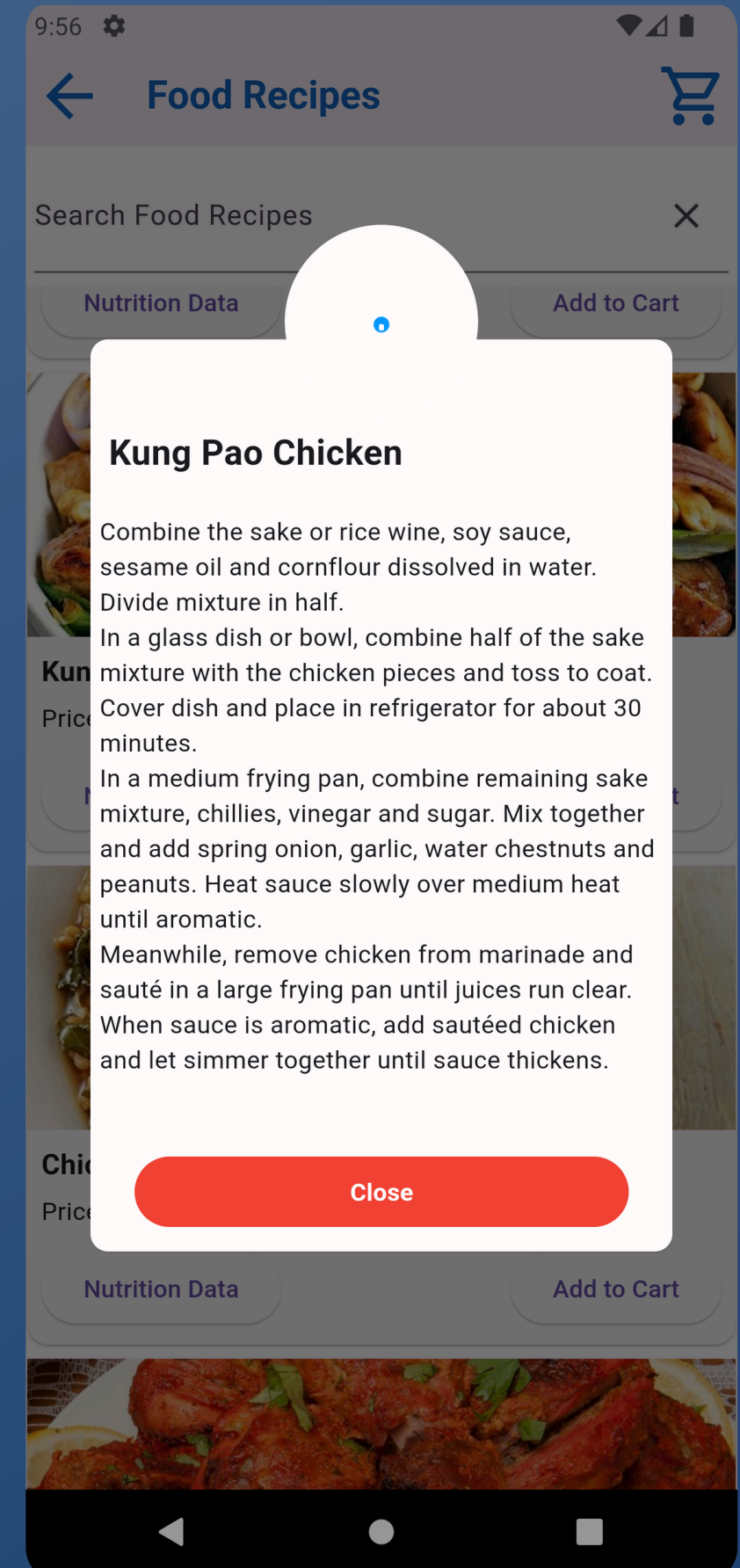
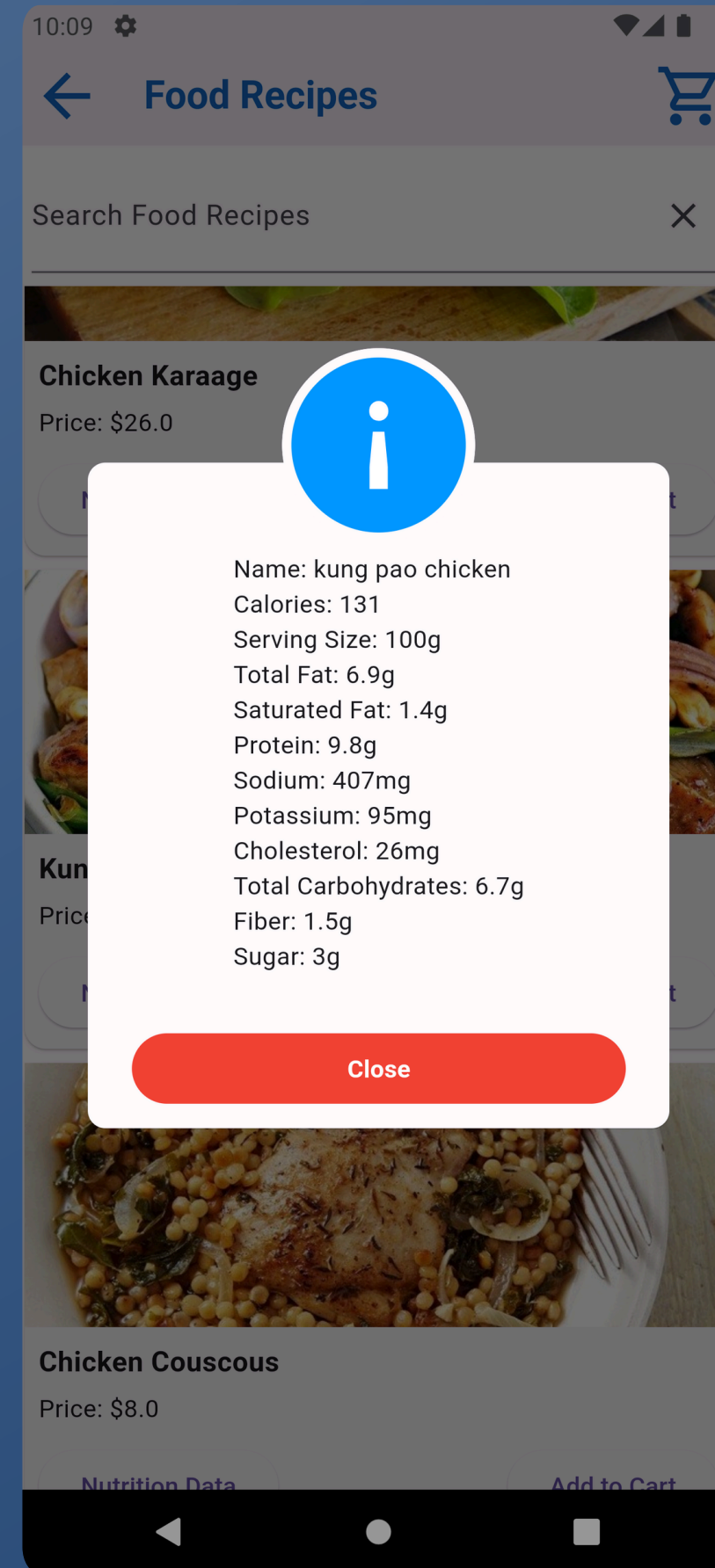
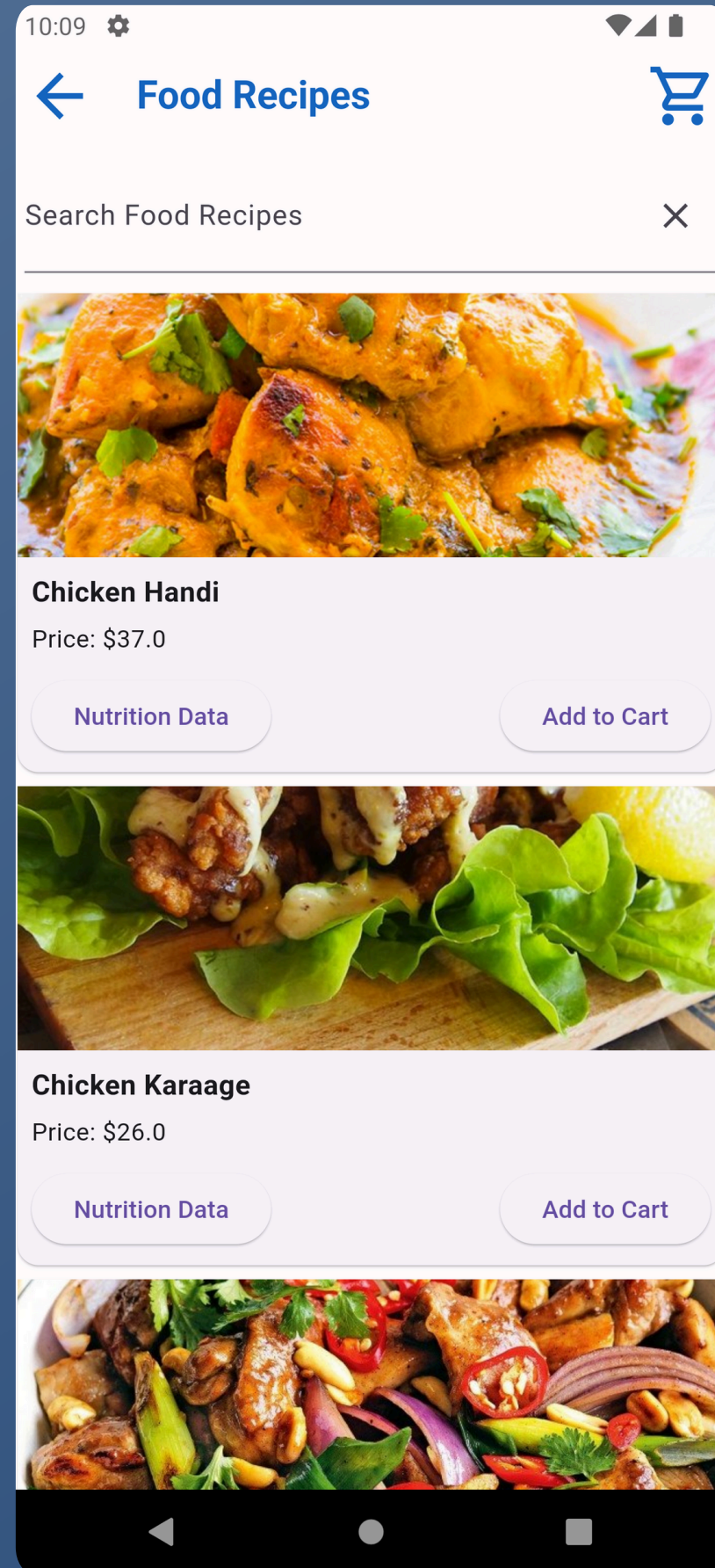
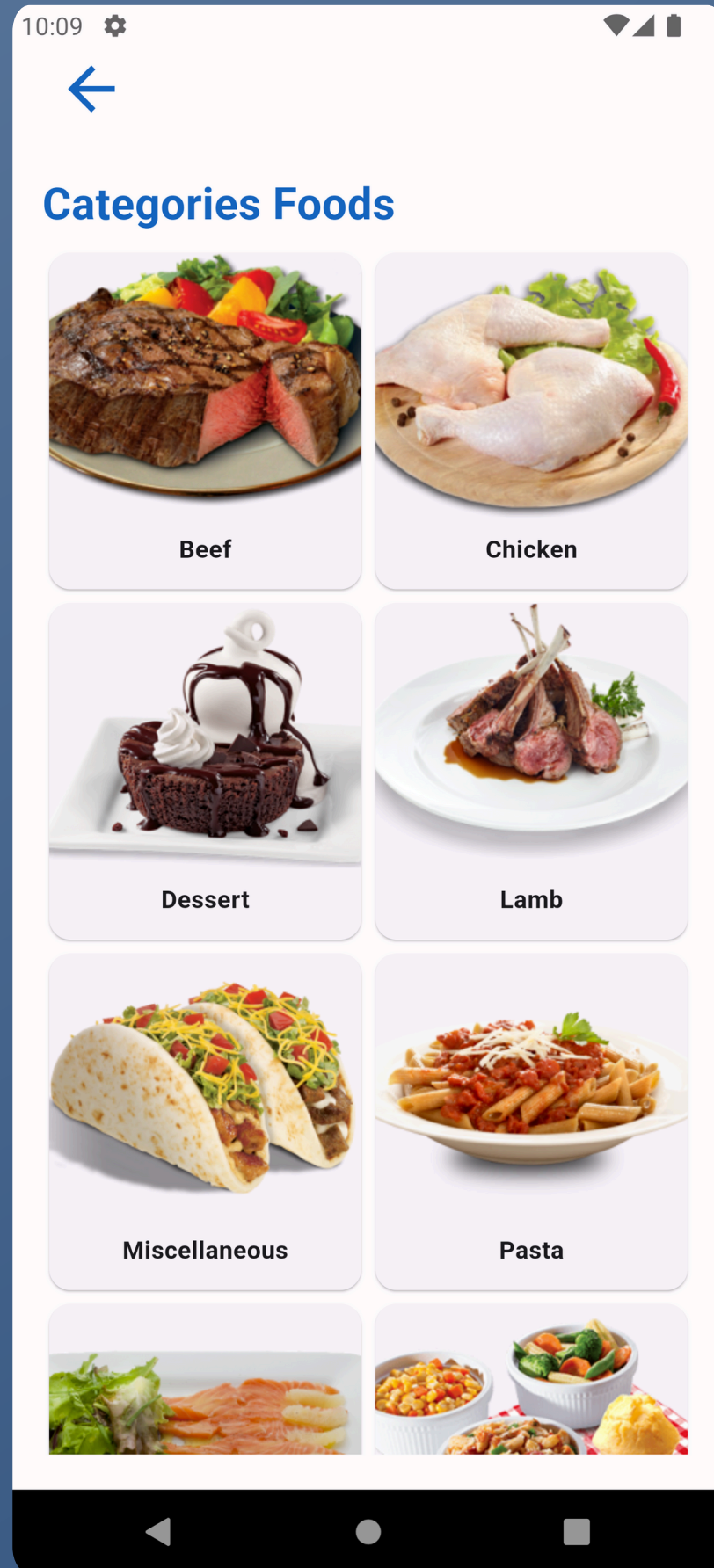
# Shopping Page



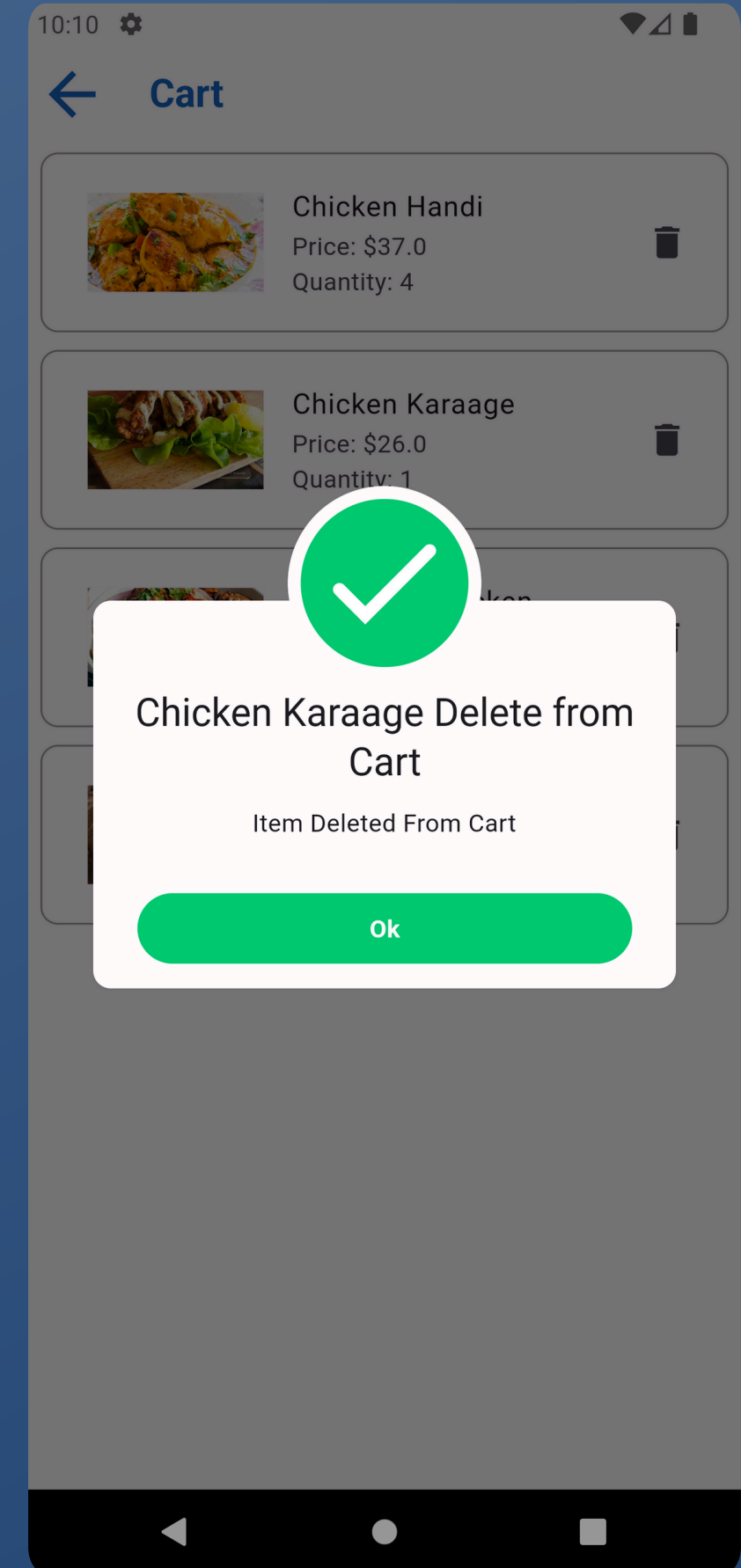
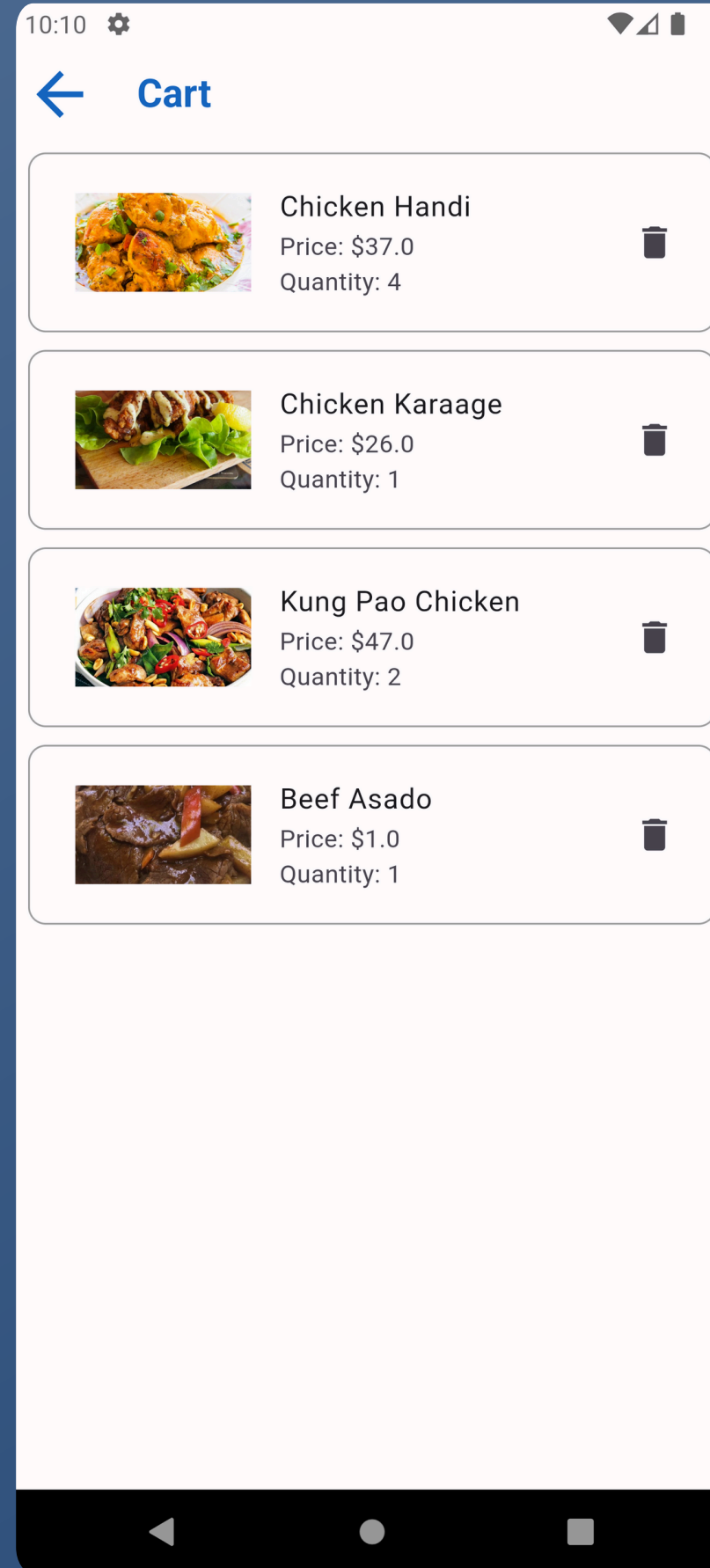
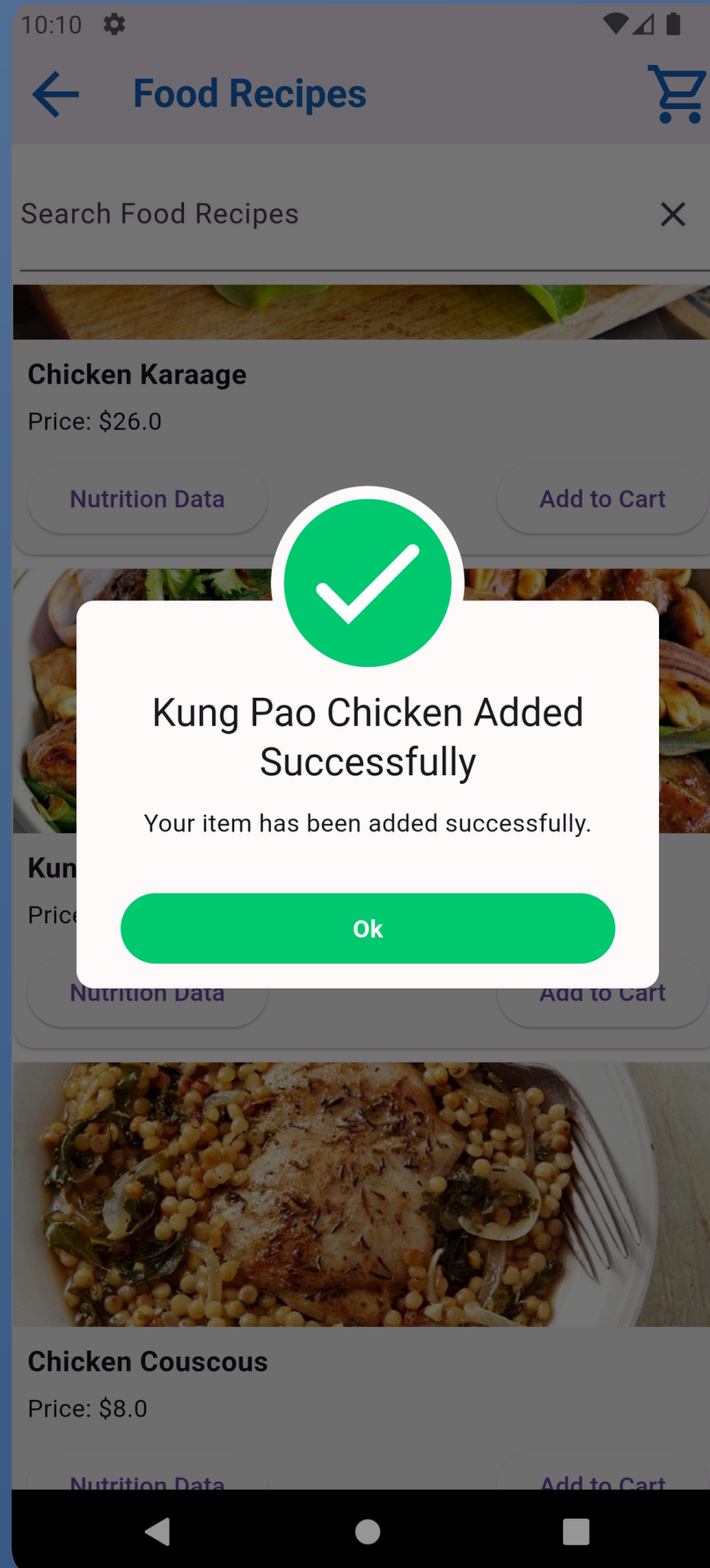
# Cart Shopping Page



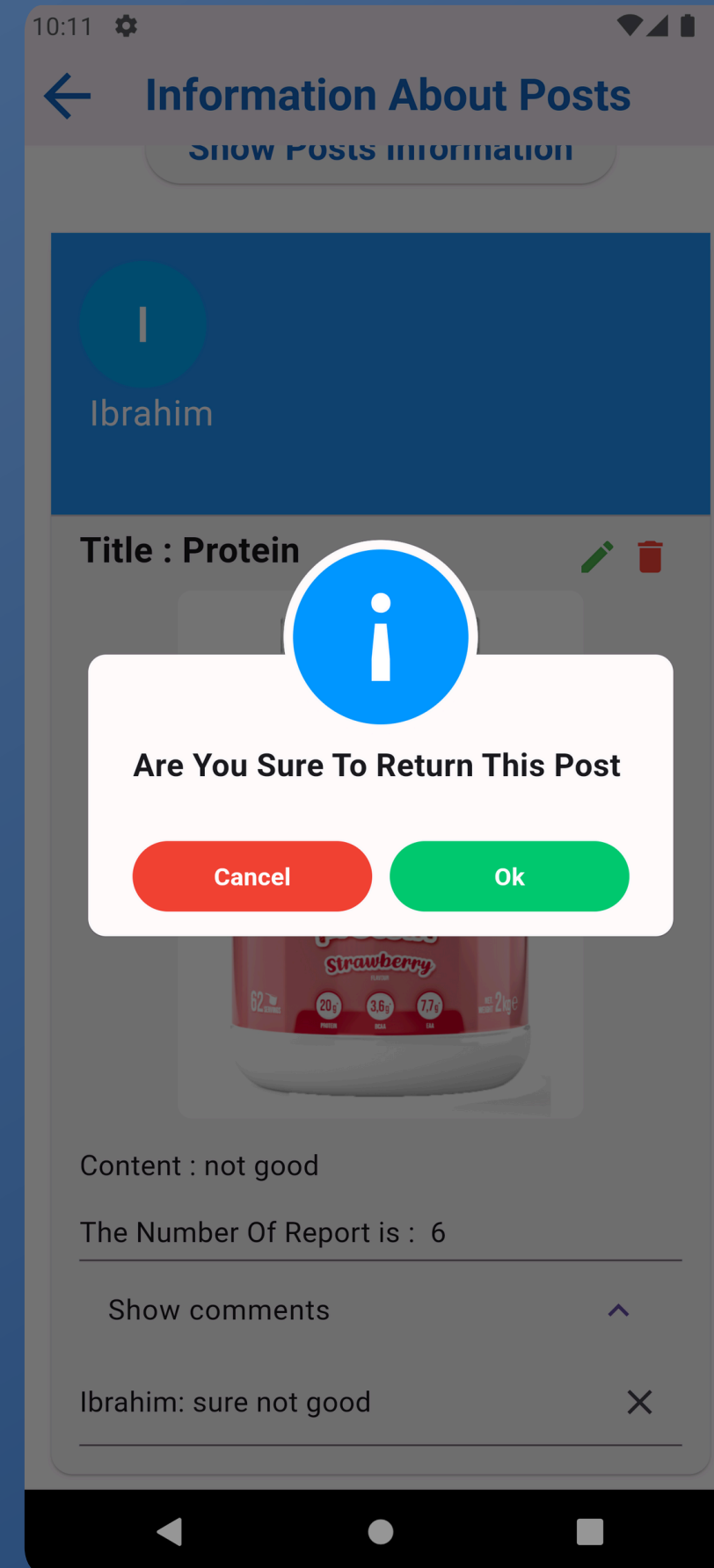
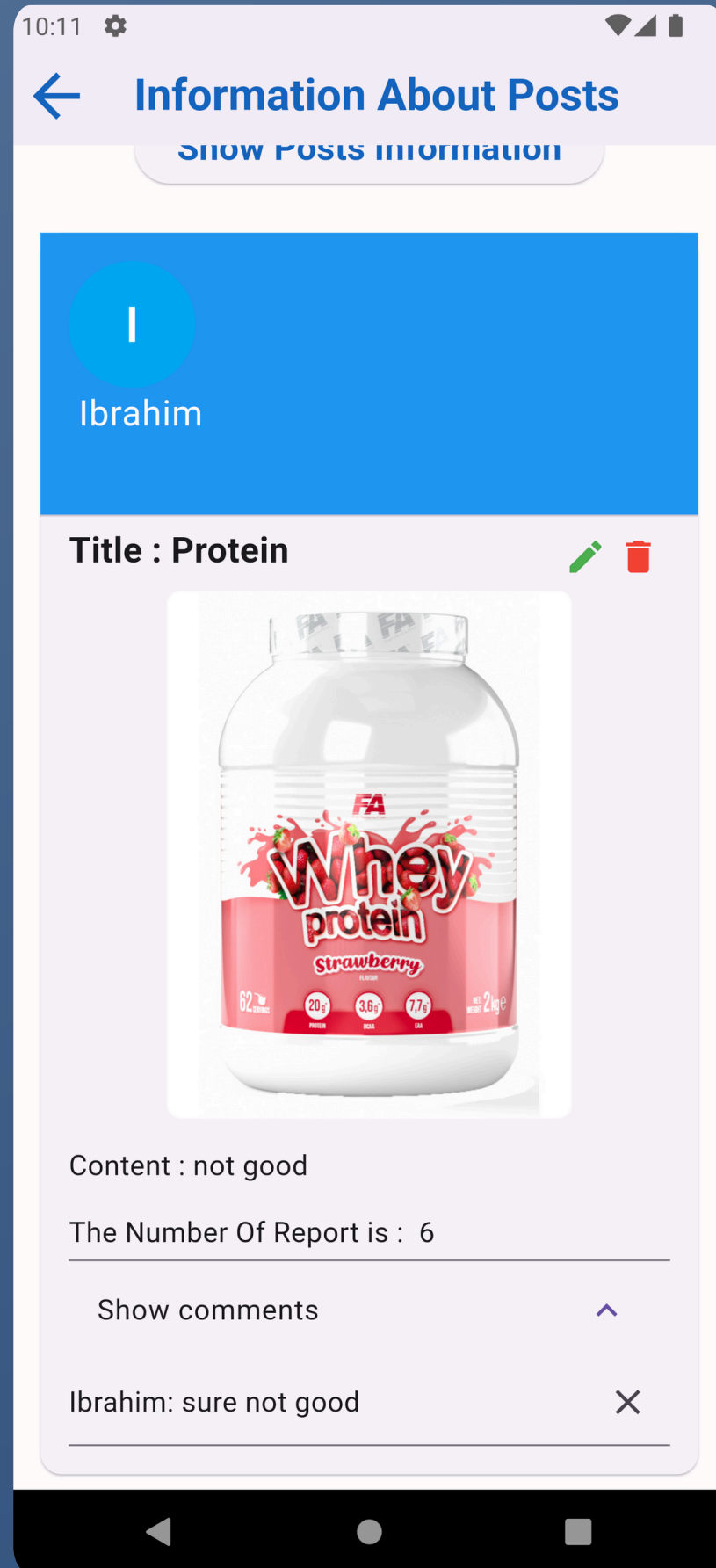
# Food Page



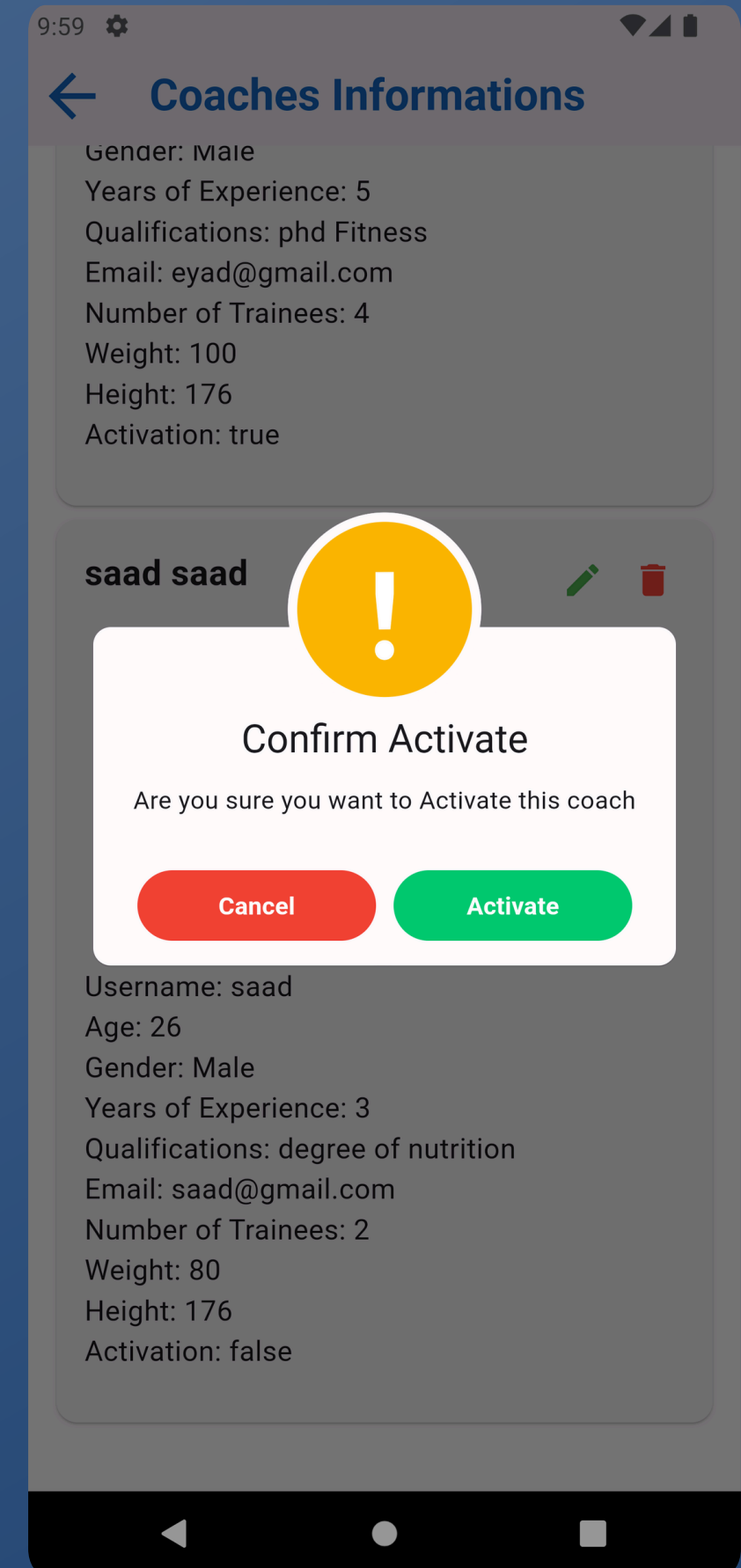
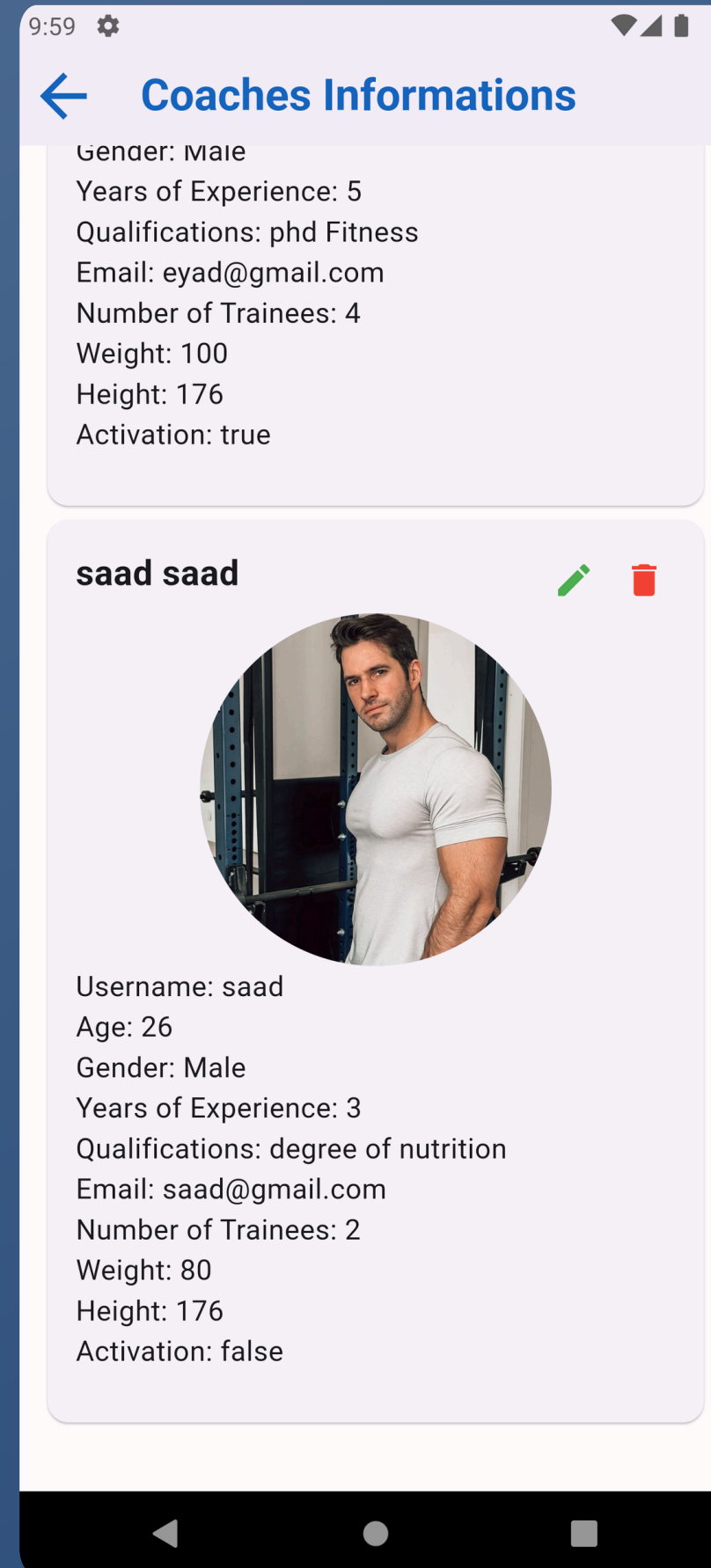
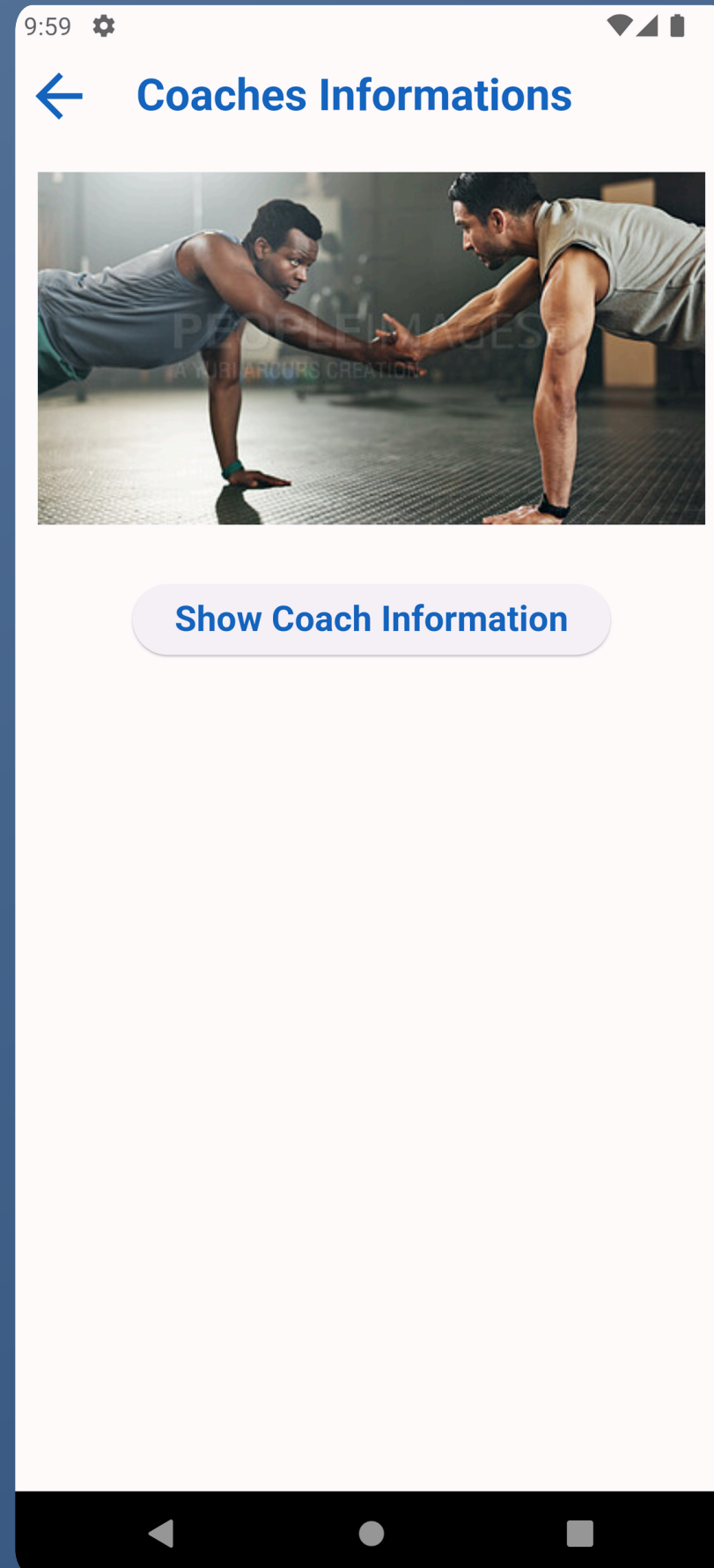
# Cart Food Page



# Report Page



# Show Coaches Page



# Diary Food Page

4:23 **Diary Food**

← 2024-06-08 →

**Calories Consumption**

2050.0	-	0.0	+	0.0	=	2050.0
Goal		Food		Exercise		Remaining

**Breakfast** 0

AddFood

**Lunch** 0

AddFood

**Dinner** 0

AddFood

**Snack** 0

AddFood

10:02 **Diary Food**

**Lunch** 0

AddFood

**Dinner** 0

AddFood

**Snack** 0

AddFood

**Exercise** 0

AddExercise

**Note**

Note

Nutrition

10:04 **Breakfast**

Categories Custom

**Beef**

**Chicken**

**Dessert**

**Lamb**

**Miscellaneous**

**Pasta**

10:04 **Breakfast**

Categories Custom

Create Your Custom Food

# Diary Food Page

10:04

← Custom Recipe

**Required**

Meal Name

Total Calories

Serving Size

**Optional**

Total Fat

Saturated Fat

Protein

Sodium

Potassium

10:04

← Custom Recipe

Total Fat

Saturated Fat

Protein

Sodium

Potassium

Cholesterol

Carbs

Fiber

Sugar

Save Clear

4:23

← Breakfast Recipes

Search Food Recipes

Enter Serving Size

Serving Size (g)

50

Cancel Set

Fruit and Cream Cheese Breakfast Pastries

4:24

← Chicken Recipes

Search Food Recipes

Enter Serving Size

Serving Size (g)

100

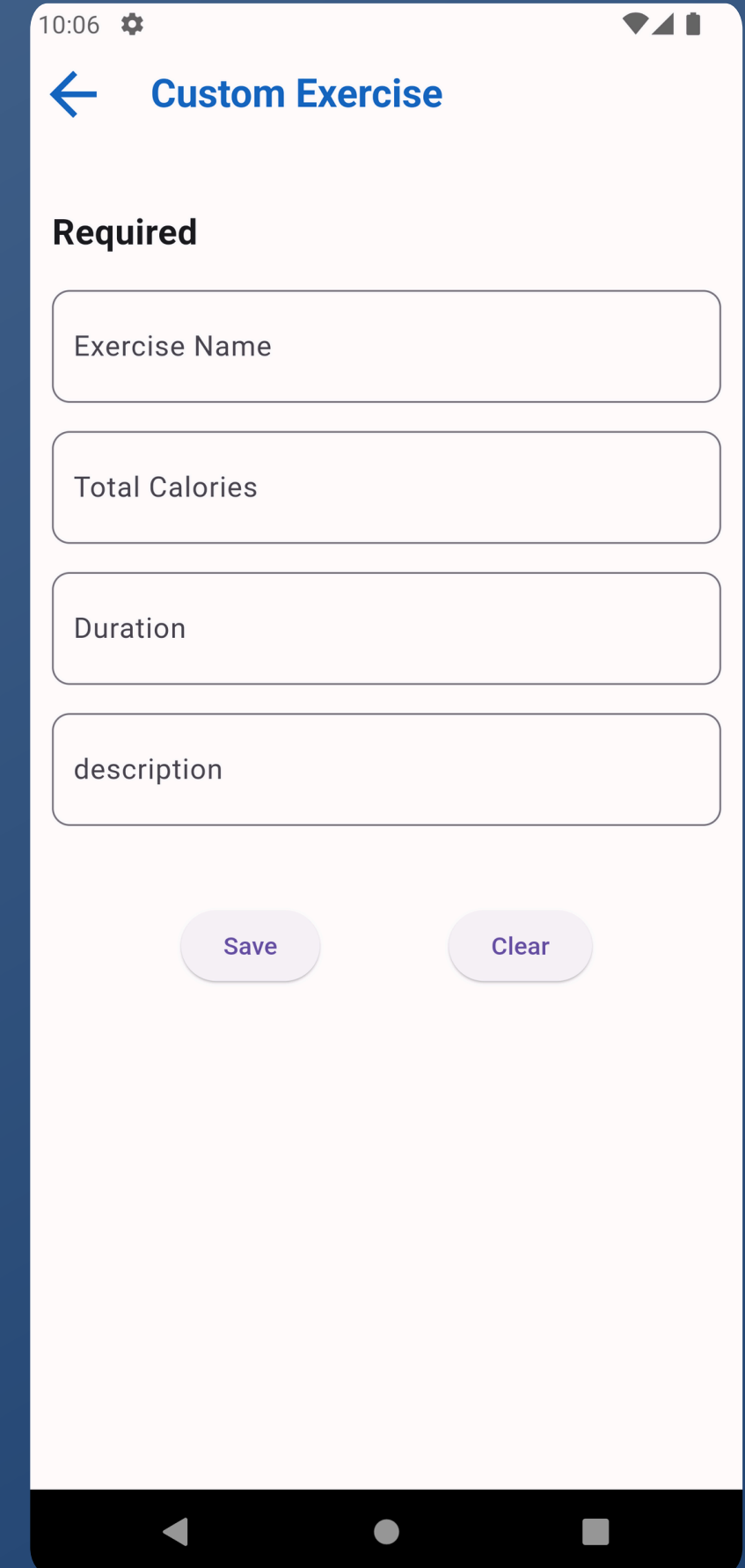
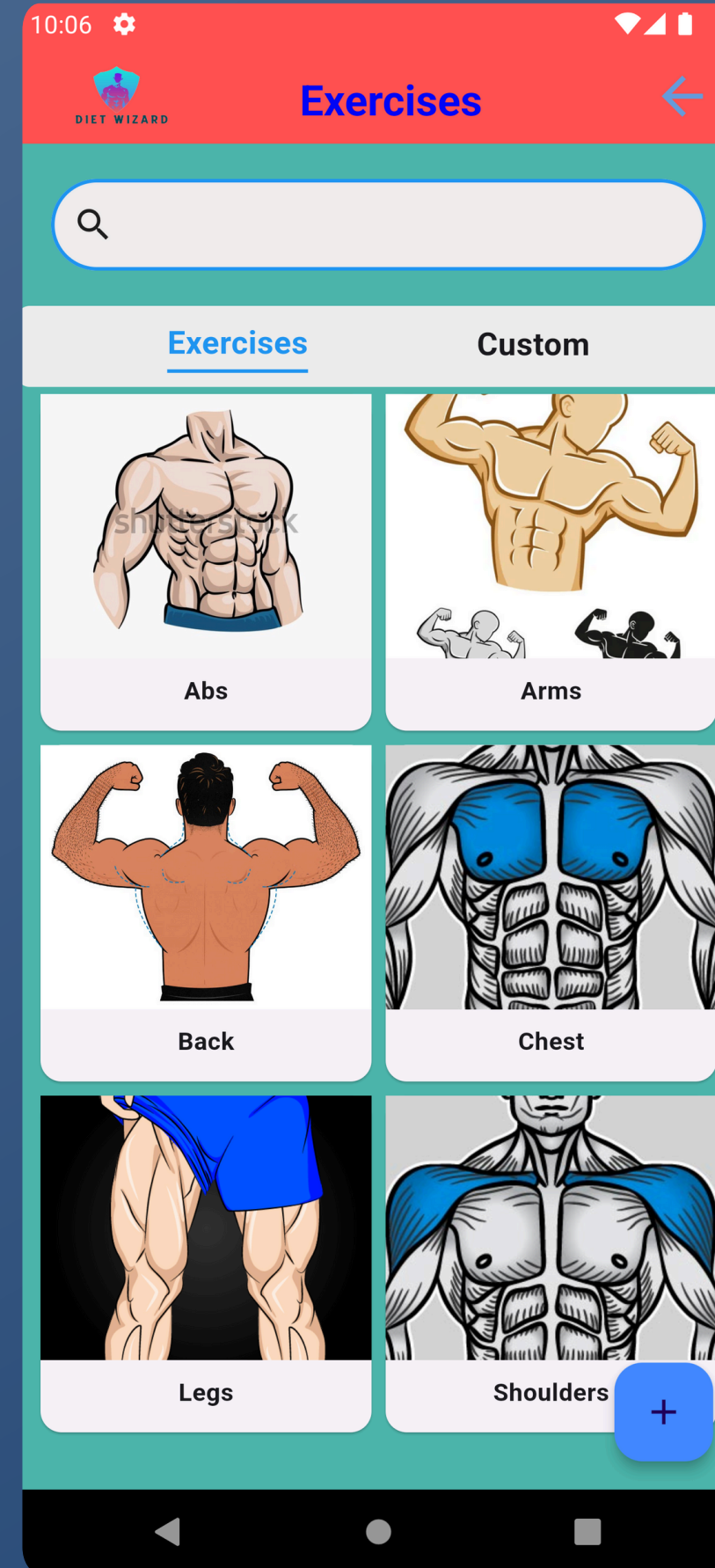
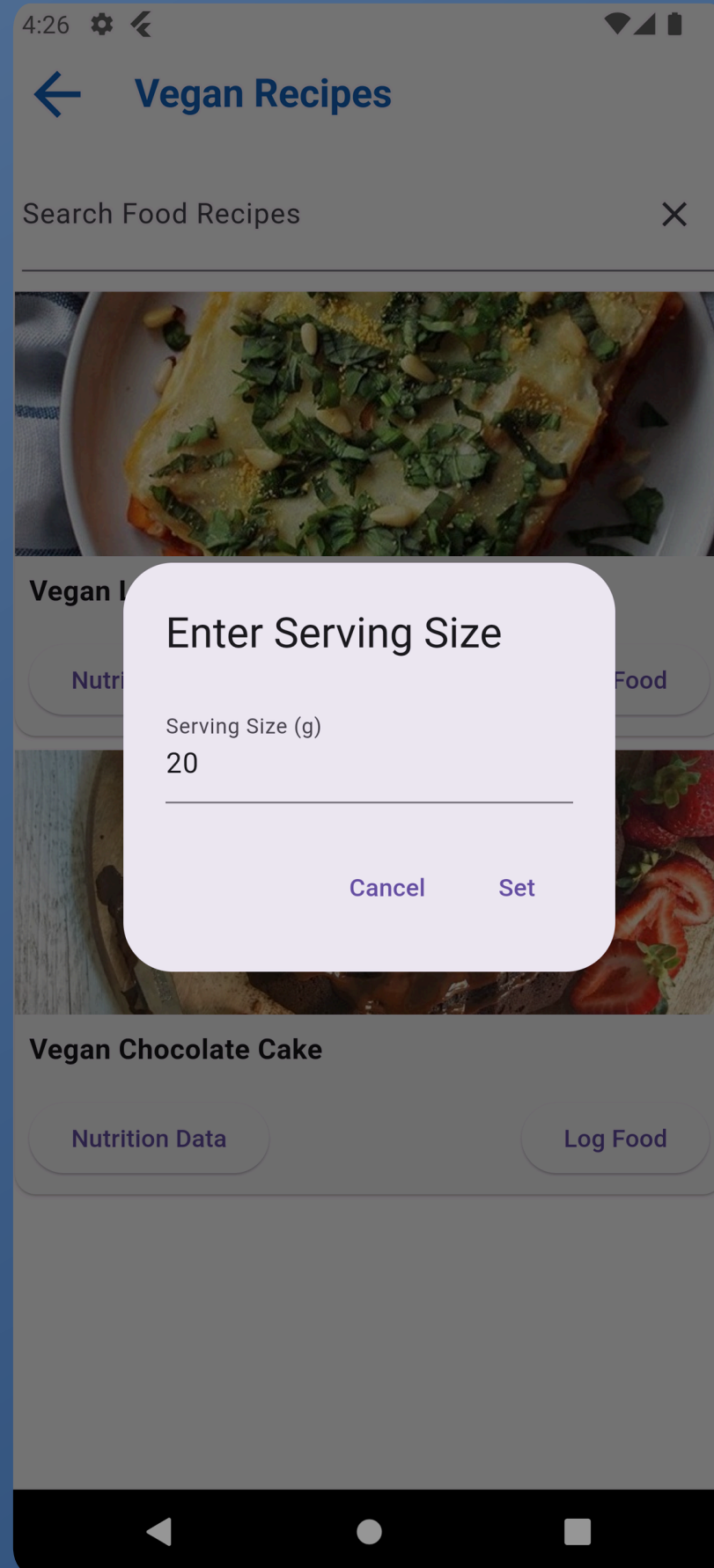
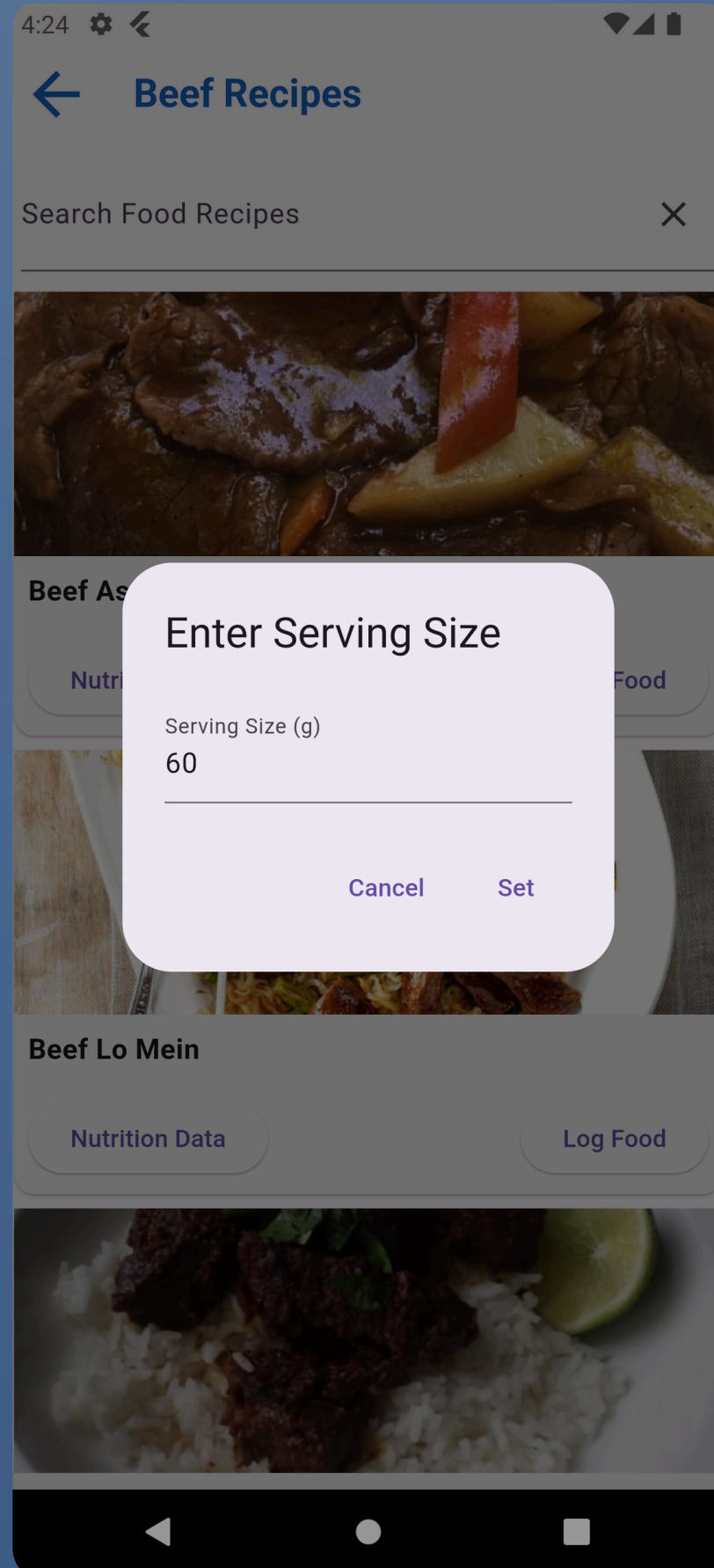
Cancel Set

Chicken Karaage

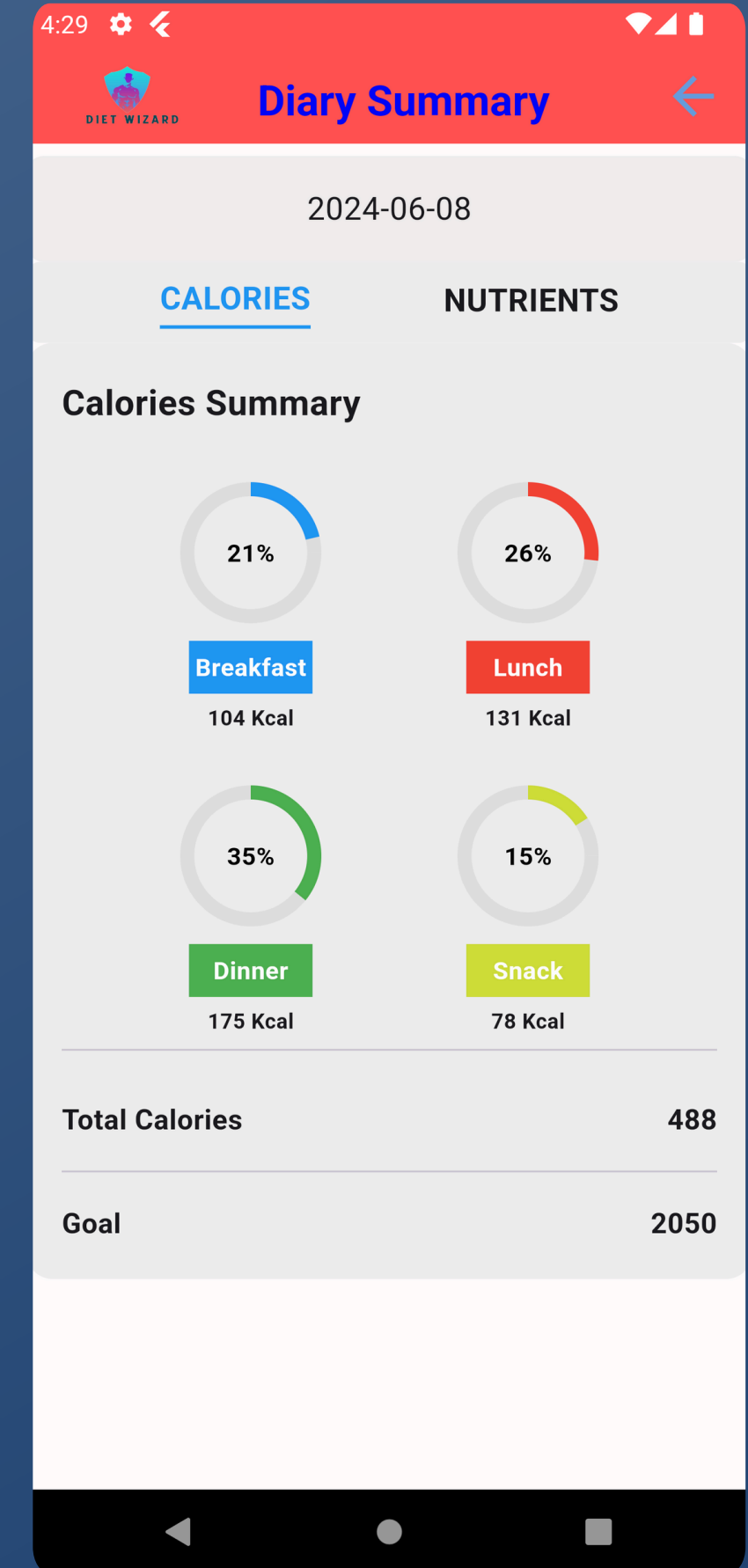
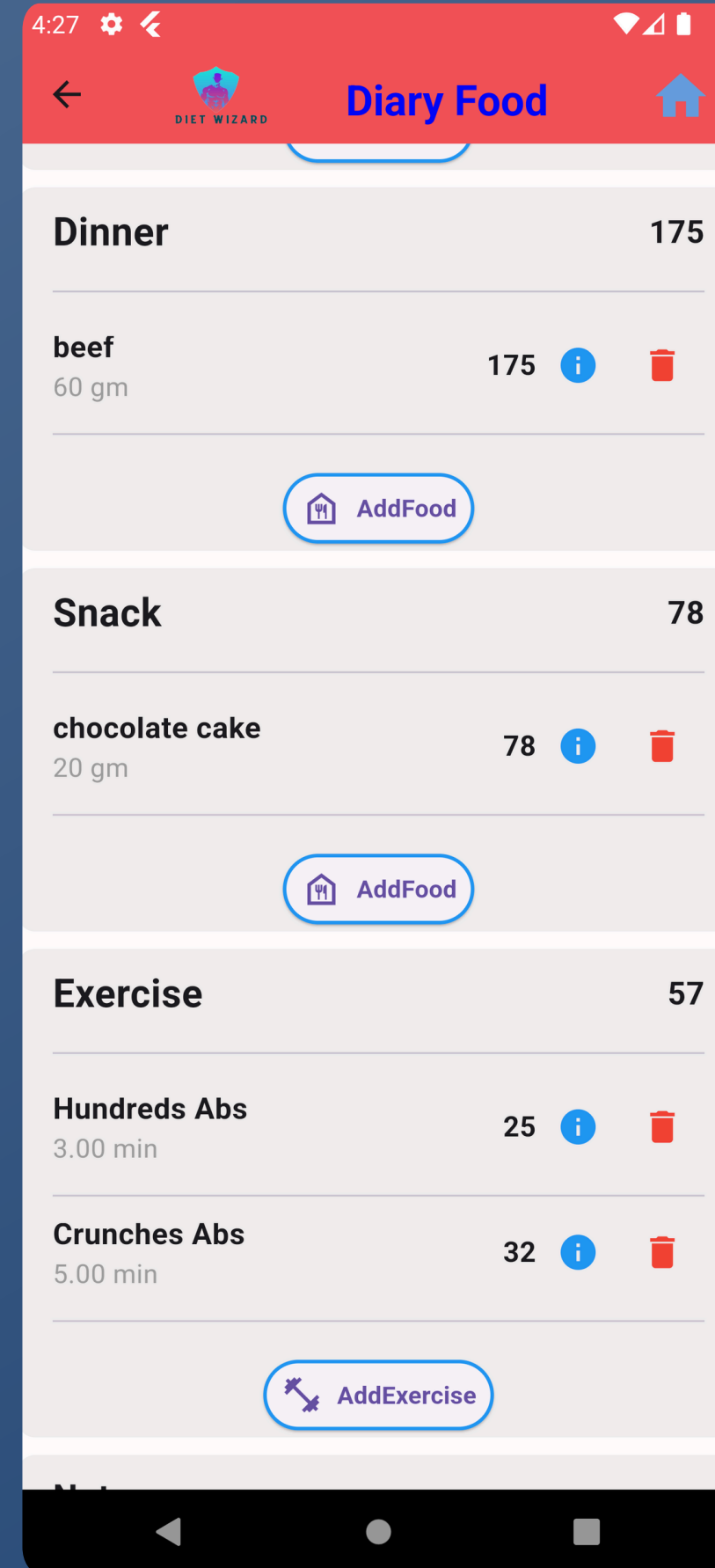
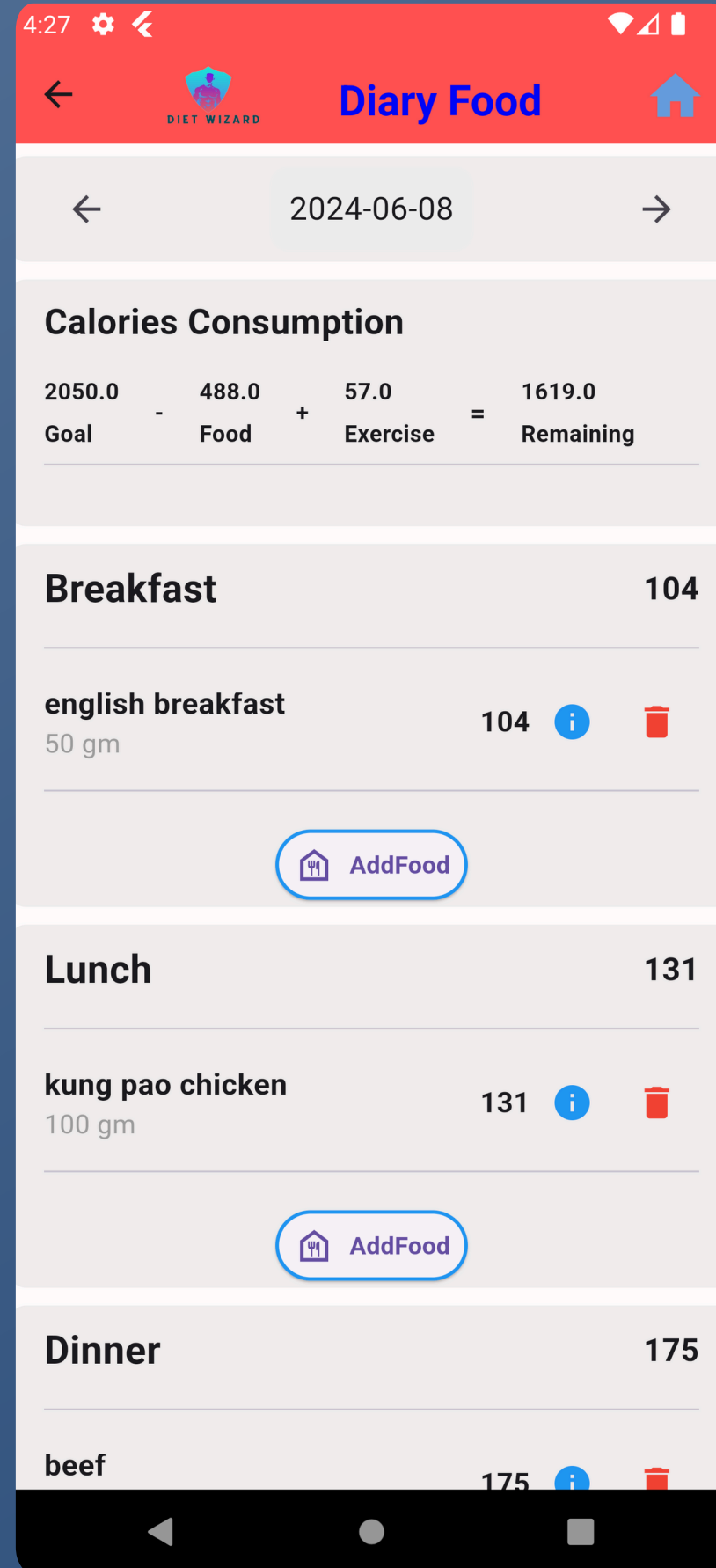
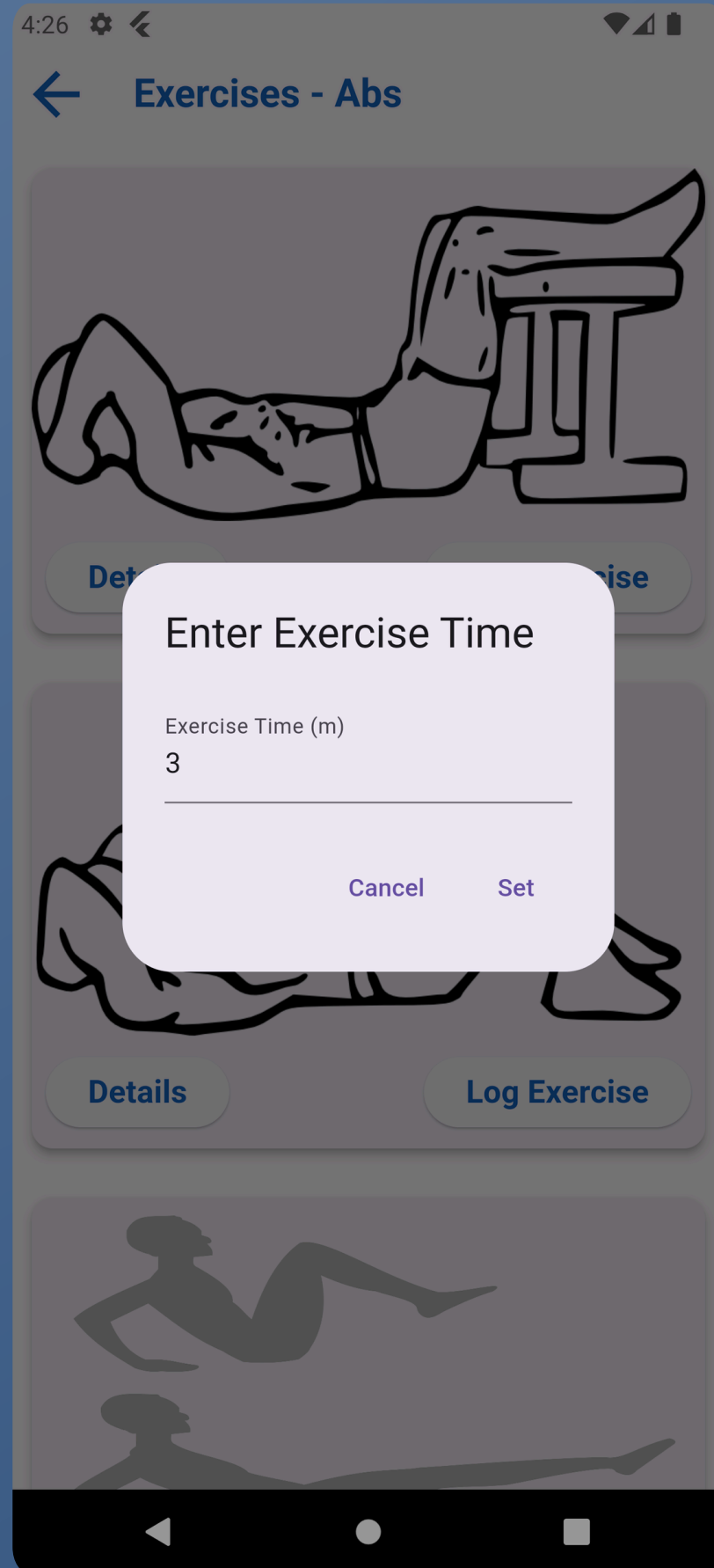
Kung P

Chicken Couscous

# Diary Food Page



# Diary Food Page



# Diary Food Page

4:29

**Diary Summary**

2024-06-08

**CALORIES** **NUTRIENTS**

Total	Goal	Left
<b>Protein</b>		
31.51	162.50	130.99g
<b>Carbs</b>		
21.05	325.00	303.95g
<b>Total Fat</b>		
30.15	72.22	42.07g
<b>Saturated Fat</b>		
9.91	7.22	0.00g
<b>Sugar</b>		
12.57	36.00	23.43g

10:30

**Total Fat**

**Total Fat Summary**

 7% <b>Breakfast</b> 4 g	 57% <b>Lunch</b> 34 g
 32% <b>Dinner</b> 19 g	 0% <b>Snack</b> 0 g

**Total Total Fat** 60.09

**Goal** 72.22

4:58

**Template Diary Food**

**Lunch** 0

**Dinner** 0

**Snack** 0

**Exercise** 0

**Note**

4:58

**Template Diary Food**

**Lunch** 0

**Dinner** 0

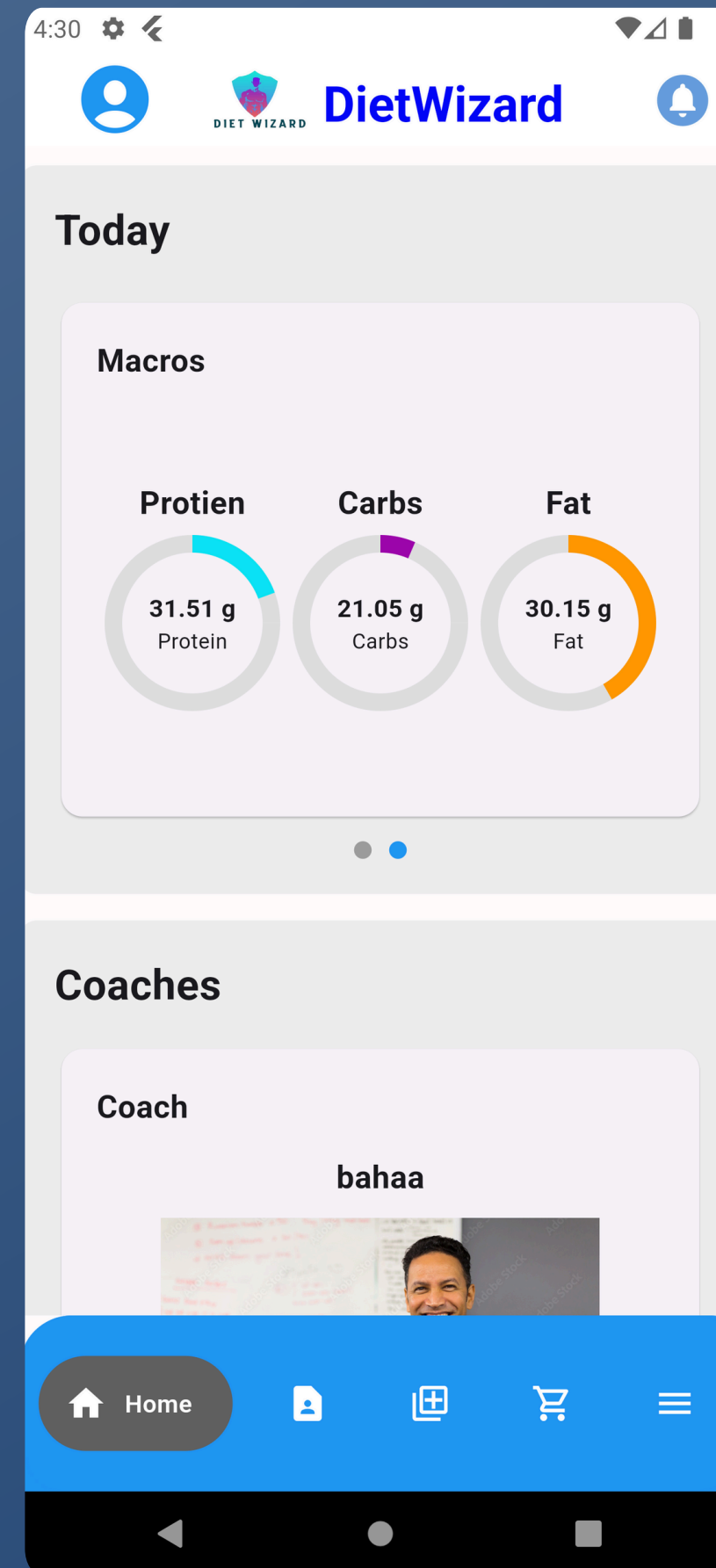
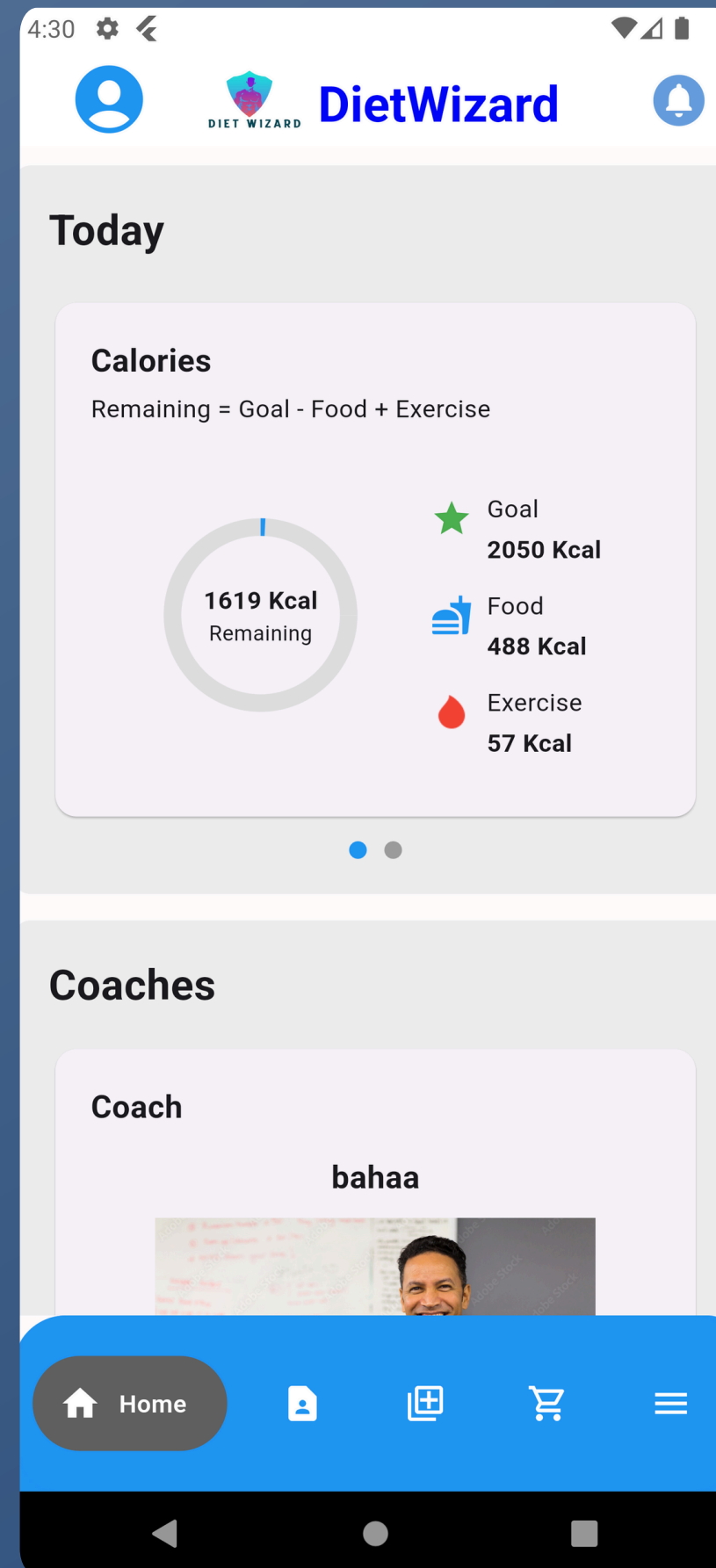
**Snack** 0

**Exercise** 0

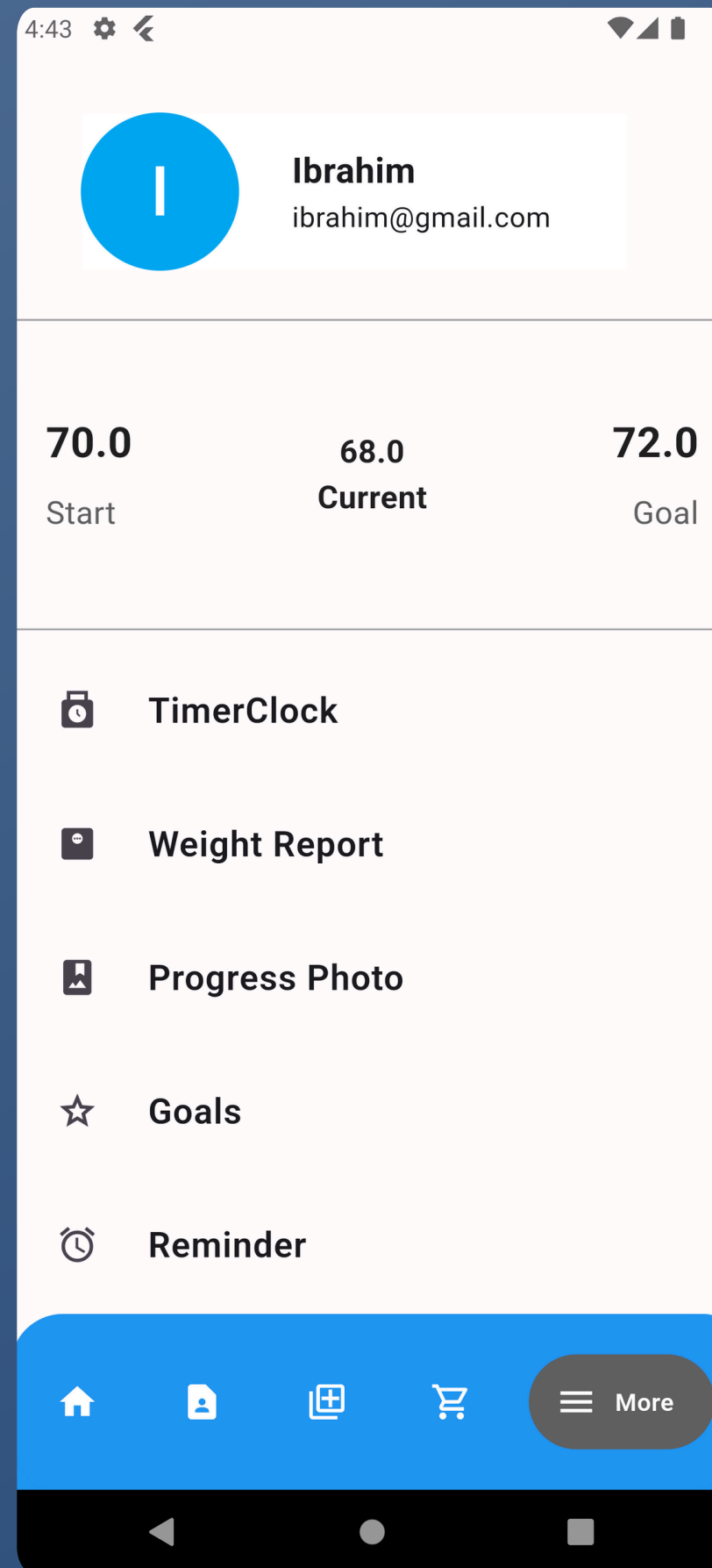
**Note**

**Notify user**

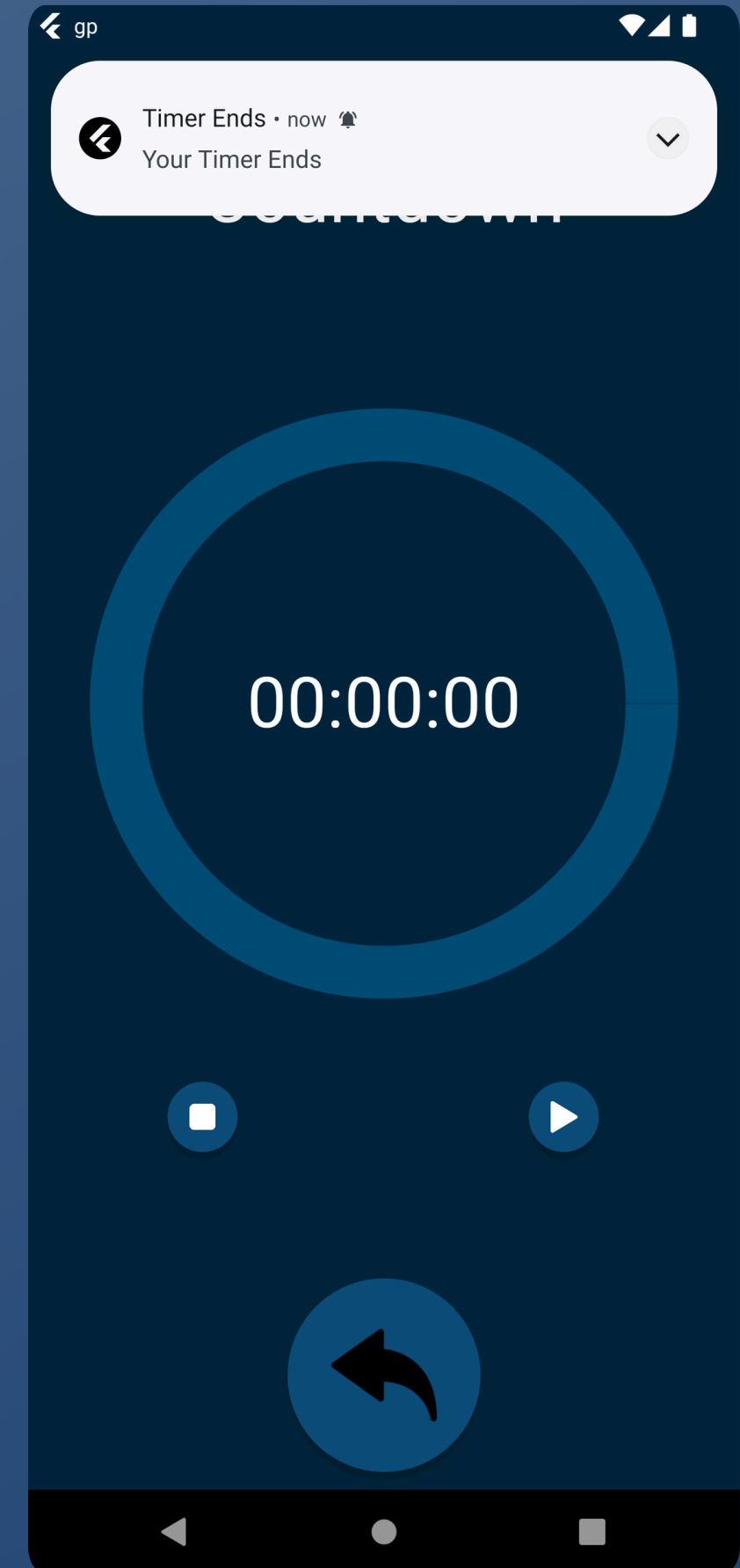
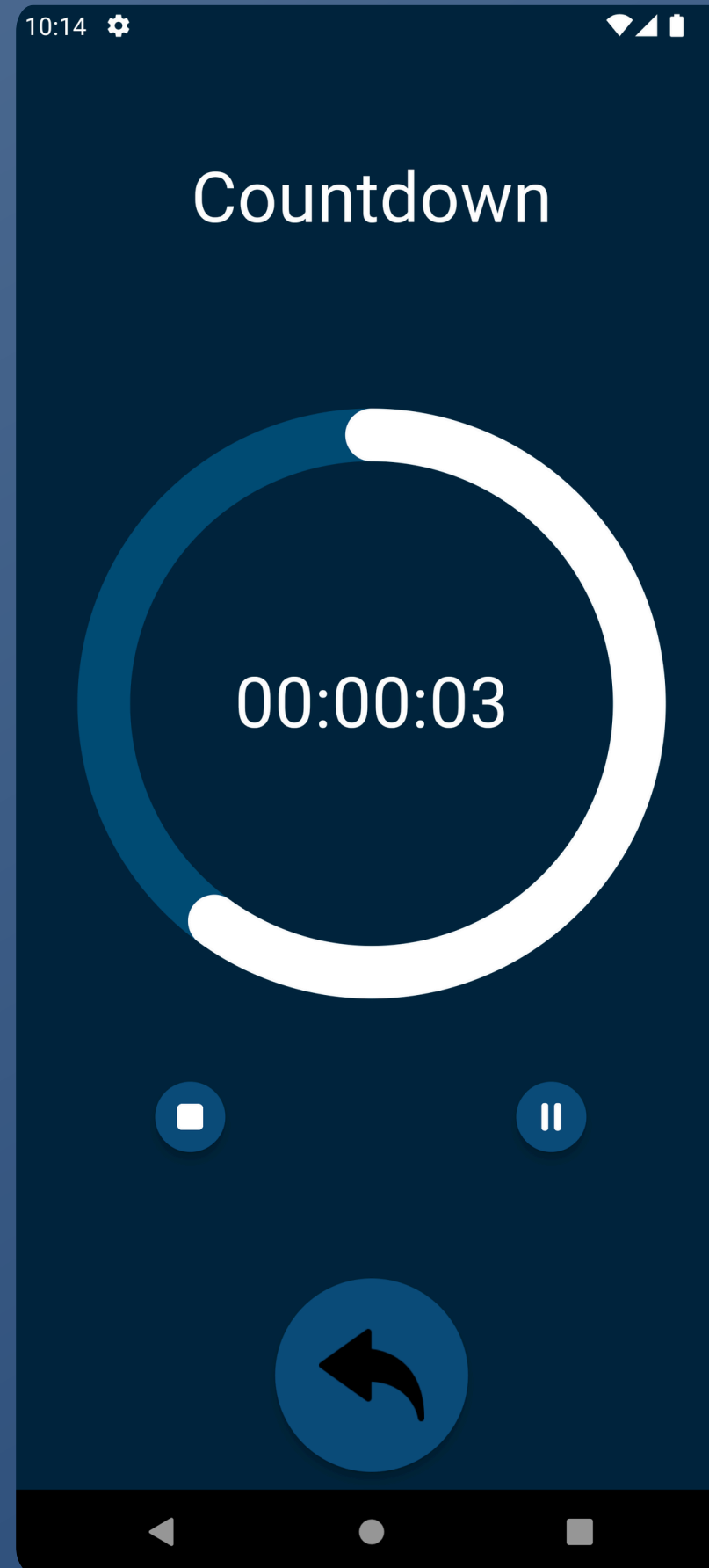
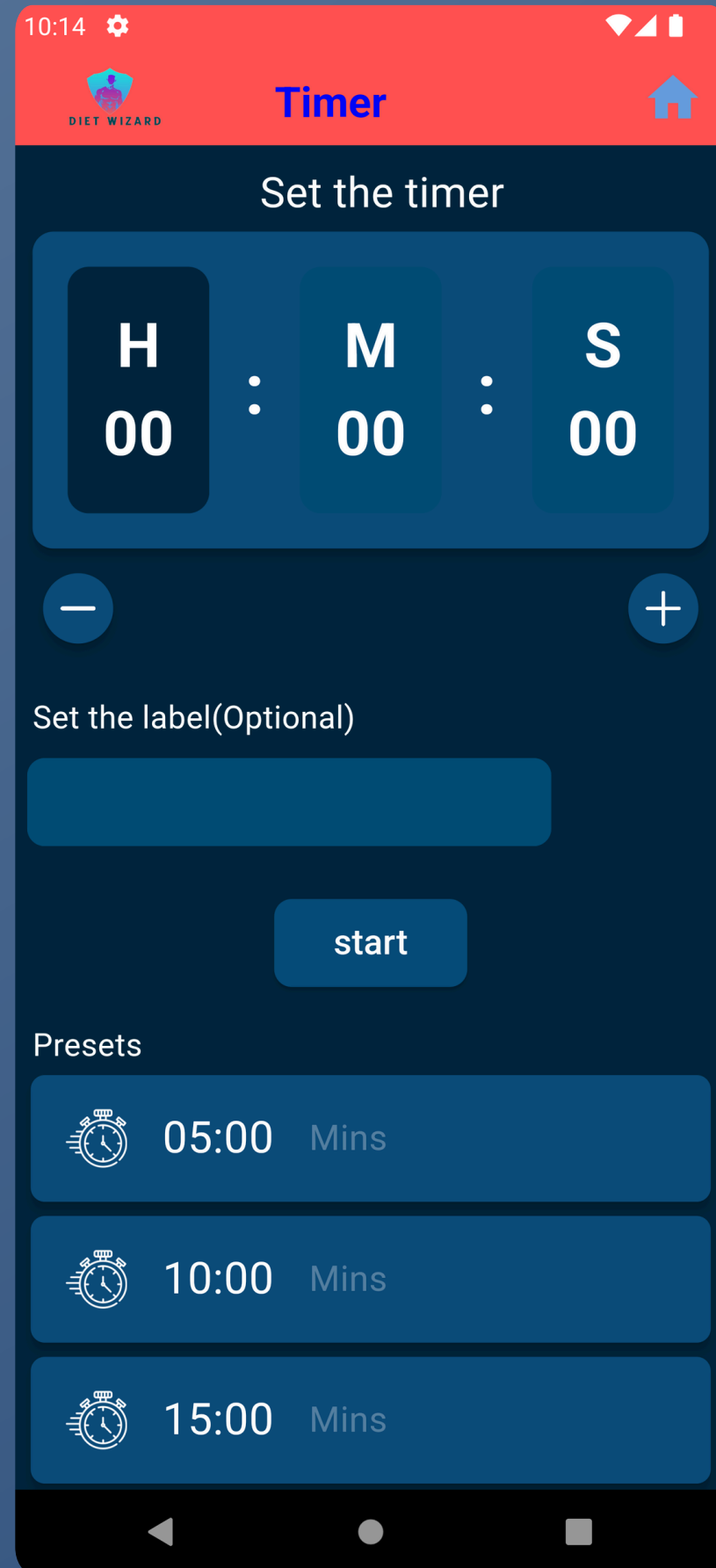
# Diary Food Page



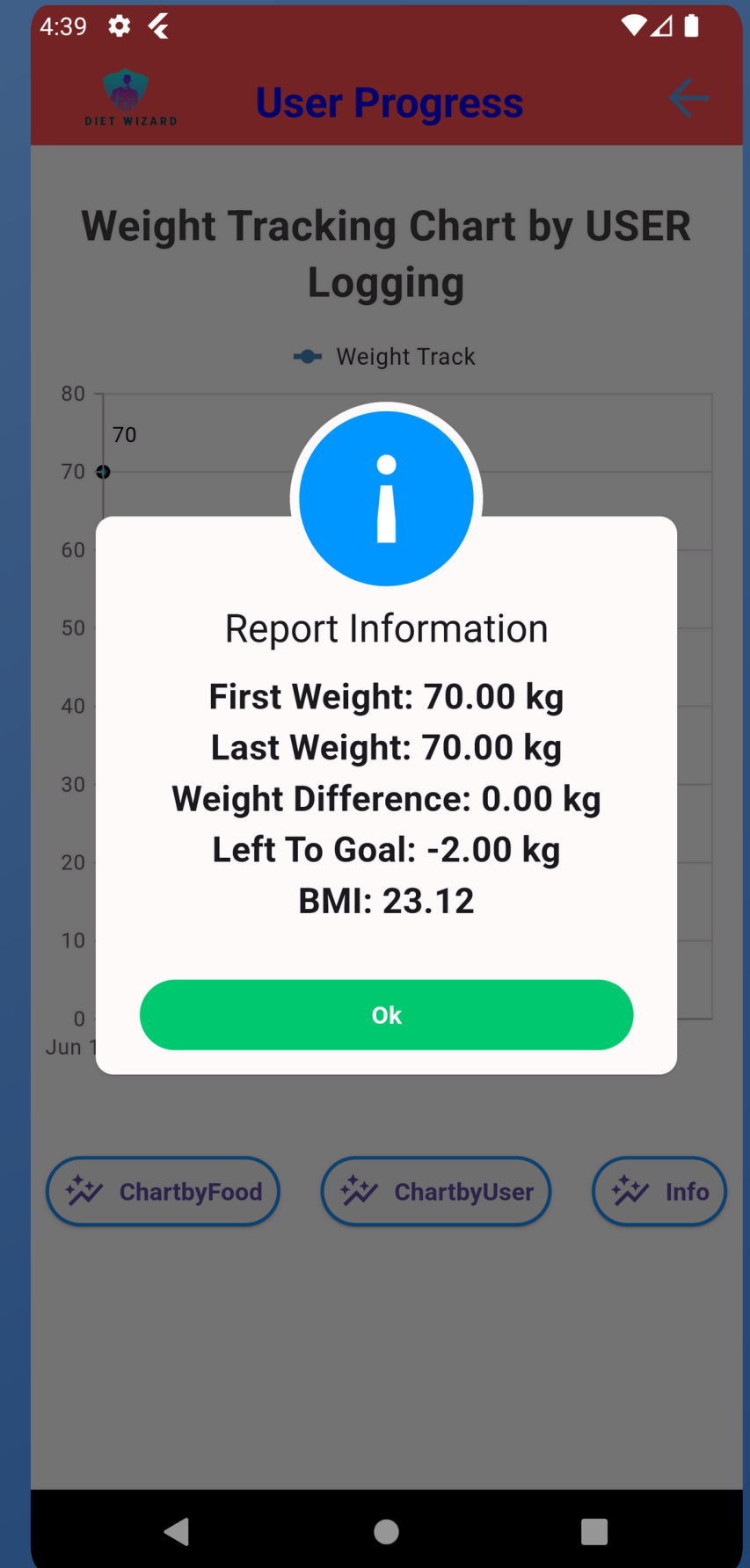
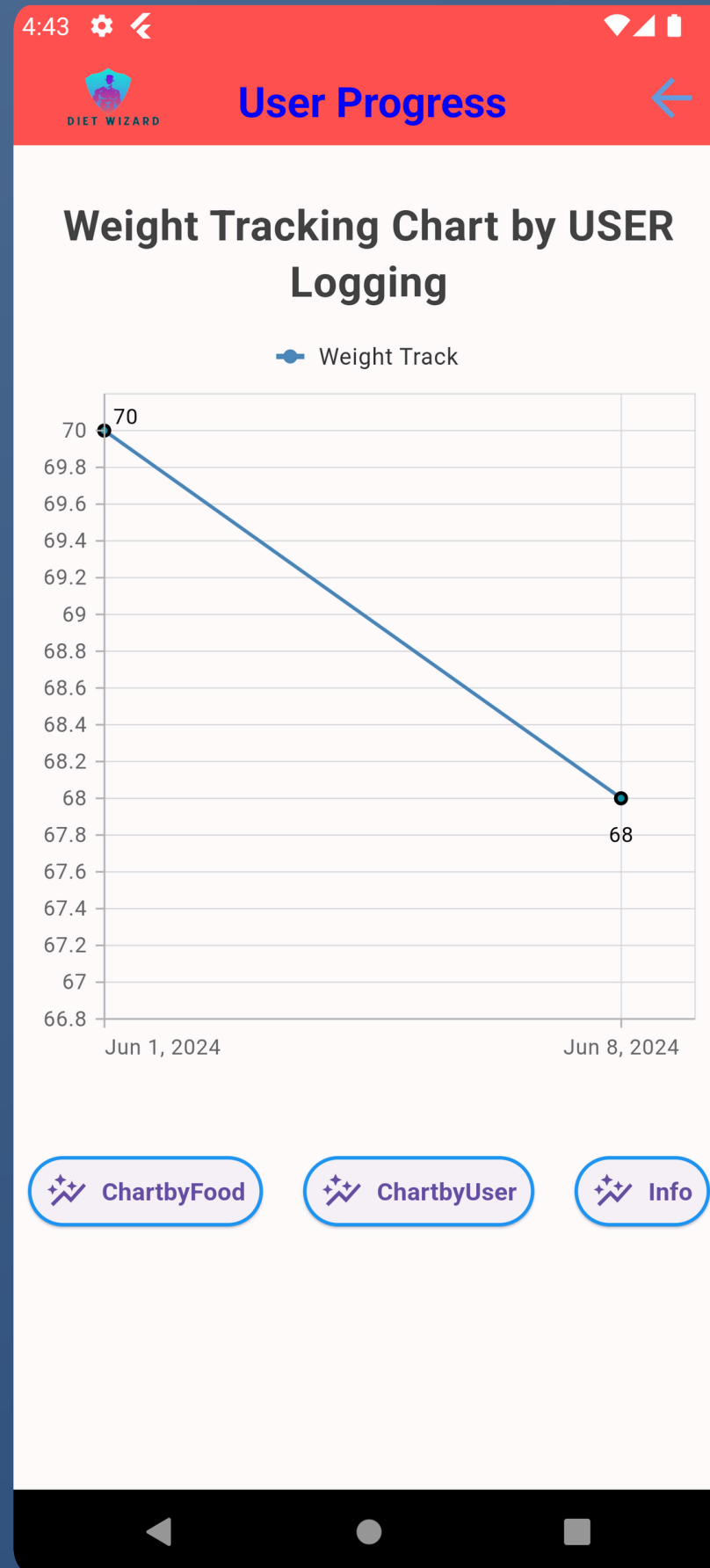
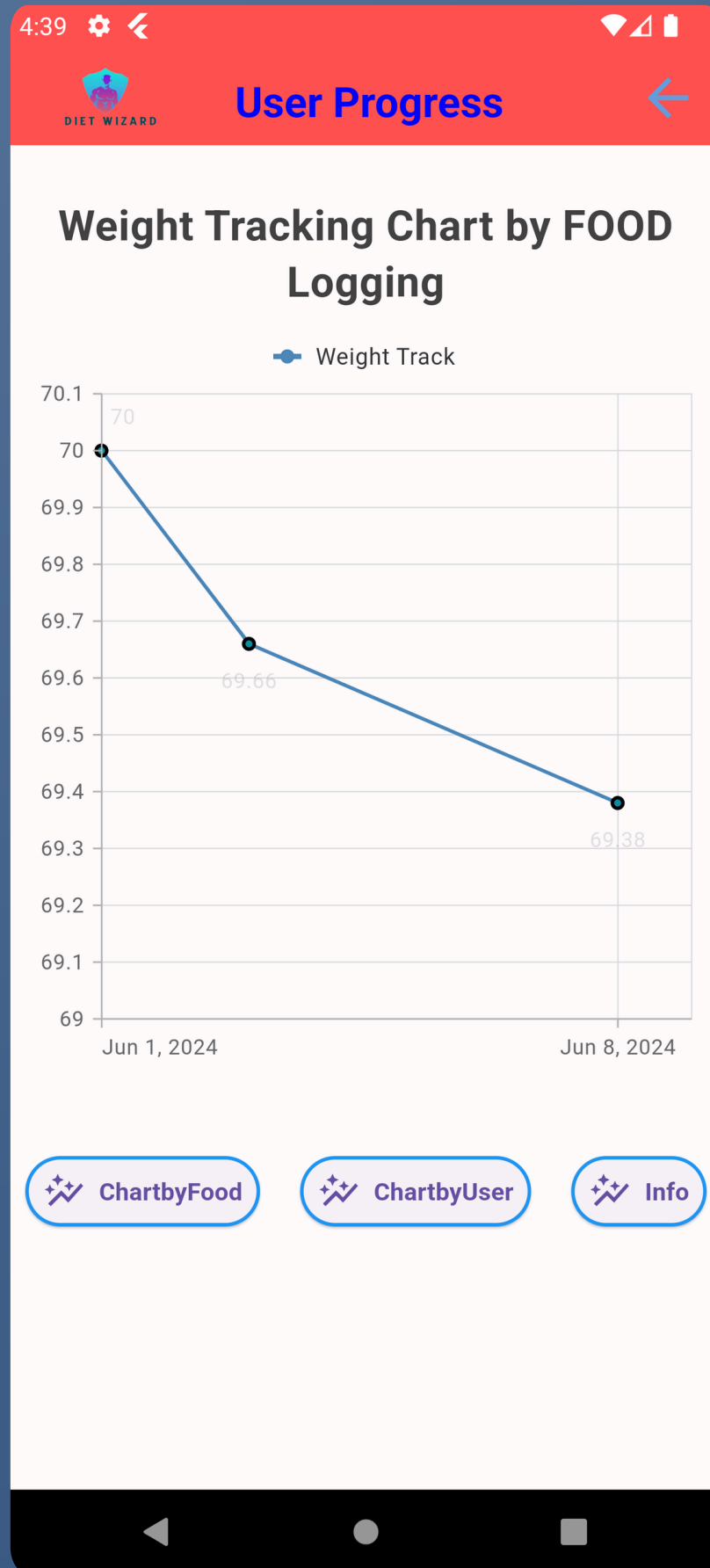
# More Page



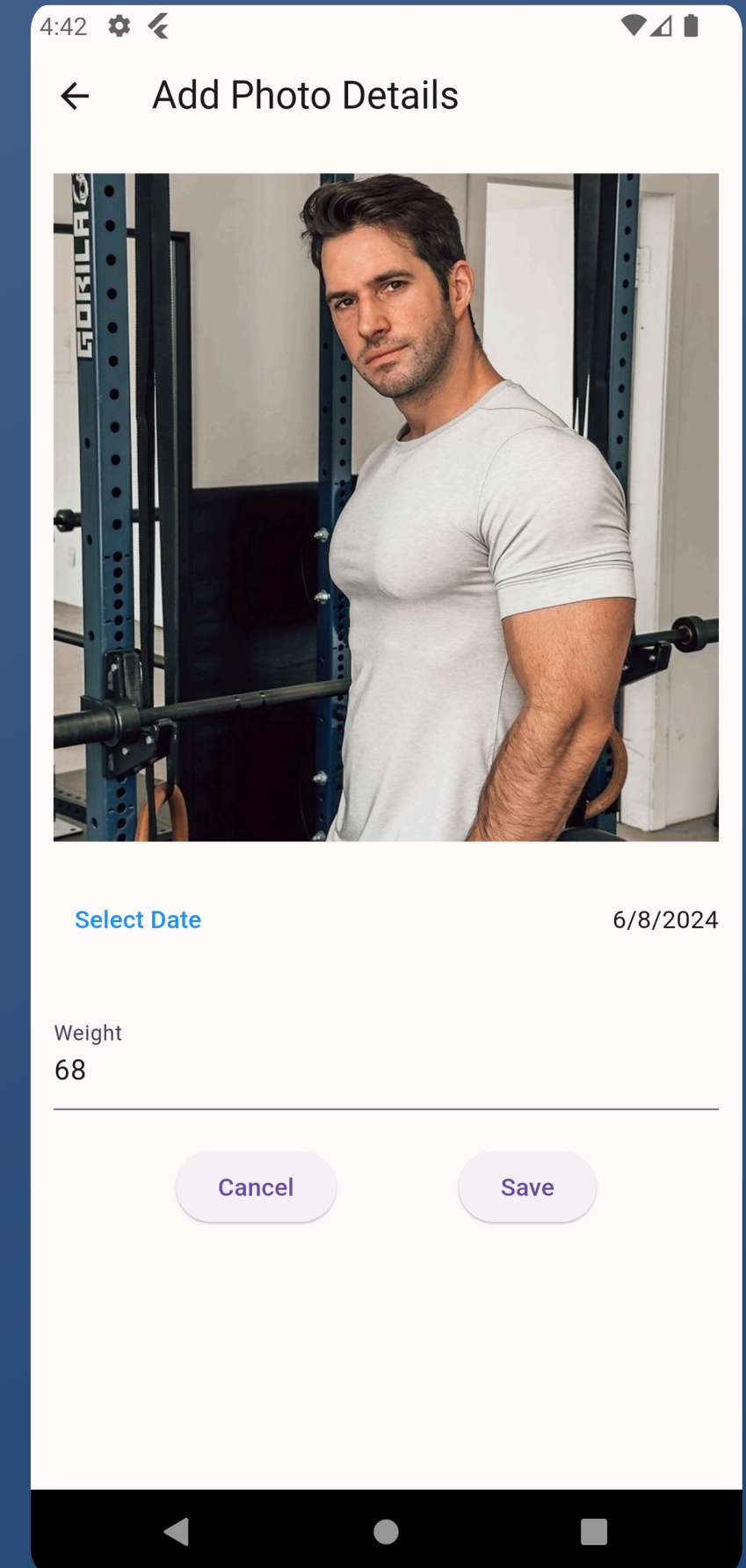
# Timer Page



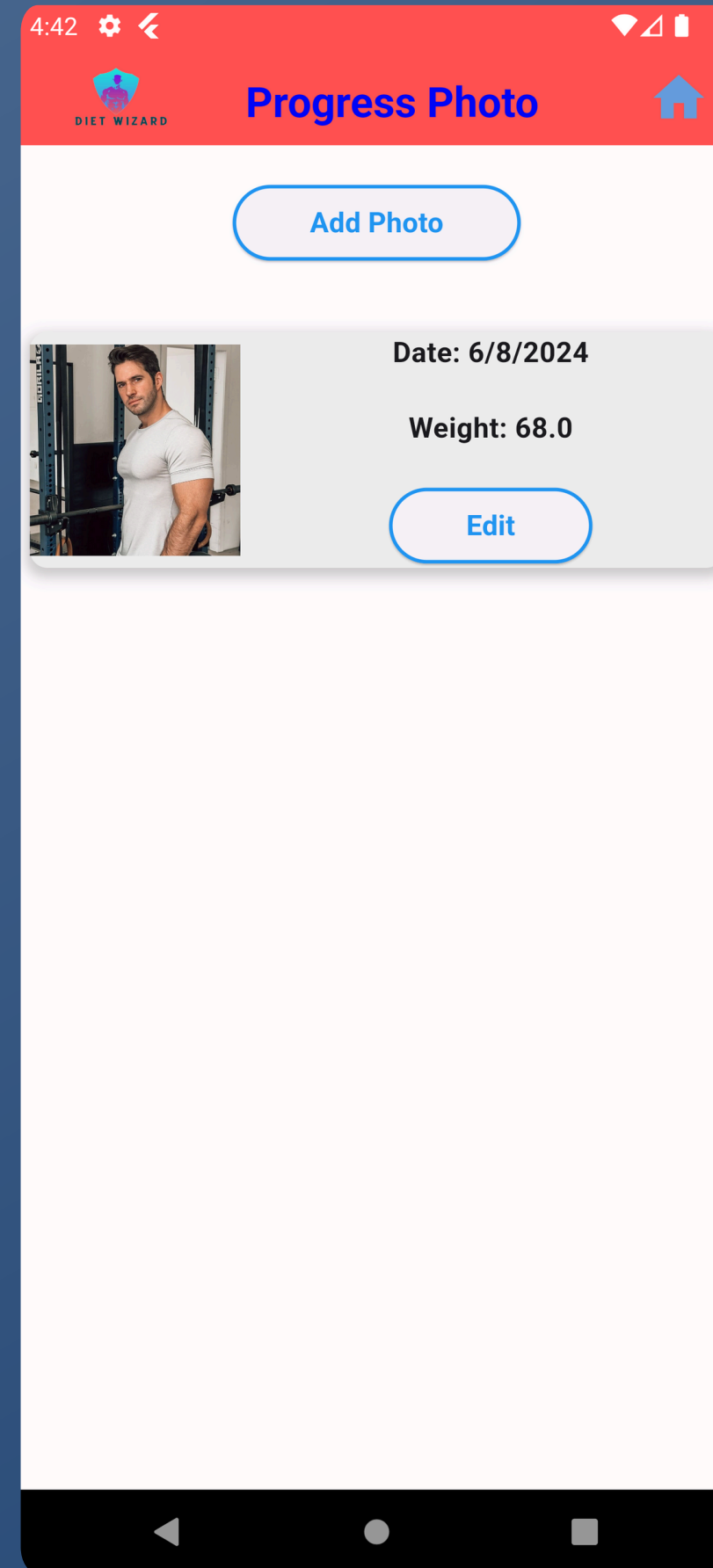
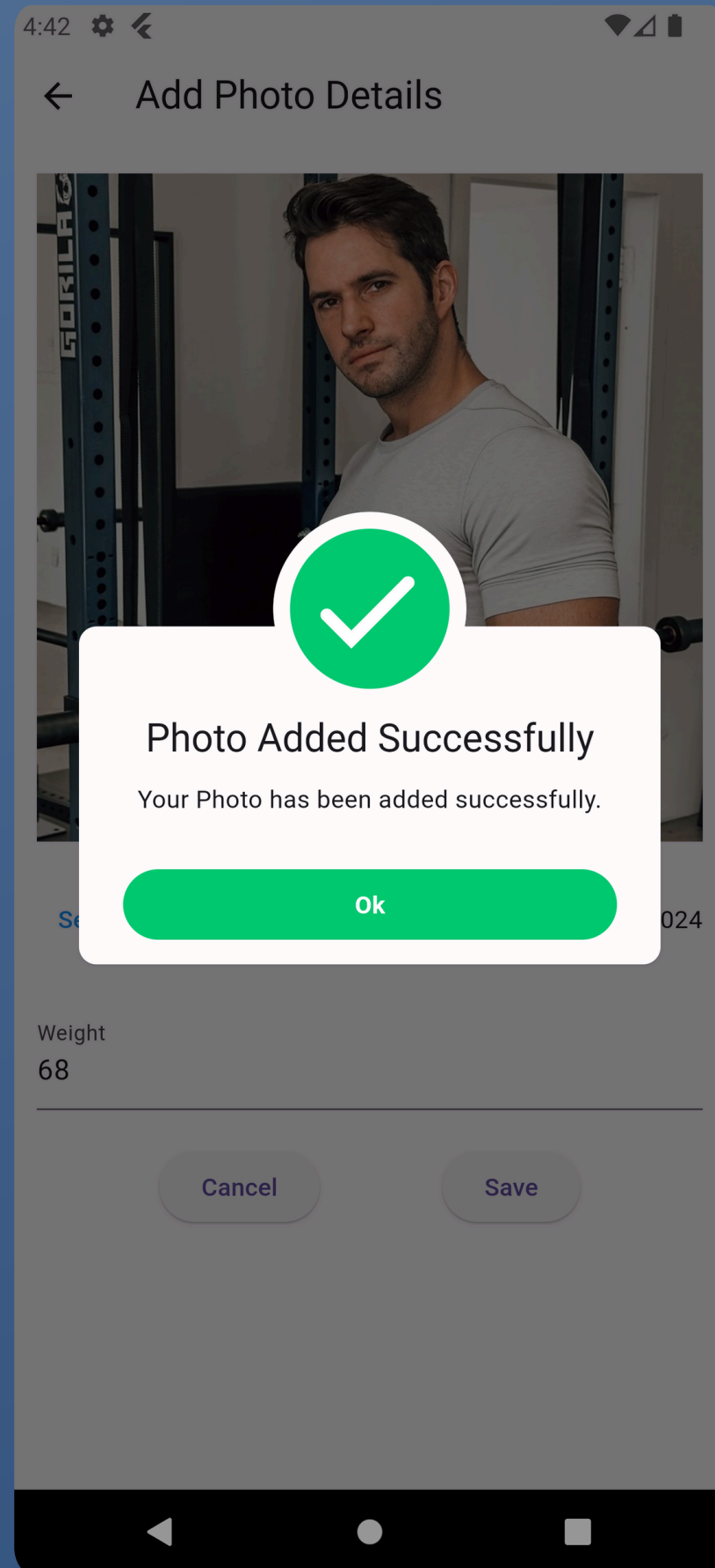
# Weight Report Page



# Progress Photo Page



# Progress Photo Page



# Goals Page

4:40

DIET WIZARD **Goals**

**Goals**

Starting Weight 70 kg on 2024-06-01

Current Weight 70 kg

Goal Weight 72.0 kg

Weekly Target -0.5 kg

Activity Level Active

**Nutrition**

Calories-TDEE 2050.0 Kcal

Carbs 50 %

Protein 25 %

Fat 25 %

**Fitness**

Workouts / Week 4

4:41

DIET WIZARD **Goals**

Starting Weight 70 kg on 2024-06-01

Current Weight 70 kg

Goal Weight 72.0 kg

Weekly Target -0.5 kg

Activity Level Active

**Nutrition**

Calories-TDEE 2050.0 Kcal

Carbs 50 %

Protein 25 %

Fat 25 %

**Fitness**

Workouts / Week 4

Minutes / Workout 60

9:45

DIET WIZARD **Goals**

Starting Weight 80 kg on 2024-05-25

Current Weight 85 kg

Goal Weight 90 kg

Weekly Target -5 kg

Activity Level Active

**Nutrition**

Calories-TDEE 2050.0 Kcal

Carbs 50 %

Protein 25 %

Fat 25 %

**Fitness**

Workouts / Week 4

Set Goals - Result must be 100%

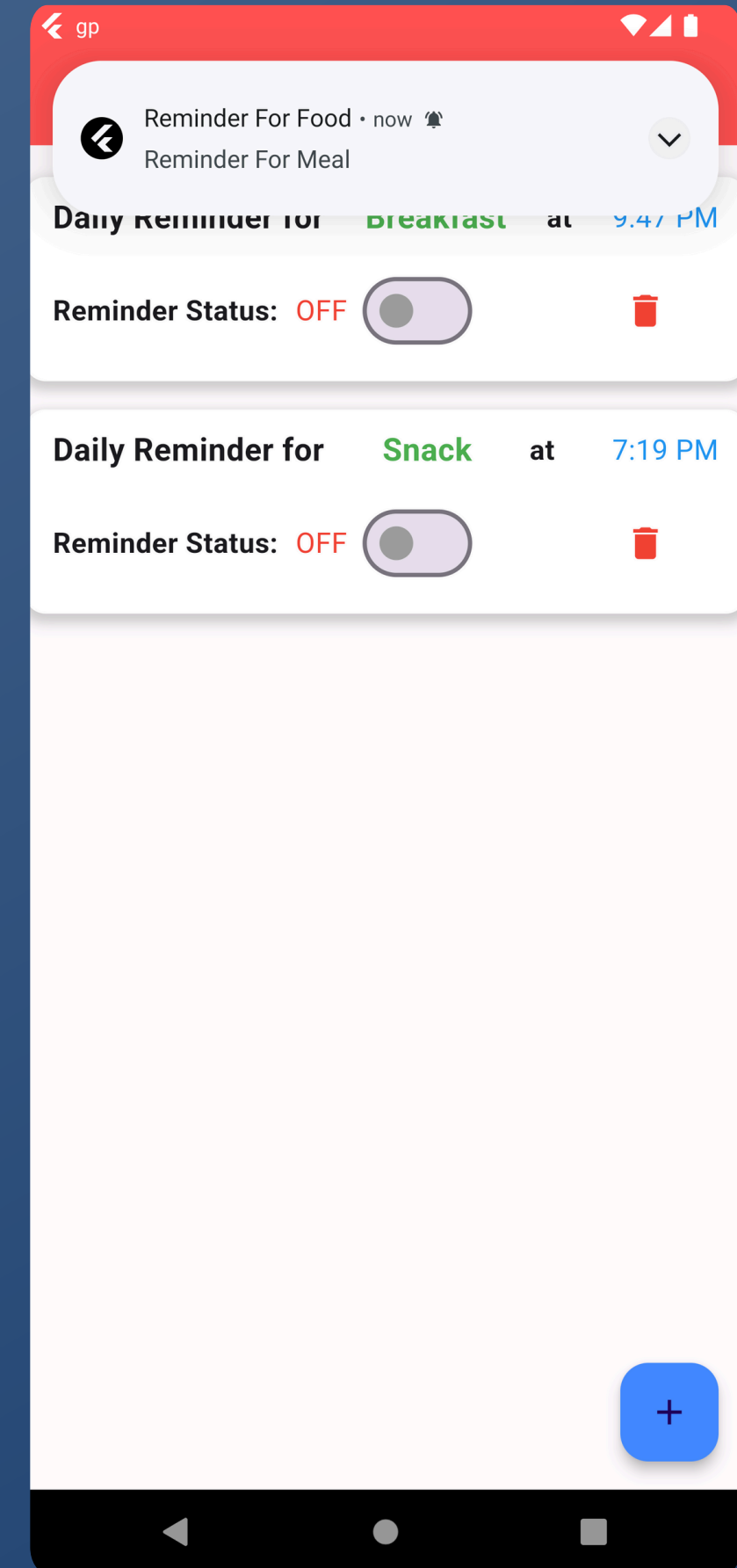
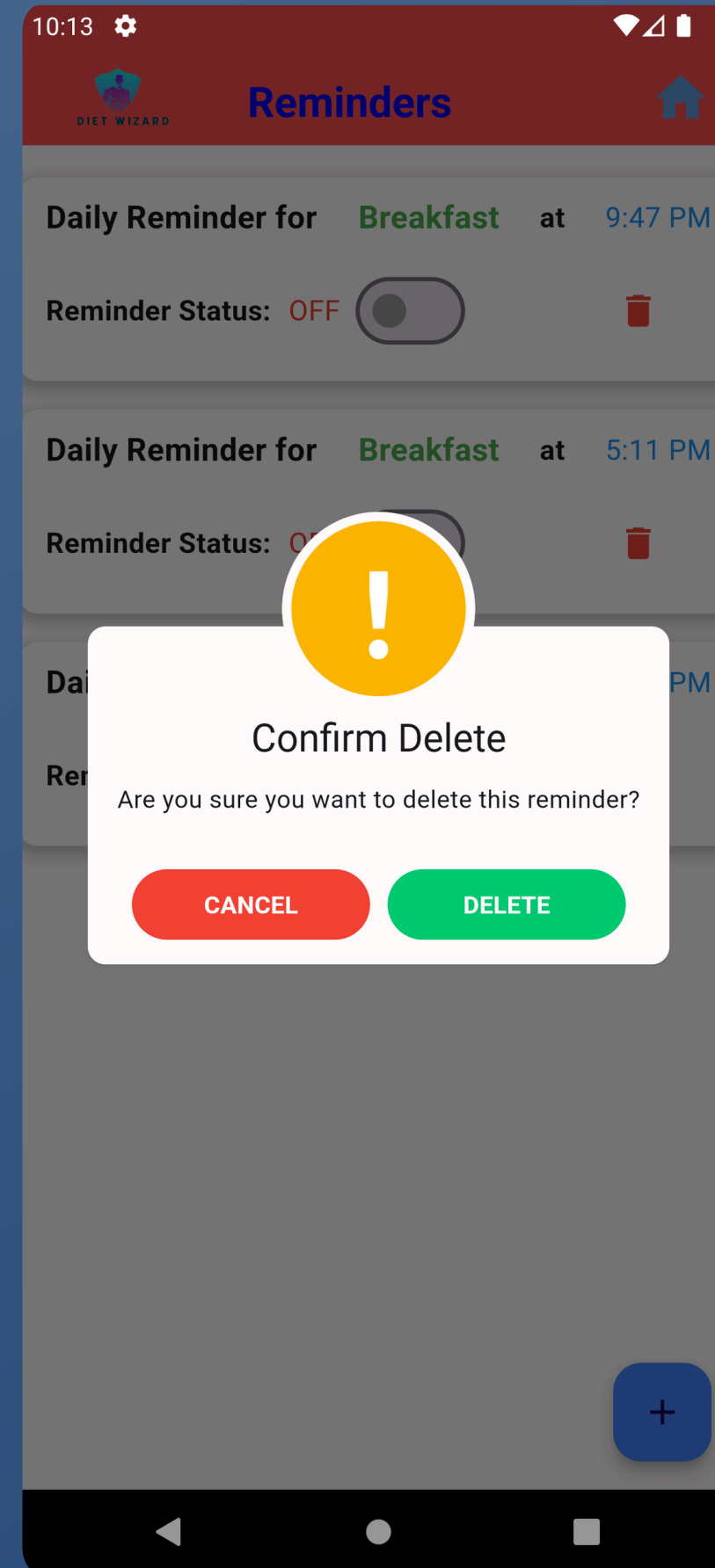
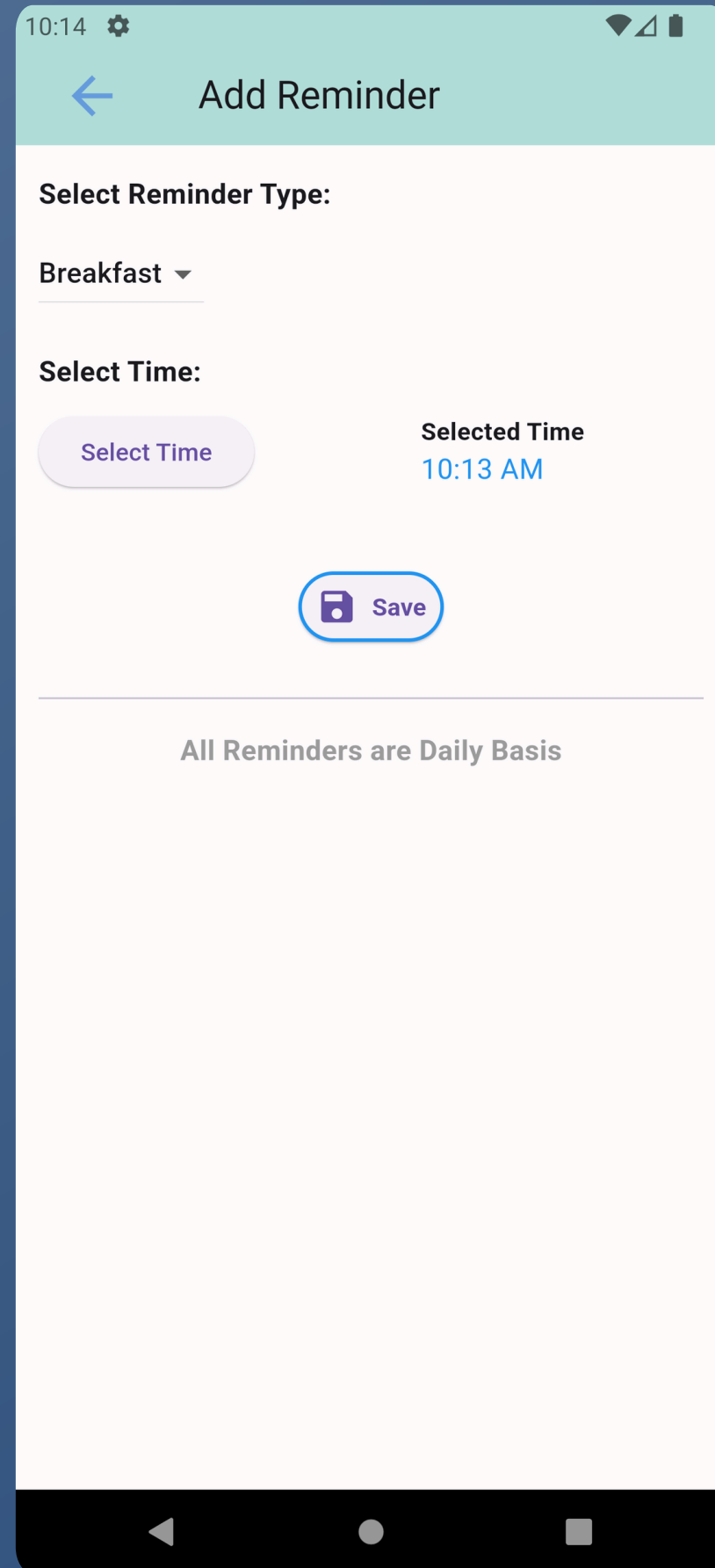
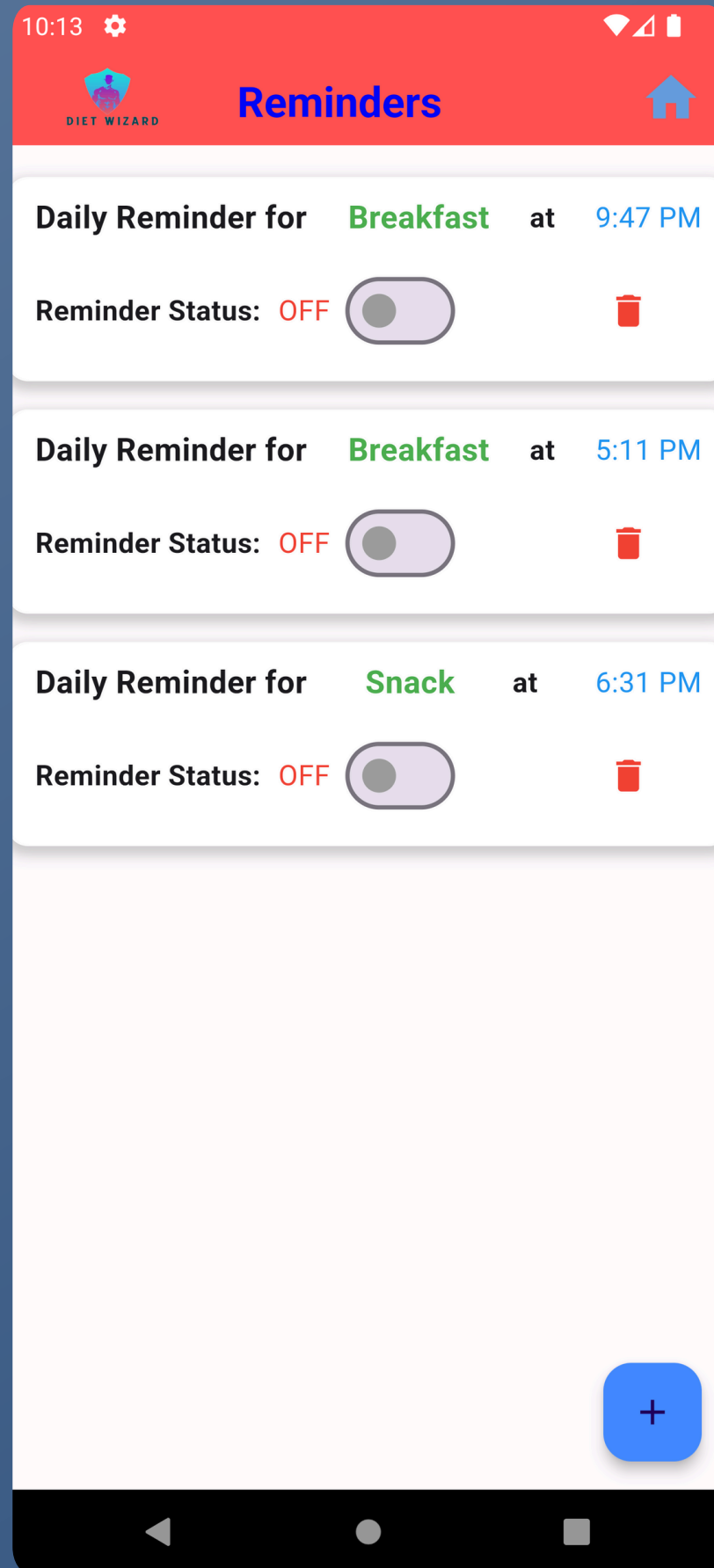
Carbs Goal (default 50%)

Protein Goal (default 25%)

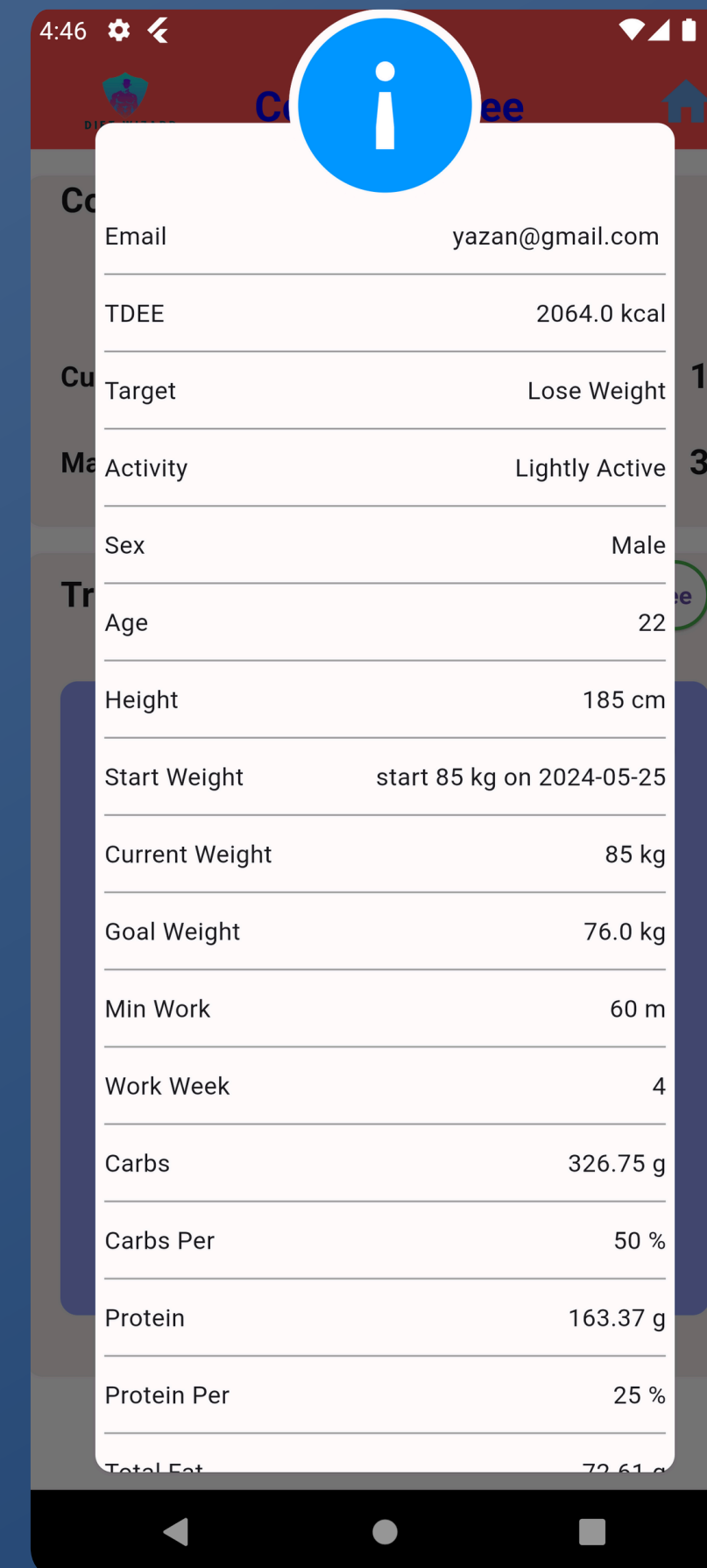
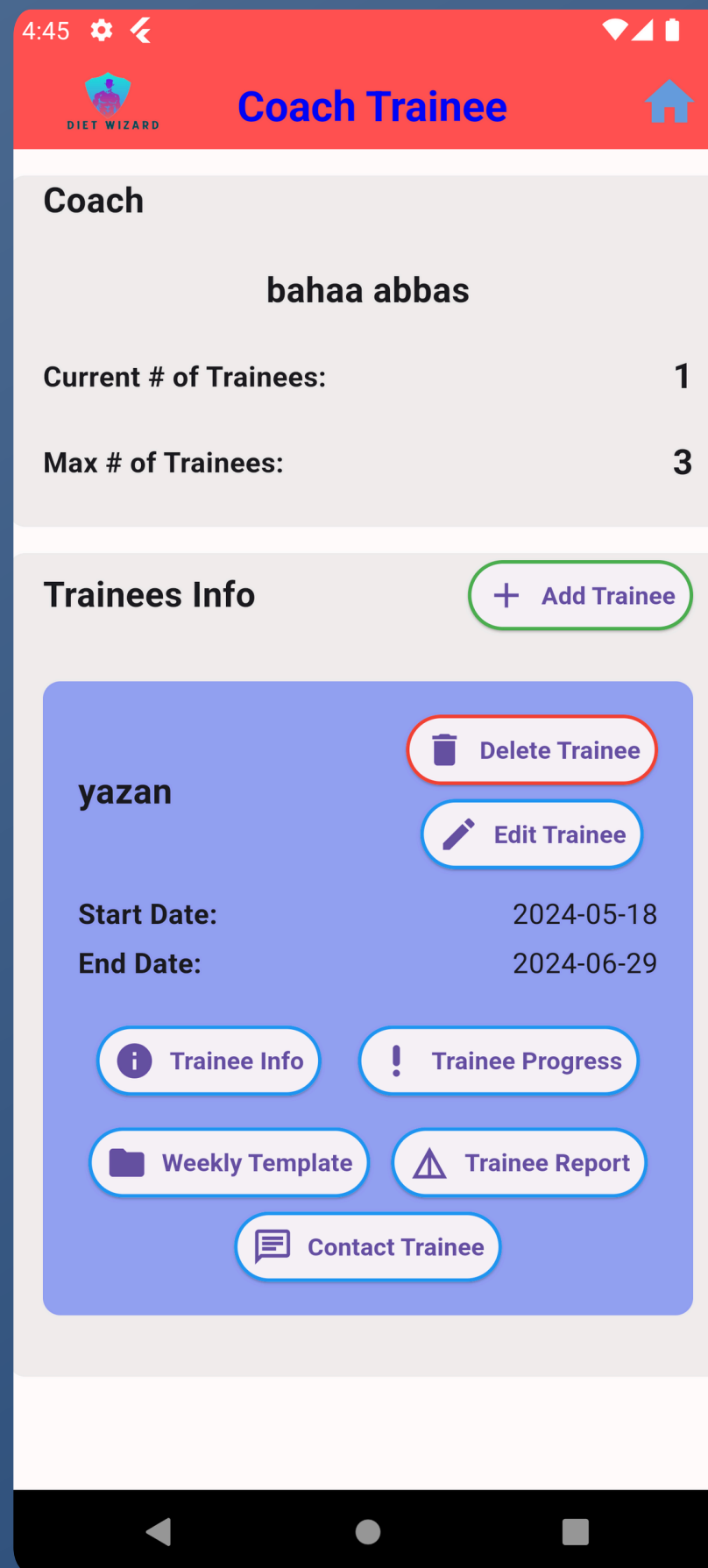
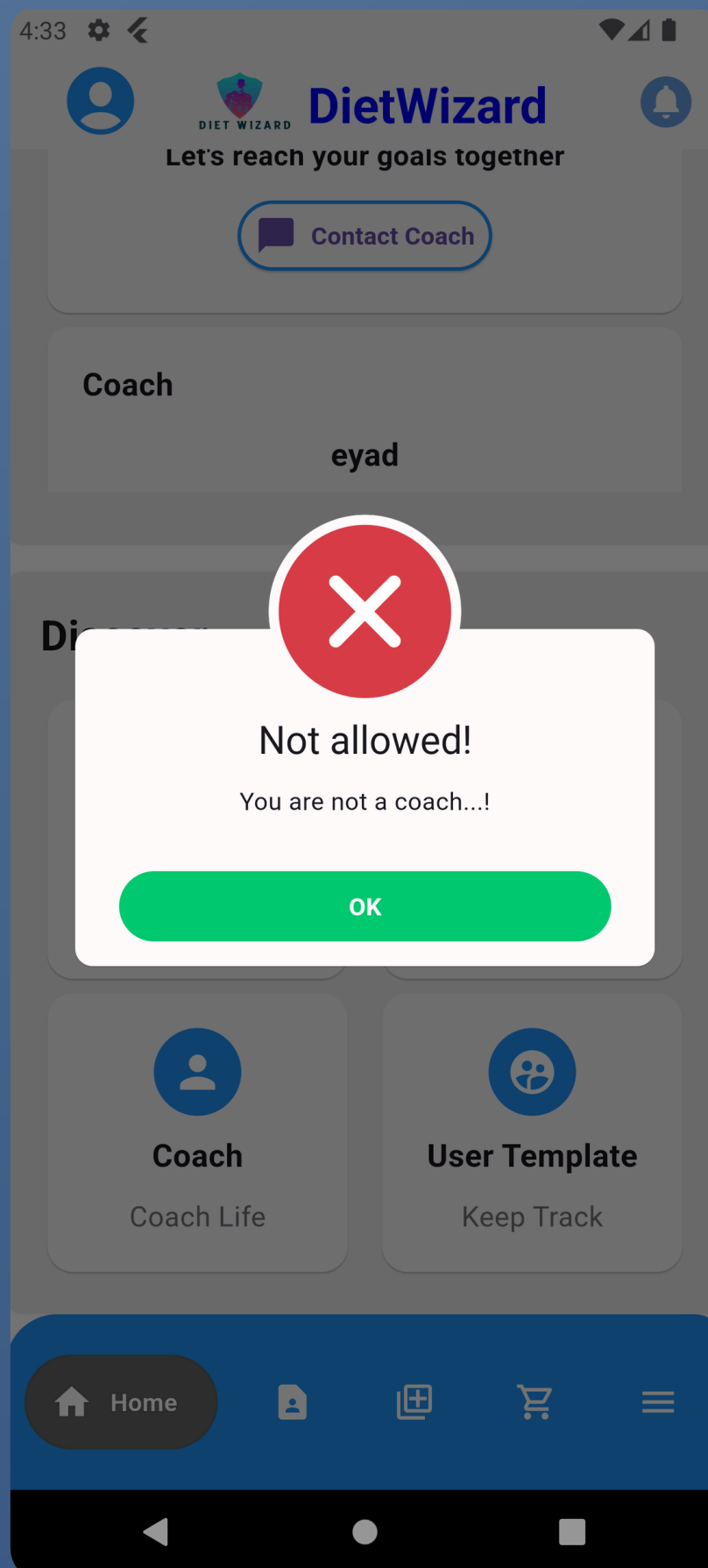
Fat Goal (default 25%)

Cancel Set

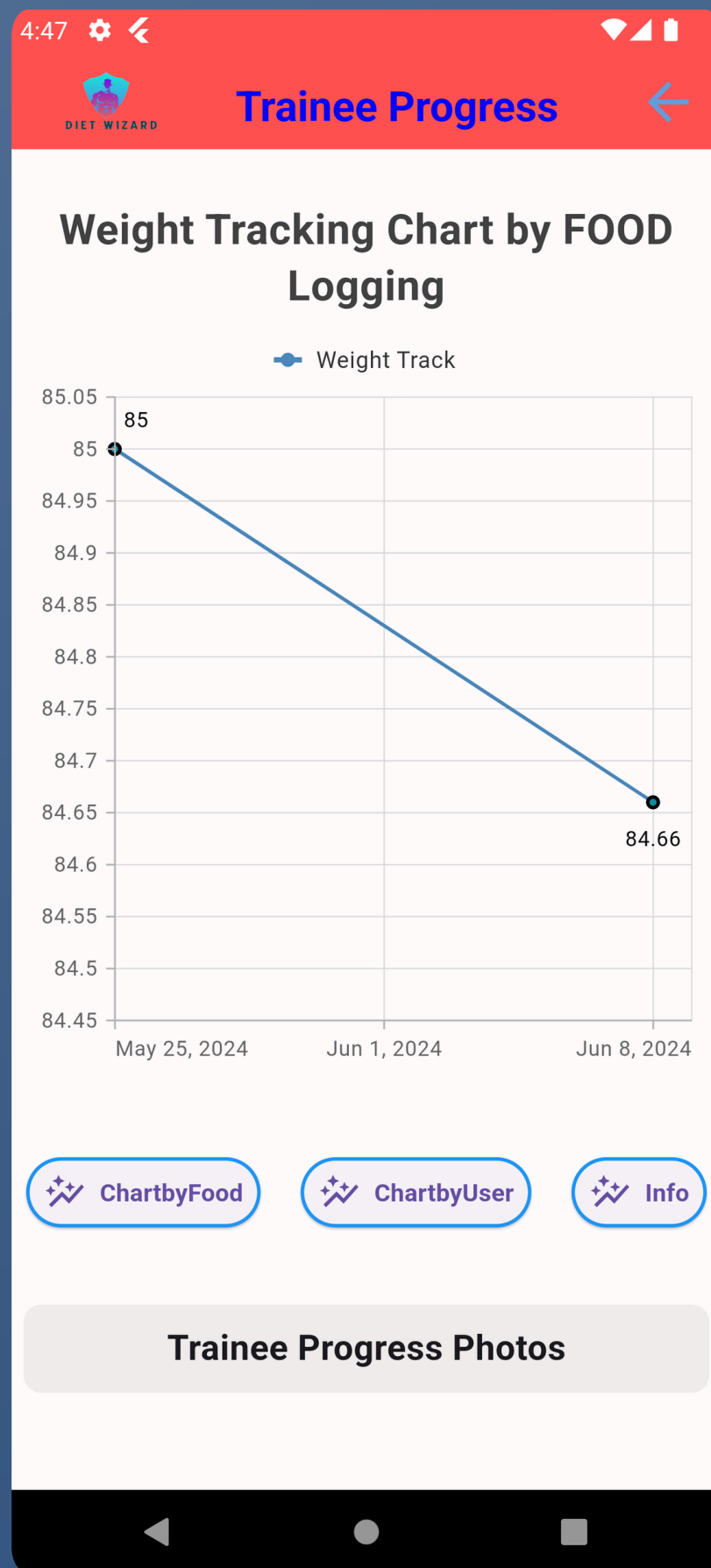
# Reminder Page



# Coach Life Page



# Coach Life Page



### Weekly Template

2024-05-20 - 2024-05-26

#### Weekly Template

##### Day 1

Day Date:	2024-05-20
Total Calories:	125.0
Total Protein:	6.25
Total Carbs:	15.0
Total Fat:	5.0
Exercises:	Not Logged Yet

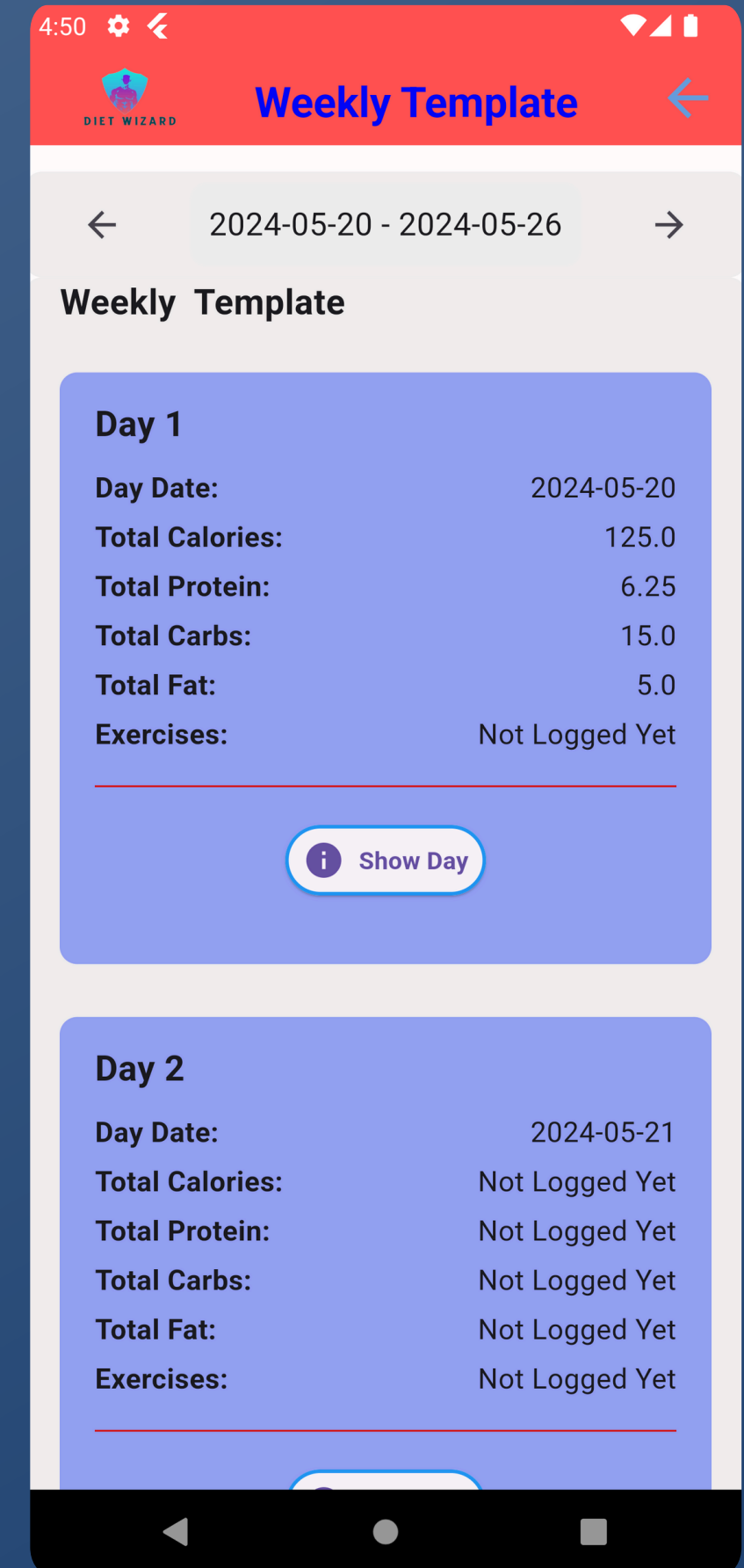
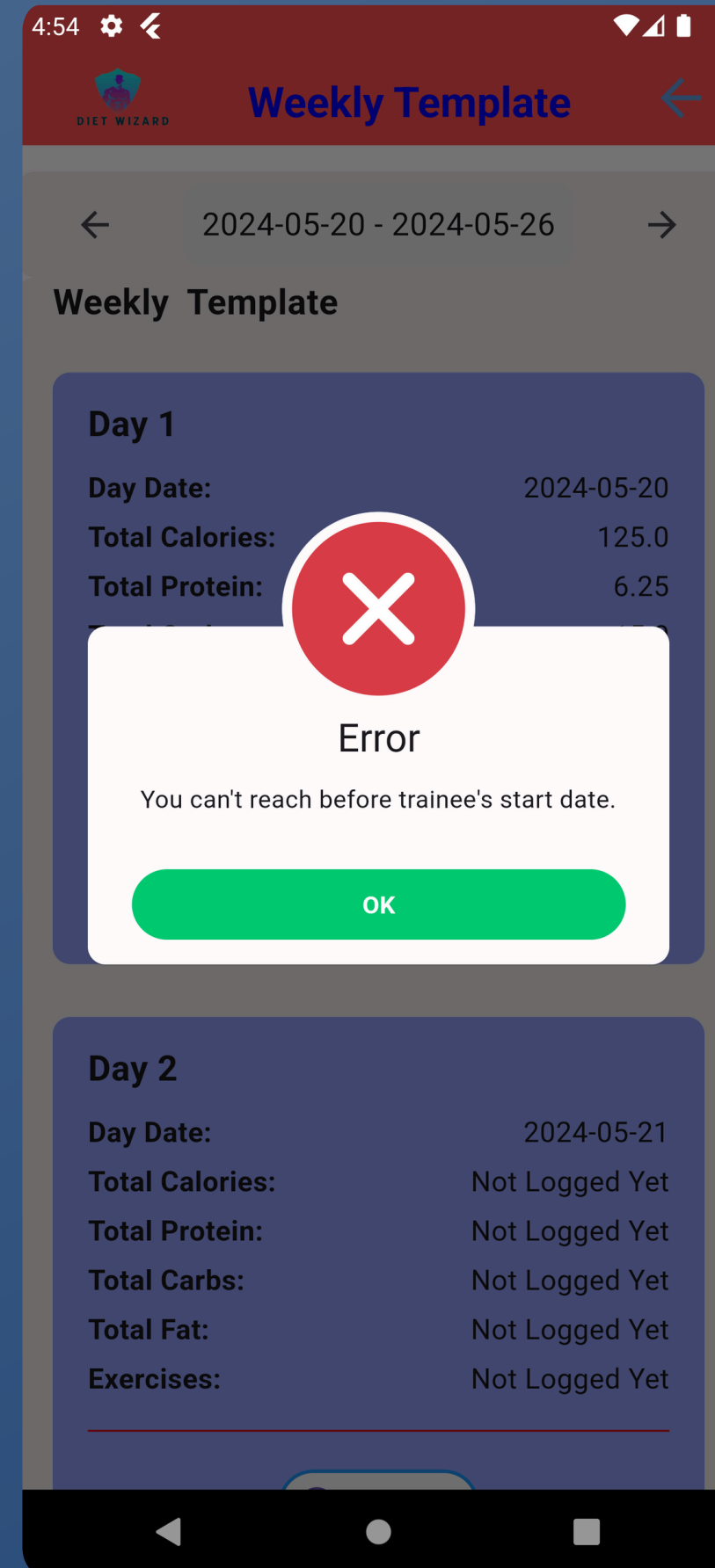
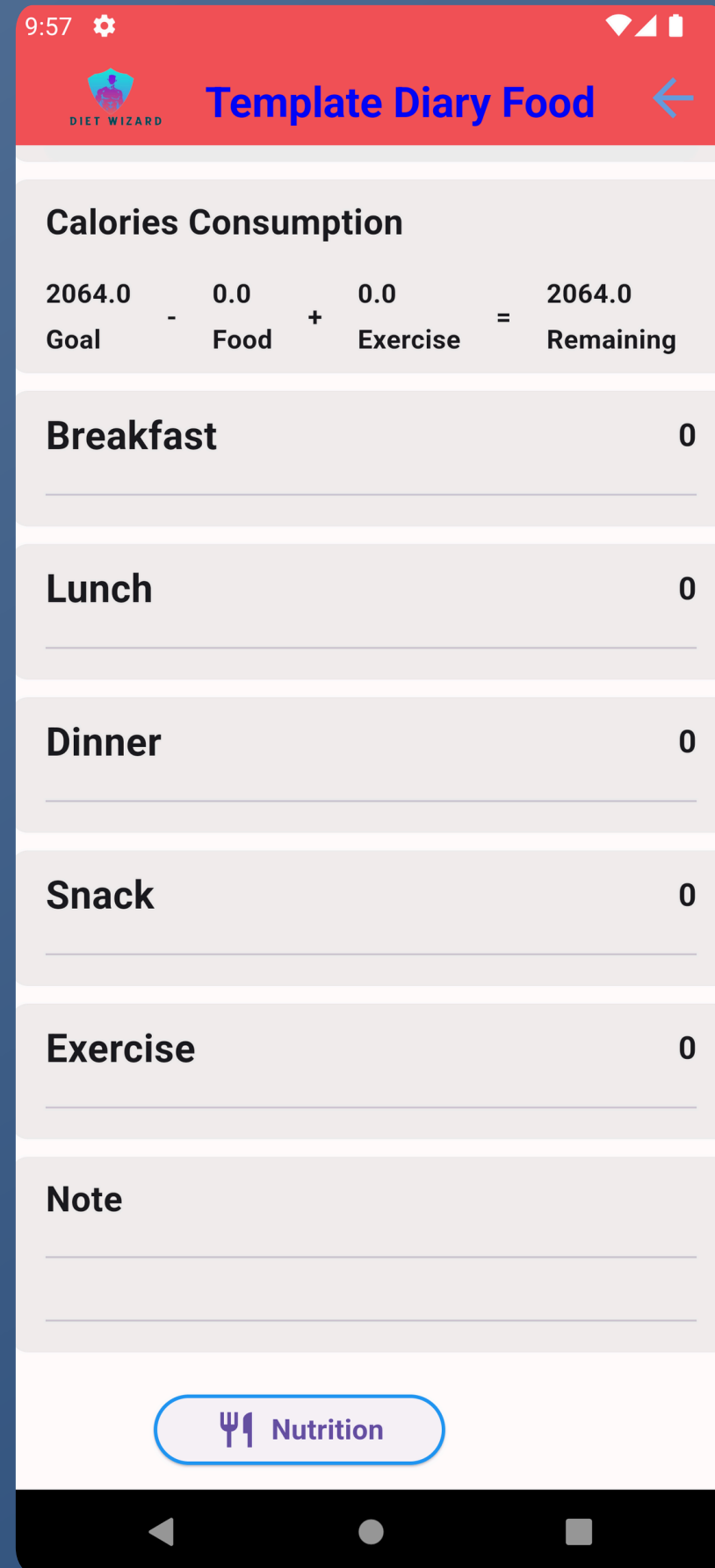
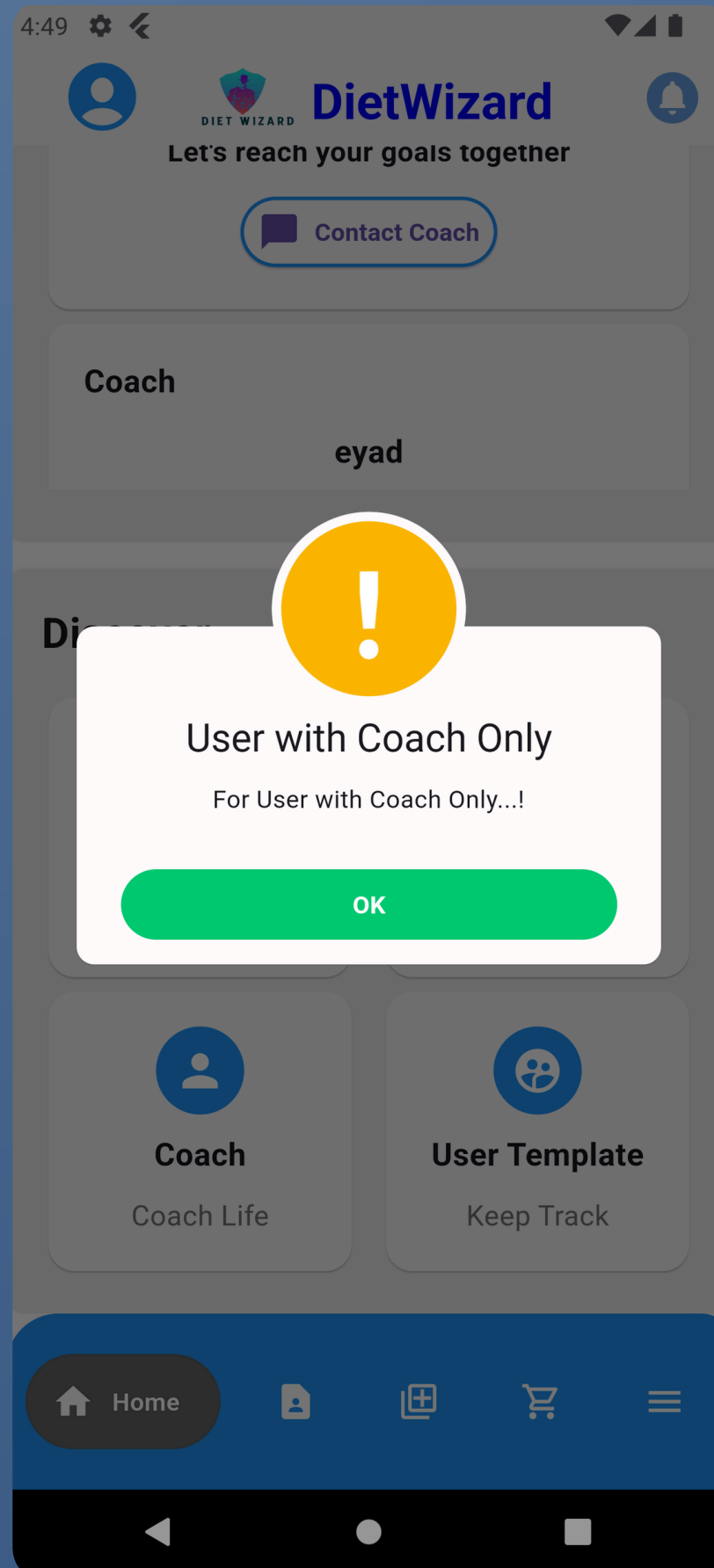
Log Day

##### Day 2

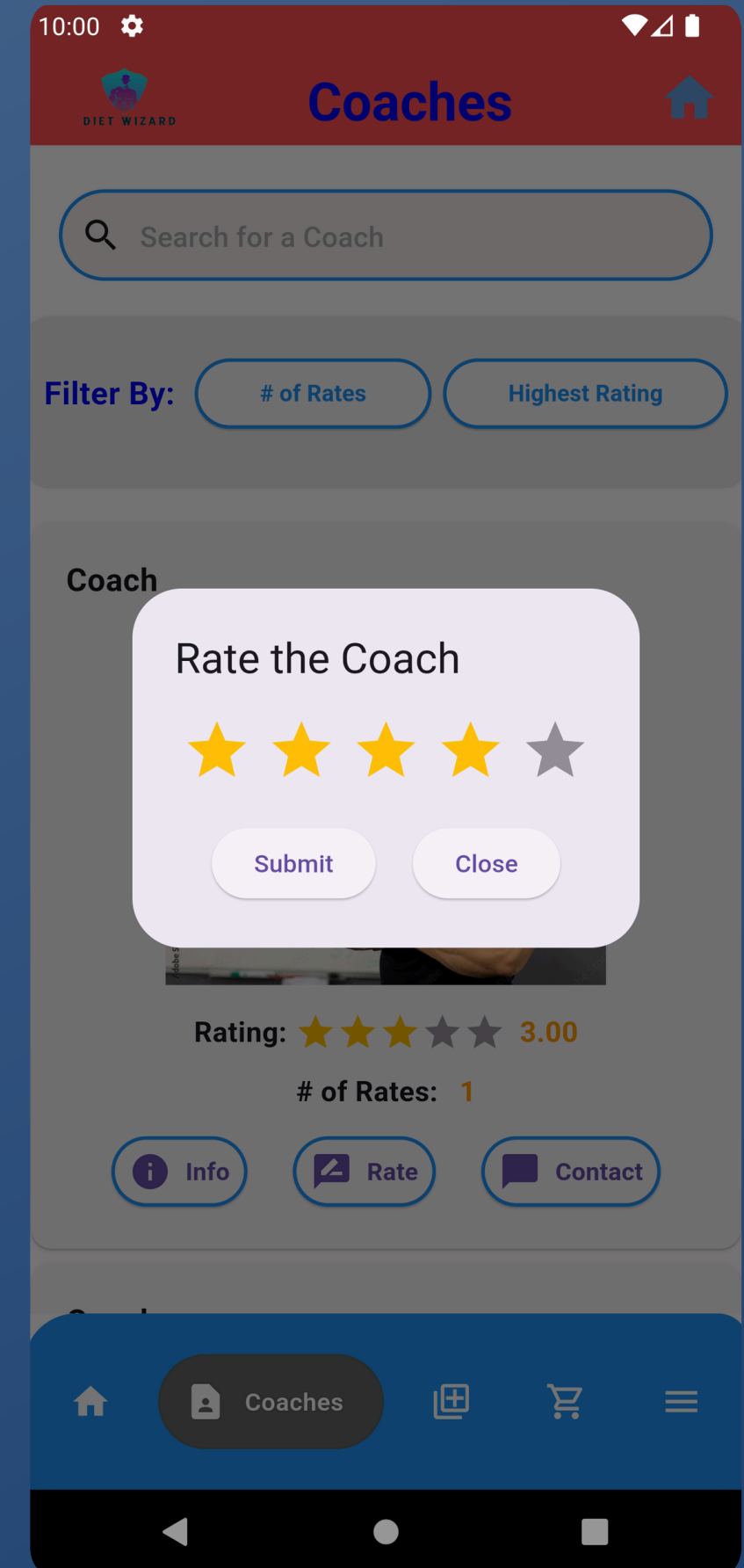
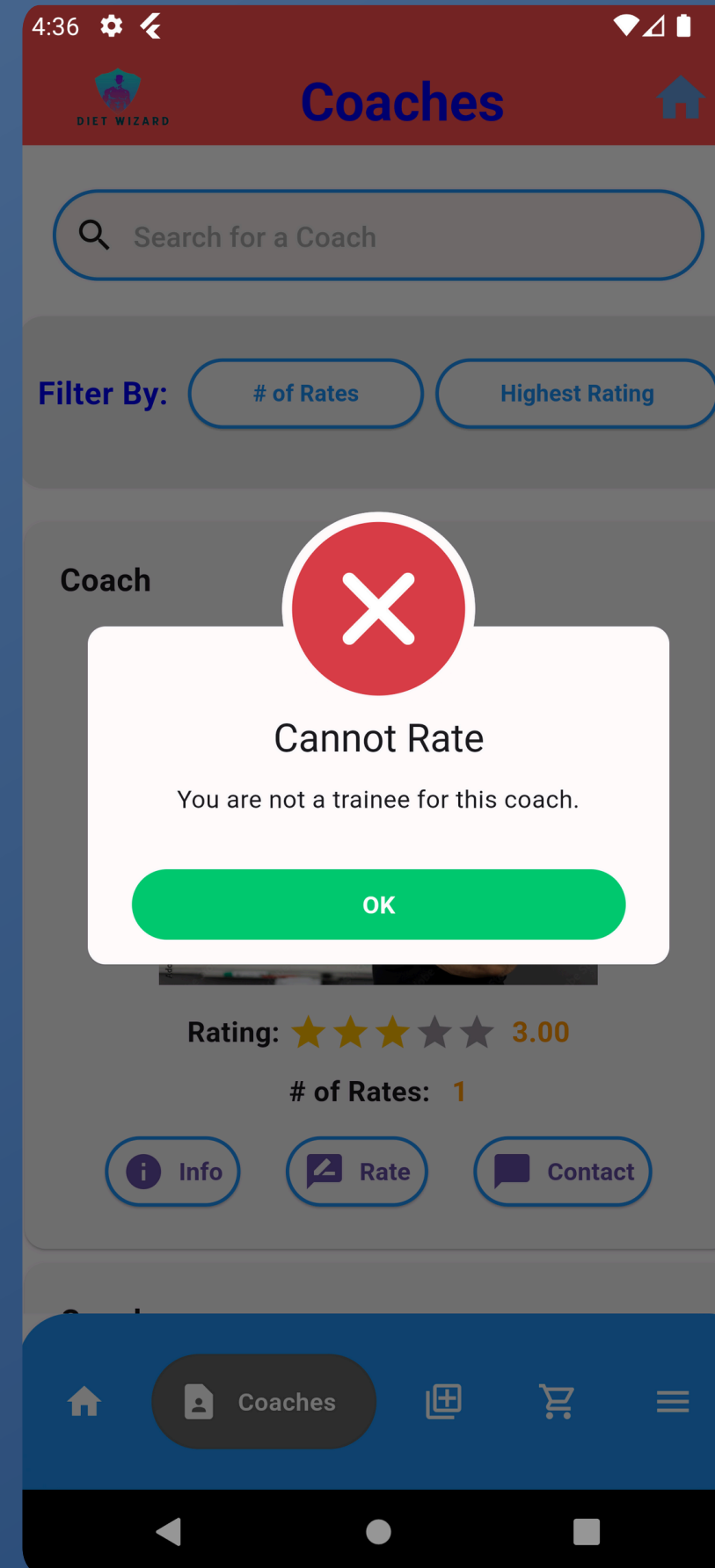
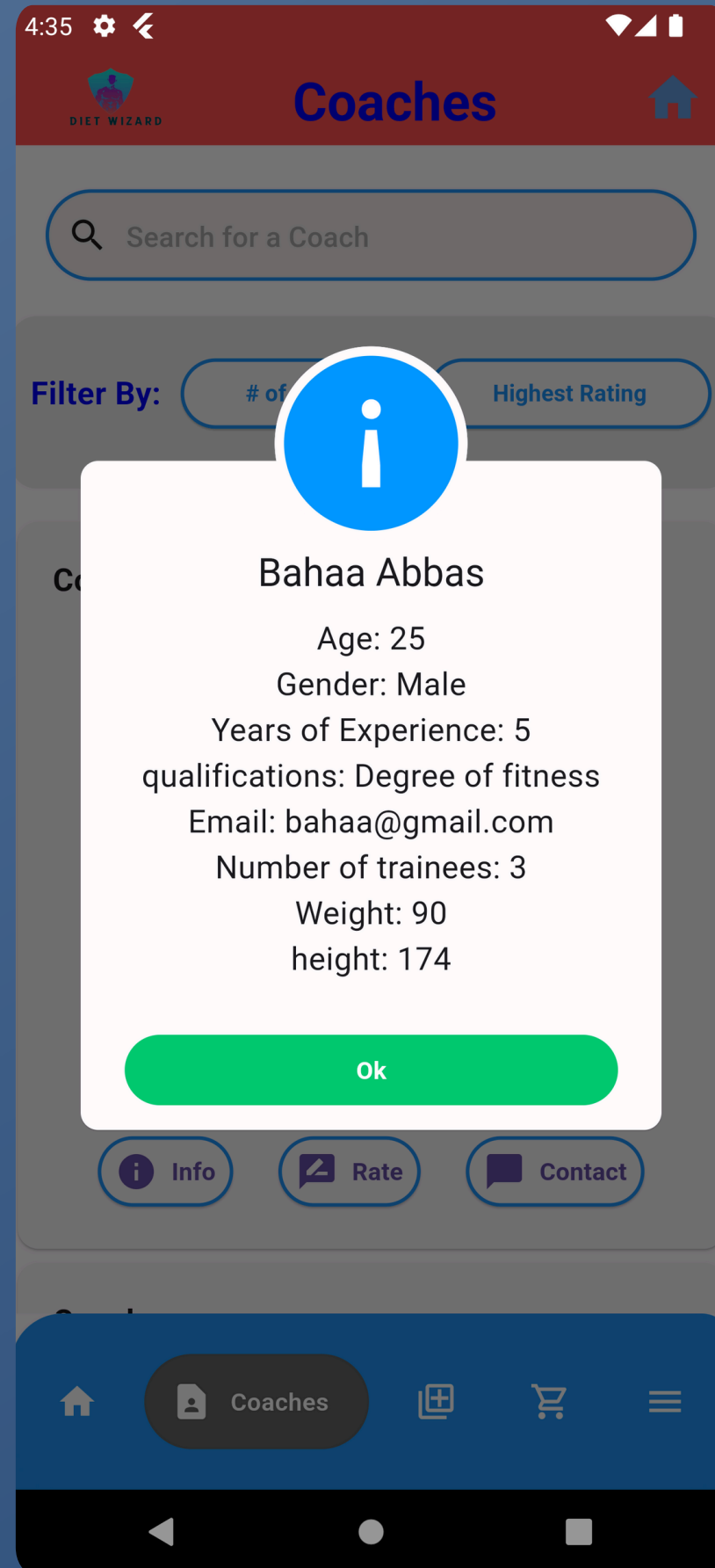
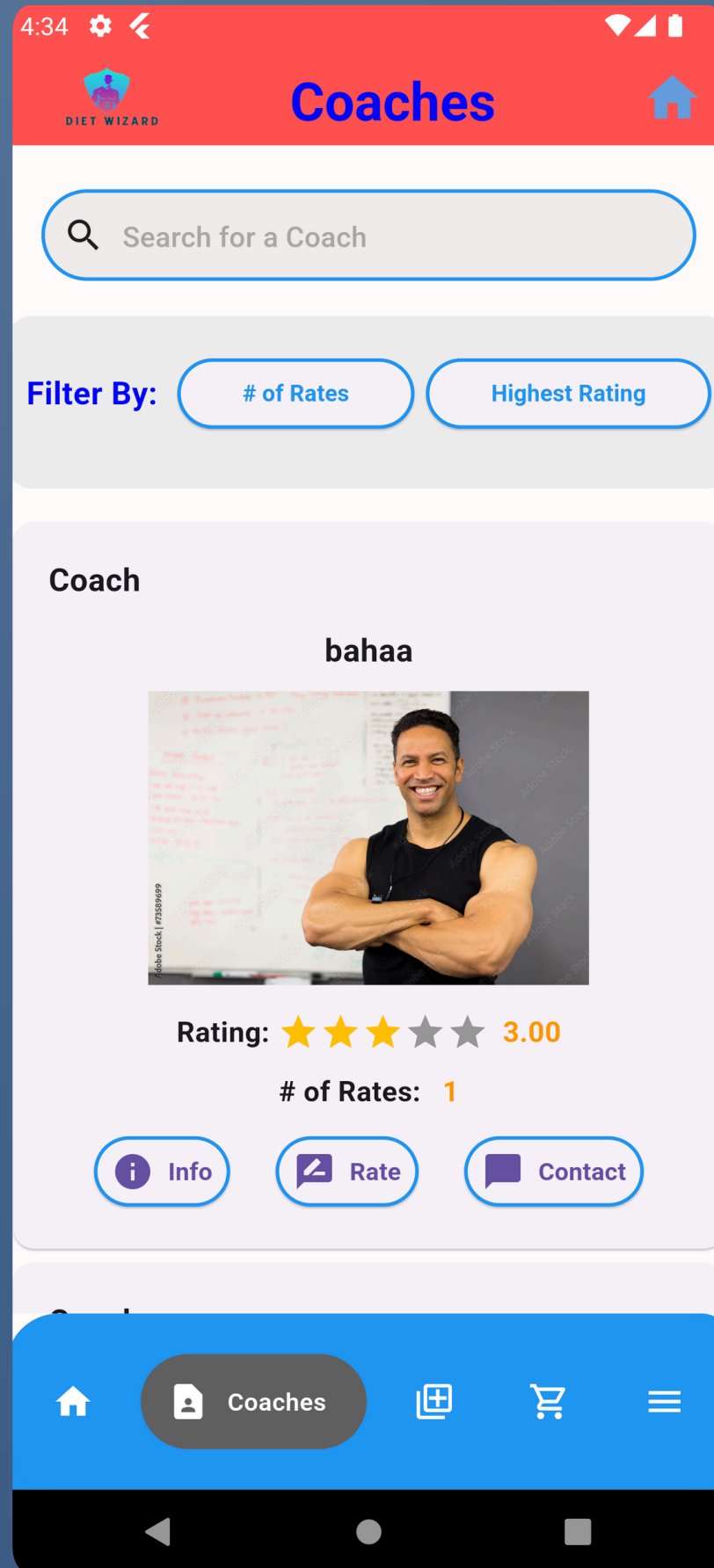
Day Date:	2024-05-21
Total Calories:	Not Logged Yet
Total Protein:	Not Logged Yet
Total Carbs:	Not Logged Yet
Total Fat:	Not Logged Yet
Exercises:	Not Logged Yet

You can't go beyond your starting date!

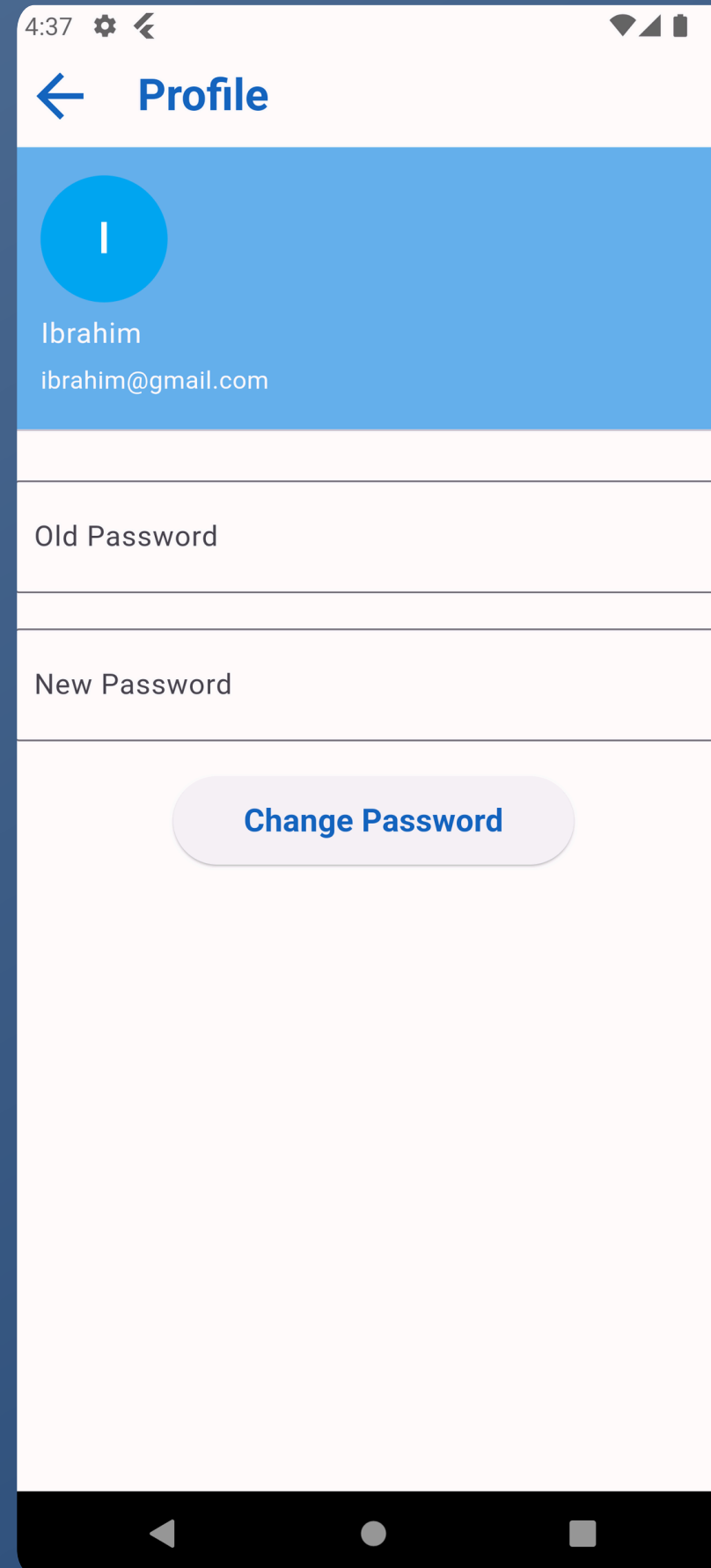
# User Template Page



# Coach Rating Page




# Profile Page



4:37 [Settings] [Back] [Signal] [Battery]

← Profile



Ibrahim  
ibrahim@gmail.com

---

Old Password

---

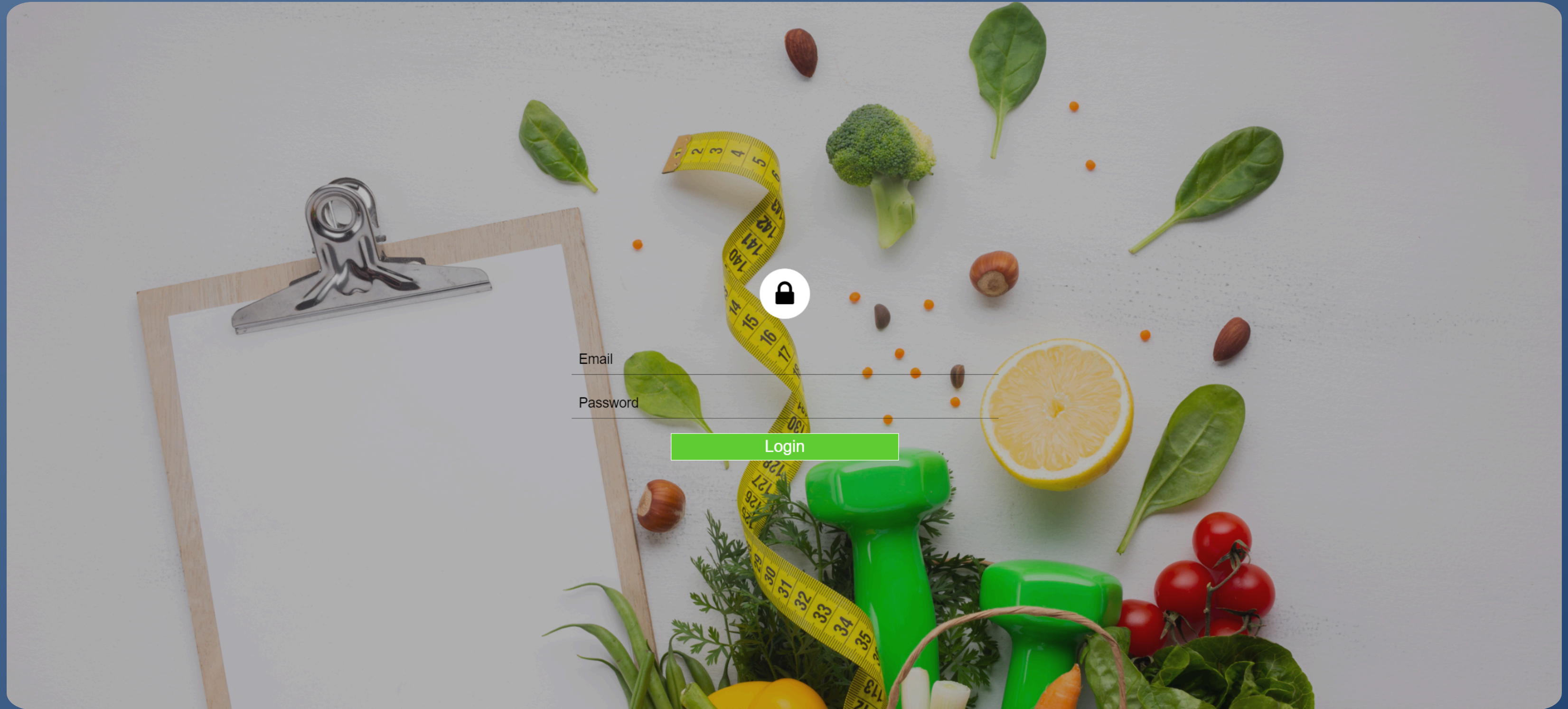
New Password

[Change Password](#)

[Home] [Back] [App Bar]

Detailed description: This is a mobile application profile page. At the top, the status bar shows the time 4:37, a settings gear icon, a back arrow, and signal/battery indicators. Below the status bar is a white header with a blue back arrow and the text 'Profile'. The main content area has a blue background for the profile header, containing a circular profile picture with the letter 'I', the name 'Ibrahim', and the email 'ibrahim@gmail.com'. Below this is a white section with two text input fields labeled 'Old Password' and 'New Password'. At the bottom of this section is a rounded rectangular button with the text 'Change Password'. The bottom of the screen shows a black navigation bar with three icons: a back arrow, a home circle, and an app square.

# Admin Login Page



# Admin Main Page

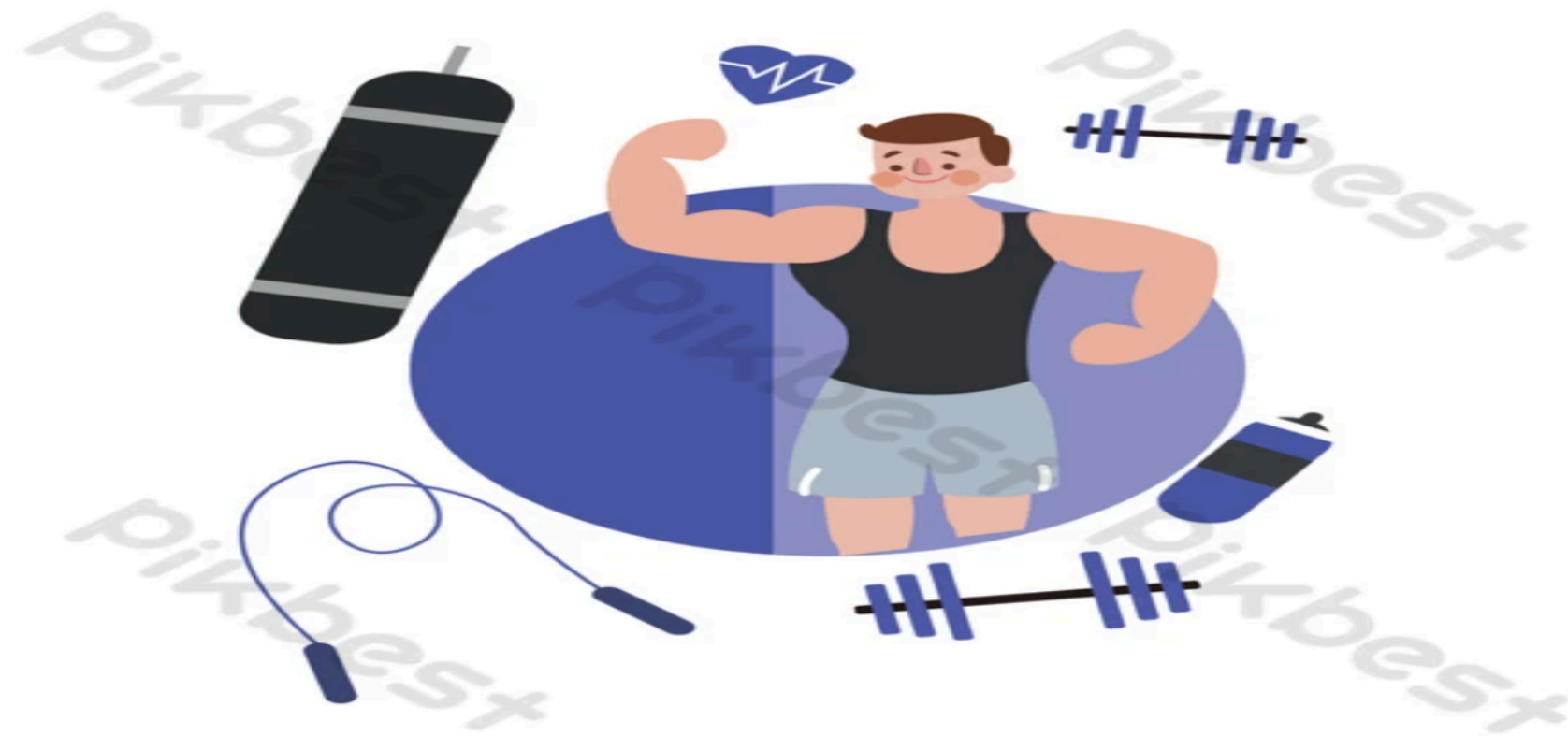
Home

Exercices

Products

Users & Coaches

## Diat Wizard



# Admin Main Page

Home

Exercises

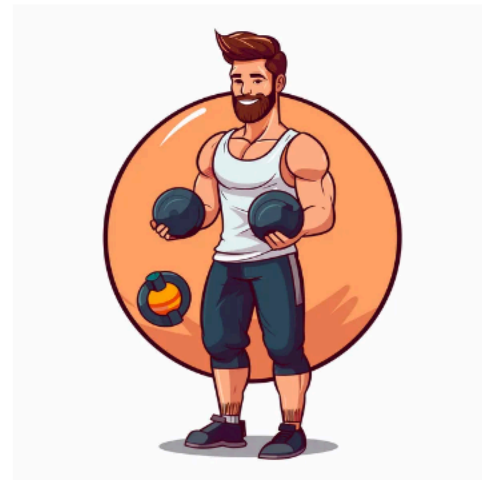
Products

Users & Coaches

## Category

Choose a Category what you want.

Exercises



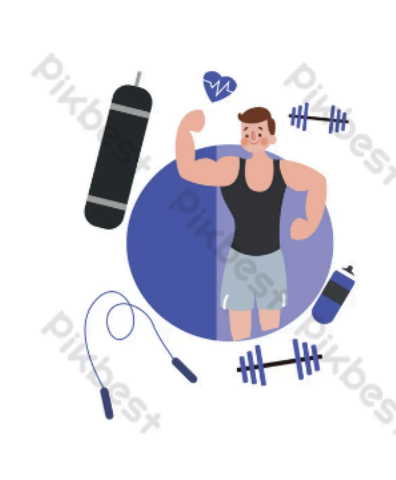
Exercises

Products



Products

Users & Coaches



Show Users & Coaches

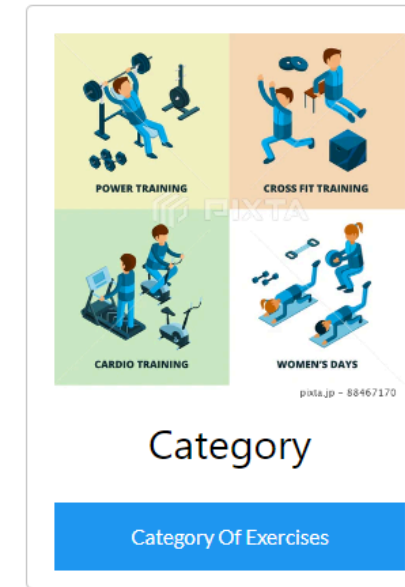
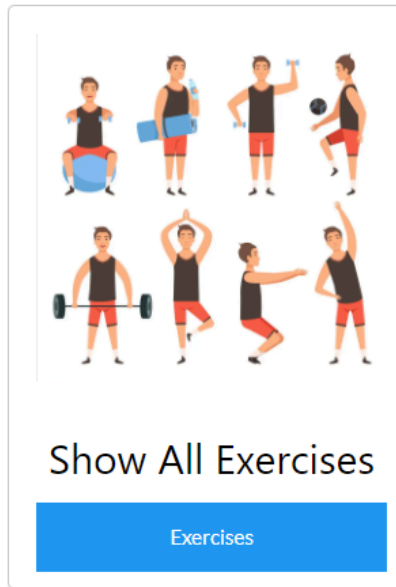
# Admin Exercises Page

Home

Exercises

Products

Users & Coaches



## Add Category Exercise

Type of Exercise:

Numbers of Exercises (comma-separated):

Add Exercise

## Delete Category Exercise

Type of Exercise:

Number to Remove:

Remove Exercise

[↑ To the top](#)

# Show All Exercises Page

Home

Exercises

Products

Users & Coaches

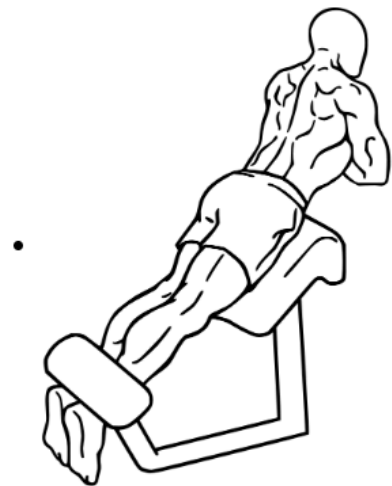
## Exercise List



id exercise: 3 / name exercise: Hundreds Abs / time exercise: 3 min / description exercise: where you repeatedly pump your arms while holding your legs at a 45-degree angle / calories exercise: 25 kcal



id exercise: 7 / name exercise: exercise / time exercise: 5min / description exercise: move / calories exercise: 100kcal



id exercise: 11 / name exercise: exercise / time exercise: 5min / description exercise: move / calories exercise: 100kcal



# Category Exercises Page

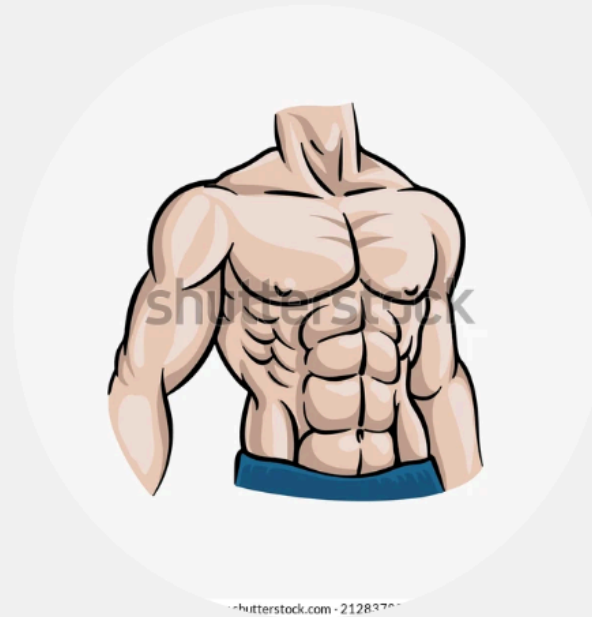
Home

Exercises

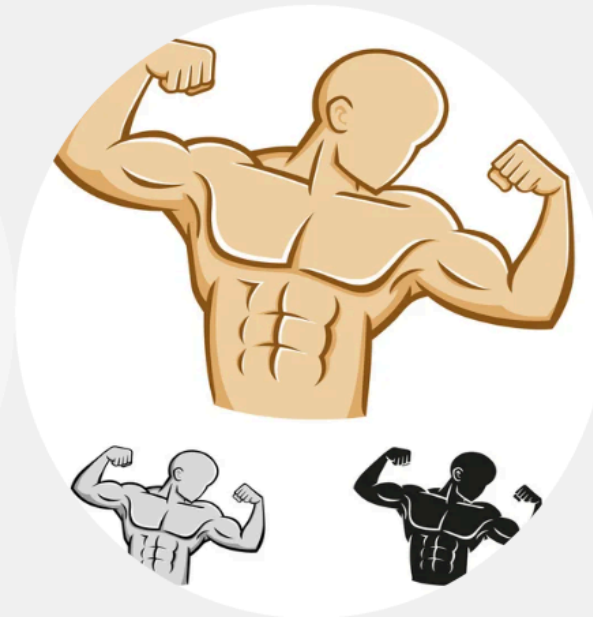
Products

Users & Coaches

## Exercise Filters



Abs



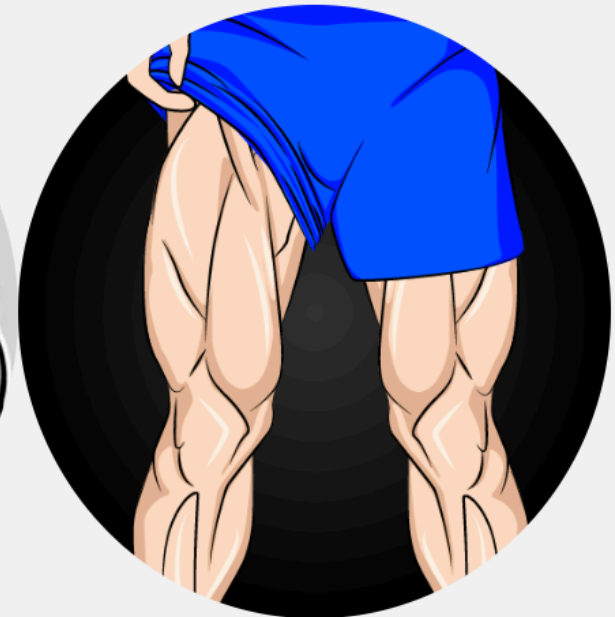
Arms



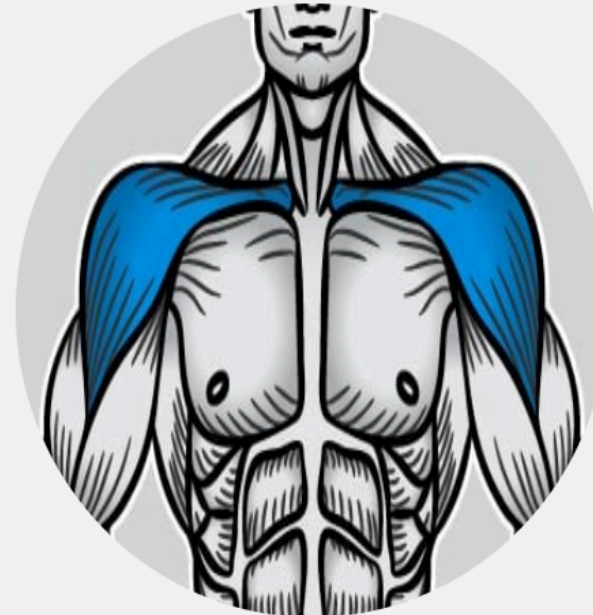
Back



Chest



Legs



Shoulders

# ABS Exercises Page

## Exercise List



id exercise: 3 / name exercise: Hundreds Abs / time exercise: 3 min / description exercise: where you repeatedly pump your arms while holding your legs at a 45-degree angle / calories exercise: 25 kcal



id exercise: 147 / name exercise: Crunches (Abdominal Crunches) Abs / time exercise: 5 min / description exercise: Lie on your back with knees bent and feet flat on the floor. Place hands behind head or crossed over chest. Engage core muscles and exhale as you lift head, neck, and shoulders off the floor. Inhale as you lower back down / calories exercise: 35 kcal



id exercise: 344 / name exercise: Starfish Abs / time exercise: 5 min / description exercise: Lie on your back with arms and legs extended straight out, . Engage core muscles. Lift right leg and left arm towards each other, aiming to touch toes with fingers while exhaling. Inhale as you lower them back down. Repeat on the opposite side / calories exercise: 38 kcal



# Product Page

Home

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Users & Coaches

## Welcome To Products Page

### Add Product

Name Product

Price Product

Description Product

Upload Image

No file chosen

Add Product

### Search Product

Name of Product

Search Product

# Product Page

Home

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Products

Users & Coaches

## Delete Product

Name of Product

Price of product

Delete Product

## Update Price Product

Name of Product

Price of product

New Price of product

Update Product

[↑ To the top](#)

# User And Coach Page

Home

Exercices

Products

Users & Coaches



Users

Show Users



Coaches

Show Coaches

# Coaches Information's

Home

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Products

Users & Coaches

## Coaches Informations

bahaa



Details

First Name: eyad

Last Name: ahmad

Email: eyad@gmail.com

Age: 22

Gender: Male

Years of Experiences: 5

Qual.: phd Fitness

Weight: 100

Height: 176

Number Of Trainees: 4

Activate: true

Activate Coach

Delete Coach

Back

# All User Information's

Home

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Users & Coaches

## Users

Ibrahim

First Name: Ibrahim

Last Name: Ashour

Email: ibrahim@gmail.com

Type: admin

Delete User

bahaa

First Name: bahaa

Last Name: abbas

Email: bahaa@gmail.com

Type: coach

Delete User

yazan

First Name: yazan

Last Name: diab

Email: yazan@gmail.com

Type: user

Delete User

osaïd

First Name: osaïd

Last Name: jabaji

Email: osaïd@gmail.com

Type: user

Delete User

ahmad

First Name: ahmad

Last Name: abbas

Email: ahmad@gmail.com

Type: user

Delete User

hamd

First Name: hamd

Last Name: ahmad

Email: hamd@gmail.com

Type: user

Delete User

eyad

First Name: eyad

Last Name: ahmad

Email: eyad@gmail.com

Type: coach

Delete User

# FUTUER WORK



Developing a Smart AI Recommendation system to enhance user experience and provide personalized suggestions.

Implementing Video Calling and interaction features to make real-time communication and collaboration easier for users.

Introducing the ability to Export/Import Daily logs for diary information, allowing users to easily manage and transfer their data across different platforms and devices.

# Thank You

Any Questions ?