

**Body of Knowledge**  
**Software Design Specification**  
**Version 1.0, April 27, 2005**



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## ***1.0 Introduction***

This document details the architectural design for the Body of Knowledge (BoK) application. The application is to allow for entry, search, updating, and metric reporting of information in the system. The application shall be accessed by various study members, to aid in the tracking of daily food and exercise logs.

## ***2.0 Functional Description***

The focus of this document is to address the development process, Website content implementation, and execution recommended for the successful completion of BoK's new identity and clinical trial Website. This includes all steps that will be utilized during the design and programming phases. The system is a web-based application that connects to a Microsoft SQL Server. The primary programming languages shall be ASP .Net and SQL. The application shall allow users to interface with the system's database via a web browser. Access to the administration section(s) requires user validation and authentication.

## ***3.0 Reference Documents***

The following documents are relevant to this design specification:

- Body of Knowledge – Identity and Website Development Proposal, June 7, 2004
- Animation outline (2).doc Mar 21, 2005
- Business model flow chart.doc Feb 9, 2005

## 4.0 Control Flow

### 4.1 High-Level Data Flow

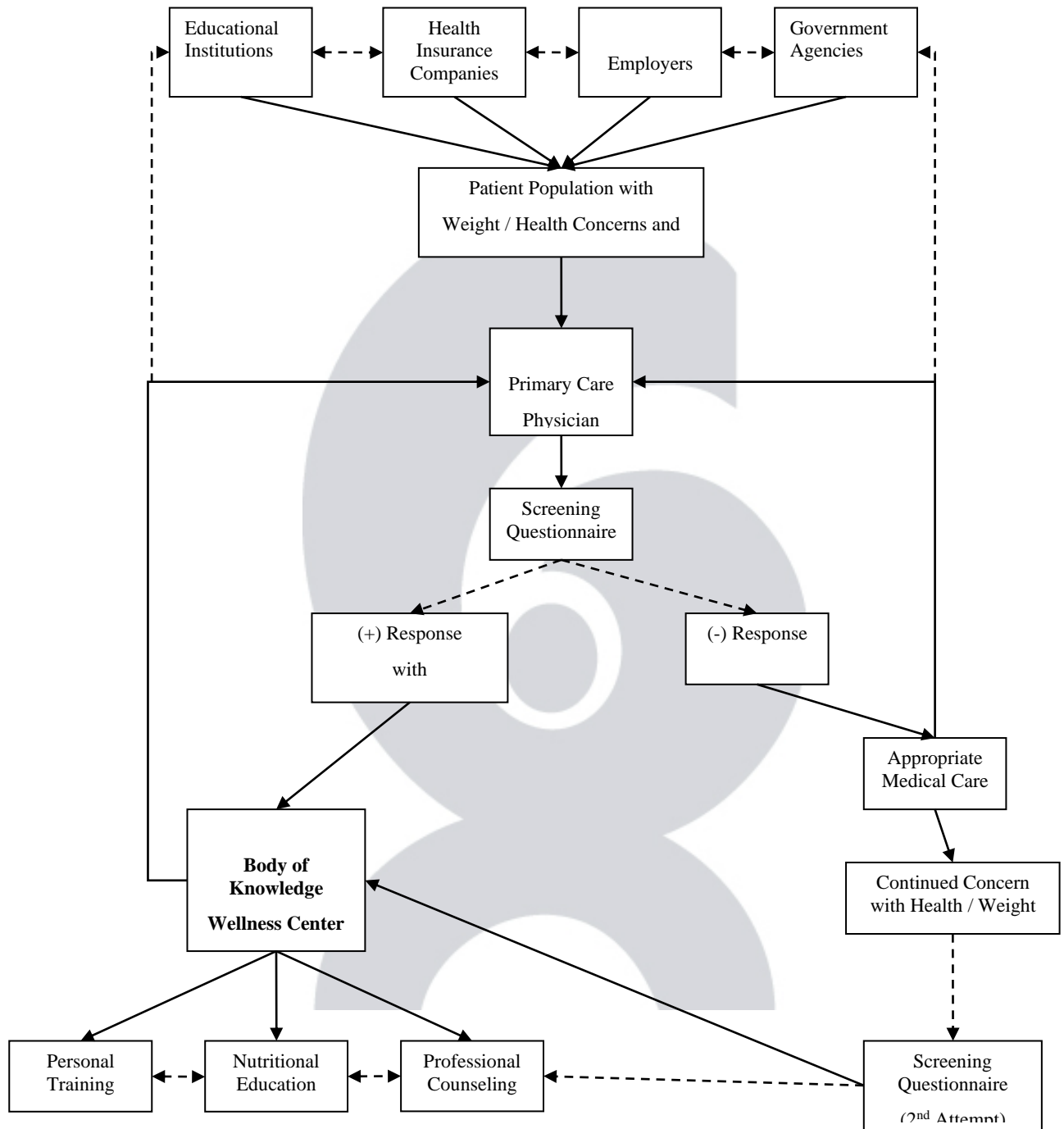


Figure 1: High-Level Data Flow

## 4.2 Public Web Site Control Flow

The following diagram provides a control flow depicting how the applications components are associated in this subsystem.

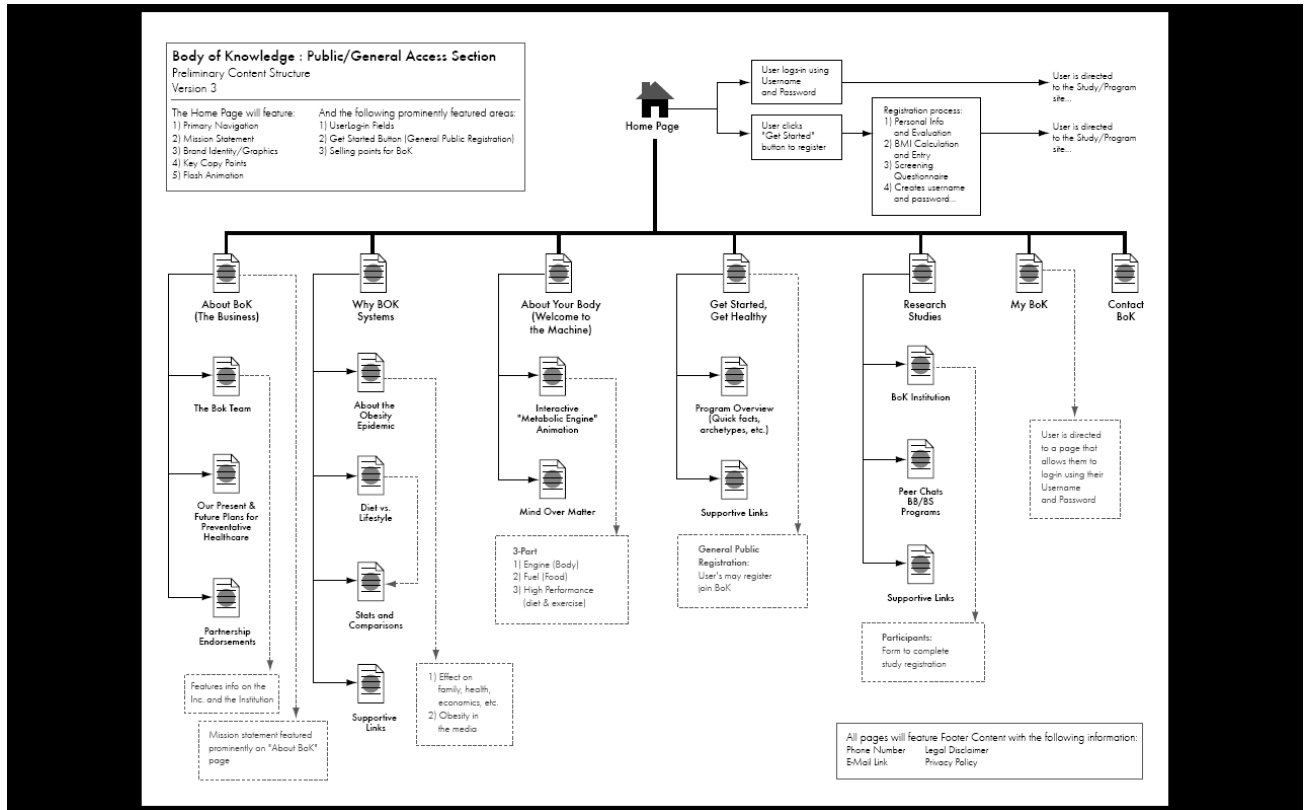


Figure 2: Body of Knowledge (public) Diagram



### 4.3 MyBoK Extranet Site Control Flow

The following diagram provides a control flow depicting how the applications components are associated in this subsystem.

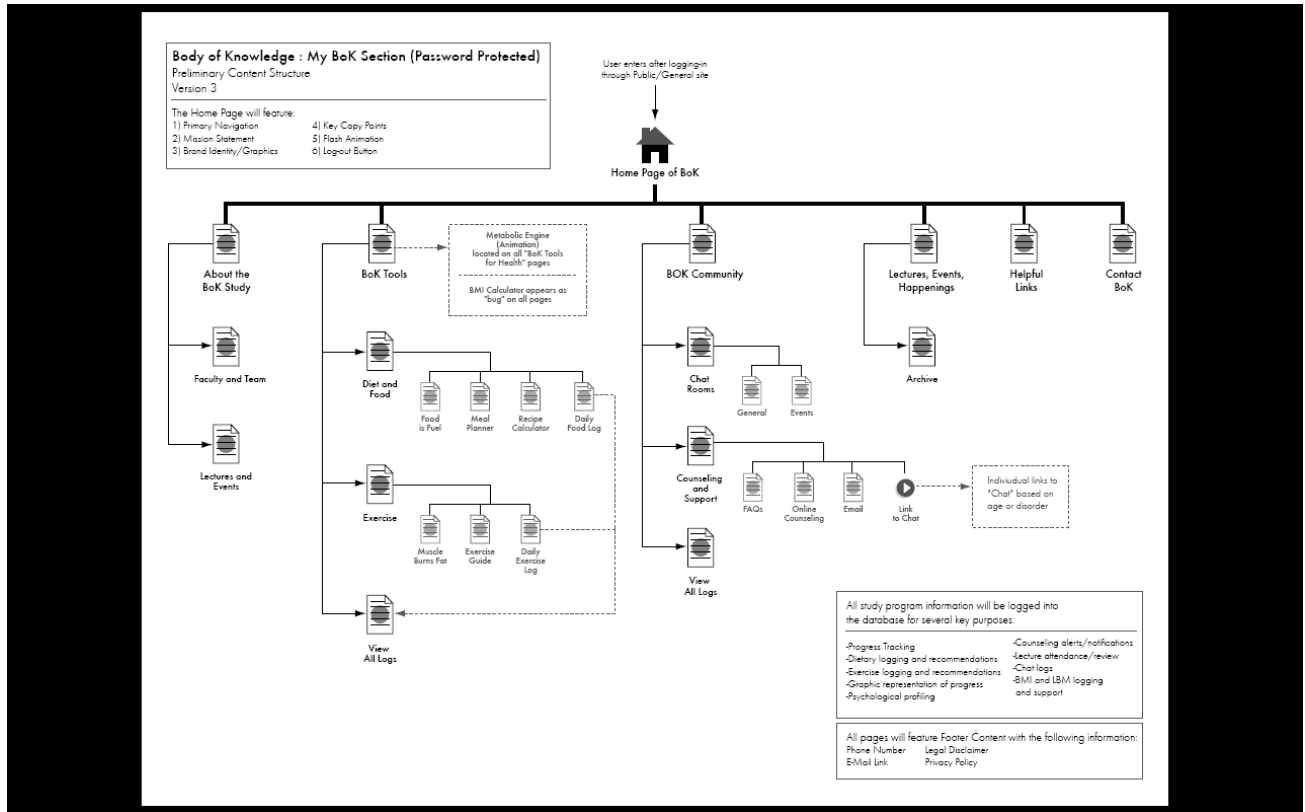


Figure 3: My Body of Knowledge (extranet) Diagram

## **5.0 Components**

### **5.1 Common Components**

The application will wrap all pages in table cells of a fixed width to ensure support of 800x600 screen resolution. All design elements, such as images, tables, and form fields, will utilize 'alt' tags and 'labels' to conform to Section 508 accessibility requirements. Complying with Six Foot Studios and W3C coding standards will assure full functionality in standards-compliant web browsers. The application is designed to be hosted on a Windows IIS web server.

#### **5.1.1 Header and Footer Sections**

The application will display common Header and Footer sections, including the following components:

- Link to the BoK Home Page
- Link to the MyBok Home Page
- Last Modified Date
- Email link to the Application Webmaster

#### **5.1.2 Navigation**

The Navigation menu will display links to components common to each subsection.

#### **5.1.3 Application Security**

The application will support multiple user roles (permissions) and will provide different levels of accessibility for each role. User roles include: Public, MyBoK Members, Study Member, Study Conductors, Counselors, and General Researchers.

- General - Restricted view only (no logon required)
- MyBoK Members – Access to the MyBoK subsection (logon required)
- Study Members – Access to the MyBoK & assigned Study subsections (logon required)
- Study Conductors – Access to the MyBoK & assigned Study subsections (logon required)
- Counselors – Access to the MyBoK & assigned Study subsections (logon required)
- General Researchers – Access to the MyBoK & assigned Study subsections (logon required)

### **5.2 Product Interfaces**

The application will be developed in two subsections. The first section will be a general public facing web site. The second section will be a web application for the Study members.

## **6.0 Product Architecture Design**

### **6.1.1 Description**

The BoK system is a web-based application that connects to a Microsoft SQL Server database. The primary programming languages will be ASP .Net and SQL.

### **6.1.2 Global/System Design Framework**

The Microsoft .Net framework must be installed on the web server.

## **7.0 Component Design**

The application will provide Study Members with a single interface to participate in Study activities. The application will allow users to maintain MyBoK information, Study information (Daily Logs), and run standard reports.

### **7.1 Public Web Site (This section should detail each individual page &/or function)**

This section will display general information about the Body of Knowledge project and will include the following components.

- Home page
- About BoK (the business)
  - The BoK Team
  - Our Plans
  - Partnerships
- Why BoK
  - About Obesity
  - Diet vs. Lifestyle
  - Stats & Comparisons
  - Supportive Links
- About Your Body
  - Interactive Engine
  - Mind over Matter
- Get Started / Get Healthy
  - Overview / Quick facts etc
  - Supportive Links
- Research Studies
  - BoK Institution
  - Peer Chats (future functionality)
  - Supportive Links
- Contact BoK

## 7.2 MyBoK Extranet Site

This section will allow authorized users to participate in Body of Knowledge Studies and includes the following components:

- My BoK Home page
- About the BoK Study
  - Faculty & Team
  - Lectures & Events
- BoK Tools
  - Diet & Food
    - Meal Planner
    - Recipe Calculator
    - Daily Food Log
  - Exercise
    - Exercise Guide
    - Daily Exercise Log
  - View All Logs
- BoK Community
  - Peer Chats (future functionality)
  - Counseling & Support
  - View All Logs
- Lectures & Events
  - Archive
- Helpful Links
- Contact BoK

## 7.3 Welcome to the Machine animation

This section will display a two part Flash animation and will include the following components:

- Get to Know Your Body
- Get to Know Your Mind

Wire frame screen shots are available in Appendix A: Welcome to the Machine Storyboards.

### 7.3.1 Introduction

You are a combination of body and mind.

Your body is a power plant that produces energy. Your mind is the central computer and manages your body.

### 7.3.2 Welcome to your Body

Your body (power plant) manages your energy usage and the structure of your machine.

- From birth to adulthood, your body grows and develops... (Details?)
- How do I maintain a healthy body?

### 7.3.2.1 **IA. How the body works**

Food, energy, exercise and the body's structure are all interconnected...

- Food
  - Fuel: metabolism and energy production
  - Parts: building, repair and maintenance of structure
- Exercise
  - Transportation: metabolism and energy usage
  - Maintenance: musculoskeletal, cardiovascular, respiratory systems

### 7.3.2.2 **Animation Graphic**

Within the animation graphic show the arcs between:

- Food and Energy
- Energy and Exercise
- Exercise and Structure
- Food and Structure

There should be an explanation per arc showing how these elements work together...

### 7.3.3 **Welcome to your Mind**

Your mind is the central computer of your body. It manages your daily existence (being) and survival (living vs. dying).

- From birth to adulthood your central nervous system and peripheral nervous system play a role in both existence and survival.
- How does my mind do this? (Details?)

#### 7.3.3.1 **Central Nervous System**

Thought: collection and integration of data

Choice: decisions based upon integrated data that produce commands

#### 7.3.3.2 **Peripheral Nervous System**

Commands: signals or data from CNS or reflexes that produce results in the body

Feed Back: signals or data from the body for integration or <programmed> reflexes

Within the animation graphic show the arcs between:

- Existence and CNS
- CNS and Survival

- Survival and PNS

## **8.0 Reuse Considerations**

Six Foot Studios has a collection of code snippets that were developed for projects that may be utilized in the application. Examples of code re-use that may be utilized include: User login validation routines, mail routine to send email through an SMTP server, user friendly error handling and dynamically generated “system error” email messages to the application administrator. The application will pre-process input form fields and perform field validation prior to updating or inserting data.

## **9.0 Error Handling**

Error are handled on the client side by displaying pre-formatted, template generated error messages. Visual Basic, C#, ASP .Net and /or JavaScript code processes all error handling, and performs client side data validation of required form fields. Validation will display error messages if required fields are left blank. When a system error occurs (e.g. ODBC error or script error), an email is sent to the developer for timely resolution. Redundant server validation may also be utilized in accordance with Section 508 requirements. When an email error occurs while processing system generated email messages, the application shall capture the error and continue processing.

## **10.0 Data Design**

The application will restrict user access to the database, requiring users to interface with the system’s database via a web browser.

### **10.1 Database Security**

Users will only be allowed to access the database through the web application. The database will maintain the user IDs and Passwords of individuals allowed to access the system internally. The application will validate user ID and Password against the database. The passwords stored in the database will be encrypted in order to prevent unauthorized access to the application.

### **10.2 Data Dictionary**

The BOK database consists of the following tables:

- **FuelGroups:** Contains the six Fuel Groups and their matrix values
- **Users:** Contains registered users information
- **Roles:** Defines user roles
- **DailyExercise:** Creates a daily exercise record
- **DailyExerciseItems:** Contains the specific exercise and repetitions
- **Exercise:** Contains exercise names
- **TempMeals:** Creates a temporary daily meal record
- **TempFoodItems:** Contains the specific food and servings
- **Items:** Contains food names
- **ItemNutrients:** Contains Item Nutrient relationships
- **Nutrients:** Contains Nutrient names
- **DailyMeals:** Creates the permanent daily meal records

- **DailyFoodItems:** Contains the specific food and servings
- **Studies:** Contains study names
- **Profiles:** Contains user psychological profiles
- **NewsEvents:** Contains News and Event information

The database tables are shown below:

### 10.2.1 FuelGroups

Name	Type	Description
<b>FGID (PK)</b>	Integer	<b>Primary Key</b> , Unique Fuel Group Identifier
<b>IndexNumber</b>	Integer	Fuel Group numeric identifier – <b>Required</b>
<b>Group</b>	Varchar (100)	Group Title
<b>Protein</b>	Varchar (1)	Protein index, from the range H or L – <b>Required</b>
<b>Carb</b>	Varchar (1)	Carb index, from the range H or L – <b>Required</b>
<b>Fat</b>	Varchar (1)	Fat index, from the range H or L – <b>Required</b>

### 10.2.2 Users

Name	Type	Description
<b>UID (PK)</b>	Integer	<b>Primary Key</b> , Unique User Identifier
<b>Role</b>	Varchar (50)	User Role as string for historical reference, from the <b>Roles</b> look-up table - <b>Required</b>
<b>SID (PK)</b>	Integer	<b>Foreign Key</b> , Study Identifier - <b>Required</b>
<b>FirstName</b>	Varchar (100)	Users First Name – <b>Required</b>
<b>LastName</b>	Varchar (100)	Users First Name – <b>Required</b>
<b>Email</b>	Varchar (255)	Users Email address – <b>Required</b>
<b>DOB</b>	Date/Time	Users Date of Birth – <b>Required</b>
<b>Gender</b>	Varchar (1) (M/F)	Users Gender, from the range M=Male, F=Female – <b>Required</b>
UserName	Varchar (25)	User Account Login Name – <b>Required</b>
Password	Varchar (25)	User Account Login Password – <b>Required</b>

### 10.2.3 Roles

Name	Type	Description
<b>Role (U1)</b>	Varchar (50)	Unique User Roles – <b>Required, Unique constraint</b>

### 10.2.4 DailyExercise

Name	Type	Description
<b>DEID (PK)</b>	Integer	<b>Primary Key</b> , Unique Daily Exercise Record Identifier
<b>UID (FK)</b>	Integer	<b>Foreign Key</b> , User Identifier – <b>Required</b>
<b>Date</b>	Date/Time	Record Date – <b>Required</b>

### 10.2.5 DailyExerciseItems

Name	Type	Description
<b>EIID (PK)</b>	Integer	<b>Primary Key</b> , Unique Daily Exercise Item Identifier
<b>DEID (FK)</b>	Integer	<b>Foreign Key</b> , Daily Exercise Record Identifier - <b>Required</b>
<b>EXID (FK)</b>	Integer	<b>Foreign Key</b> , Exercise Identifier - <b>Required</b>
<b>Repetitions</b>	Integer	Number of Exercise Repetitions - <b>Required</b>

### 10.2.6 Exercise

Name	Type	Description
<b>EXID (PK)</b>	Integer	<b>Primary Key</b> , Unique Exercise Identifier
<b>ExerciseName (U1)</b>	Varchar (255)	Unique Exercise Names – <b>Required, Unique constraint</b>
<b>RepsPerHour</b>	Integer	Recommended Repetitions per Hour
<b>CaloriesPerHour</b>	Integer	Average Calories used per Hour

### 10.2.7 TempMeals

Name	Type	Description
<b>TMID (PK)</b>	Integer	<b>Primary Key</b> , Unique Temporary Meal Record Identifier
<b>UID (FK)</b>	Integer	<b>Foreign Key</b> , User Identifier – <b>Required</b>
<b>Date</b>	Date/Time	Record Date – <b>Required</b>



<b>MealTitle</b>	Varchar (100)	Meal Title, from a predefined range – <b>Required</b>
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### 10.2.8 TempFoodItems

Name	Type	Description
<b>TFID (PK)</b>	Integer	<b>Primary Key</b> , Unique Temporary Food Item Identifier
<b>TMID (FK)</b>	Integer	<b>Foreign Key</b> , Temporary Meal Record Identifier - <b>Required</b>
<b>IID (FK)</b>	Integer	<b>Foreign Key</b> , (Food) Item Identifier - <b>Required</b>
<b>Servings</b>	Integer	Number of Item Servings - <b>Required</b>

### 10.2.9 Items

Name	Type	Description
<b>IID (PK)</b>	Integer	<b>Primary Key</b> , Unique Food Item Identifier
<b>GID (FK)</b>	Integer	<b>Foreign Key</b> , Food Item Fuel Group Record Identifier - <b>Required</b>
<b>ItemName (U1)</b>	Varchar (255)	Food Item Name – <b>Required, Unique Constraint</b>
<b>Processed</b>	Bit (Y/N)	Processed Food Identifier
<b>Calories</b>	Integer	Calories per servings– <b>Required</b>
<b>Carbs</b>	Integer	Carbohydrates per servings– <b>Required</b>
<b>Proteins</b>	Integer	Proteins per servings– <b>Required</b>
<b>Fats</b>	Integer	Fats per servings– <b>Required</b>
<b>Sodium</b>	Integer	Salt per servings– <b>Required</b>
<b>UnitOfMeasure</b>	Integer	Unit of Measure per servings – <b>Required</b>

### 10.2.10ItemNuritents

Name	Type	Description
<b>INID (PK)</b>	Integer	<b>Primary Key</b> , Unique Item Nutrient Identifier
<b>IID (FK)</b>	Integer	<b>Foreign Key</b> , Food Item Identifier
<b>NID (FK)</b>	Integer	<b>Foreign Key</b> , Nutrient Identifier - <b>Required</b>

### 10.2.11 Nutrients

Name	Type	Description
<b>NID (PK)</b>	Integer	<b>Primary Key</b> , Unique Nutrient Identifier
<b>Nutrient (U1)</b>	Varchar (255)	Nutrient Name – <b>Required, Unique Constraint</b>

### 10.2.12 Daily Meals

Name	Type	Description
<b>MID (PK)</b>	Integer	<b>Primary Key</b> , Unique Daily Meal Record Identifier
<b>UID (FK)</b>	Integer	<b>Foreign Key</b> , User Identifier – <b>Required</b>
<b>Date</b>	Date/Time	Record Date – <b>Required</b>
<b>MealTitle</b>	Varchar (100)	Meal Title, from a predefined range – <b>Required</b>

### 10.2.13 Daily Food Items

Name	Type	Description
<b>FID (PK)</b>	Integer	<b>Primary Key</b> , Unique Food Item Identifier
<b>MID (FK)</b>	Integer	<b>Foreign Key</b> , Daily Meal Record Identifier - <b>Required</b>
<b>IID (FK)</b>	Integer	<b>Foreign Key</b> , (Food) Item Identifier - <b>Required</b>
<b>Servings</b>	Integer	Number of Item Servings - <b>Required</b>

### 10.2.14 Studies

Name	Type	Description
<b>SID (PK)</b>	Integer	<b>Primary Key</b> , Unique Study Identifier
<b>StudyName (U1)</b>	Varchar (255)	Unique Study Name – <b>Required, Unique constraint</b>

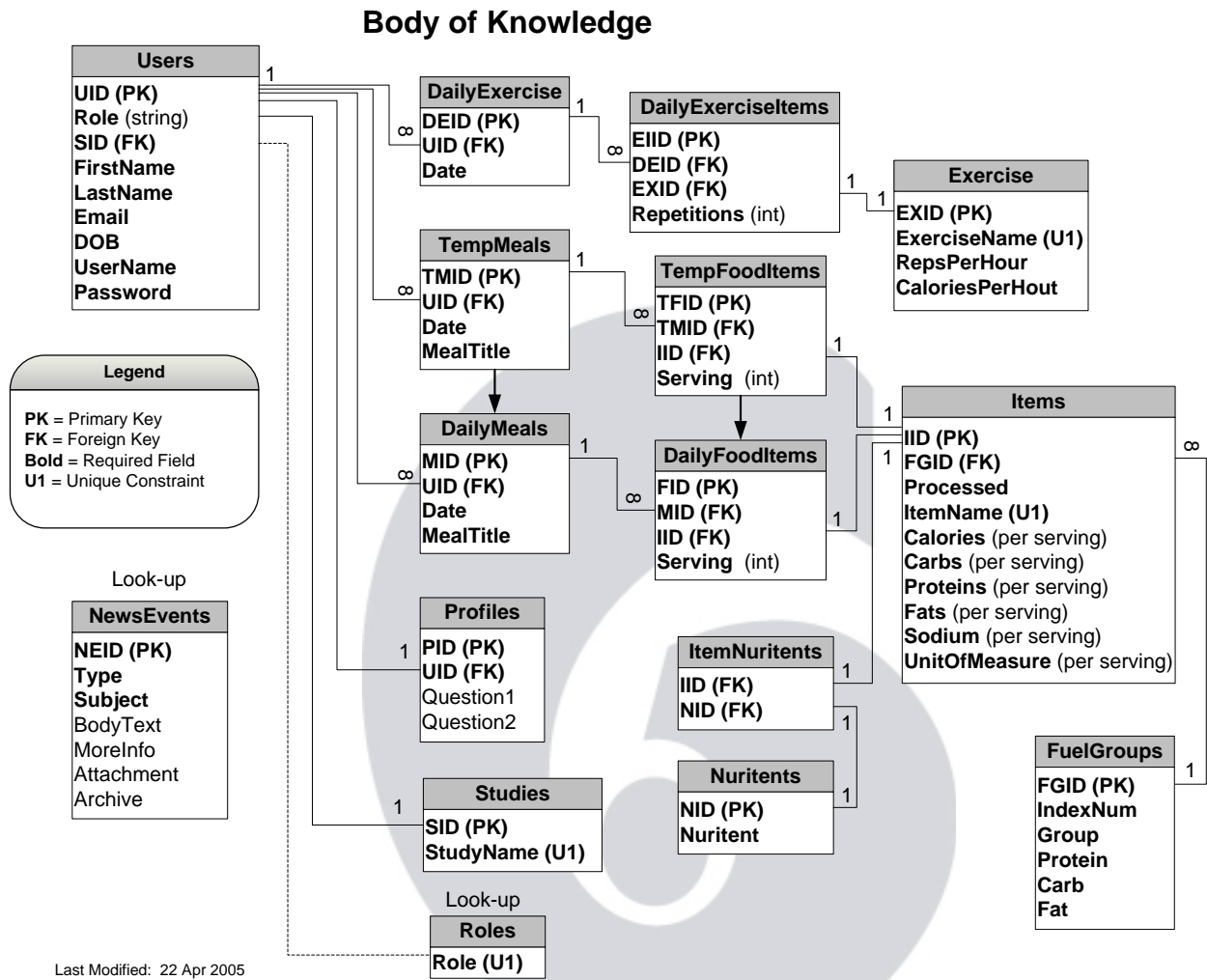
### 10.2.15 Profiles

Name	Type	Description
<b>PID (PK)</b>	Integer	<b>Primary Key</b> , Unique psychological Profile Identifier
<b>UID (FK)</b>	Integer	<b>Foreign Key</b> , User Identifier – <b>Required</b>
<b>Answer1</b>	Varchar (255)	Question 1 response
<b>Answer2</b>	Varchar (255)	Question 2 response

### 10.2.16 NewsEvents

Name	Type	Description
<b>NID (PK)</b>	Integer	<b>Primary Key</b> , Unique News/Event Identifier
<b>Type</b>	Varchar (50)	News/Event from the range Event (includes Lectures etc), PublicNews (home page news) and ByBokNews – <b>Required</b>
<b>Subject</b>	Varchar (255)	News/Event Subject/Title – <b>Required</b>
BodyText	nText	Main News/Event copy text – <b>Allow nulls</b>
MoreInfo	Varchar (255)	Link to external URL – <b>Allow nulls</b>
Attachment	Varchar (255)	Link to external URL – <b>Allow nulls</b>
Archive	Bit (Y/N)	Display status – <b>Required</b>

### 10.3 Data Schema



**Figure 3: Database Schema for My Body of Knowledge**

## 11.0 Screen Designs

### 11.1 Home Page comp



## 11.2 The 6 Fuel Groups: screen 1

**BOK**

**- Food is Fuel -**  
**The 6 Fuel Groups**

Downloads

>> BOK Tools
Food Item:

>> Diet & Food

>> Exercise

>> View Logs

Classifications	Protein <small>(50% of total calories)</small>	Carbohydrate <small>(25% of total calories)</small>	Fat <small>(25% of total calories)</small>
<a href="#">Fuel Group 1</a>	Higher	Higher	Lower
<a href="#">Fuel Group 2</a>	Higher	Lower	Lower
<a href="#">Fuel Group 3</a>	Higher	Lower	Lower
<a href="#">Fuel Group 4</a>	Higher	Lower	Higher
<a href="#">Fuel Group 5</a>	Lower	Lower	Higher
<a href="#">Fuel Group 6</a>	Lower	Higher	Higher

[Group 1](#) - Legumes, certain vegetables, wheat bran, certain dairy products, prepared seafood  
[Group 2](#) - Corn bran, spinach, Lean; poultry, beef, pork, lamb, fish, fresh seafood, egg whites  
[Group 3](#) - Rice, wheat, corn, certain vegetables, fruit, potatoes, sugars, certain dairy products  
[Group 4](#) - Soy beans, tofu, certain cuts of meats and seafood, whole eggs, certain cheeses  
[Group 5](#) - Avocados, olives, oils, butter, certain cheeses, meats, nuts  
[Group 6](#) - Snack foods / Desserts: cakes, cookies, donuts, chips, crackers, ice cream, whole mile, chocolate

Footer

## 11.3 The 6 Fuel Groups: screen 2

**BOK**

**- Food is Fuel -**  
**The 6 Fuel Groups**

Downloads

>> BOK Tools
Food Item:

>> Diet & Food

>> Exercise

>> View Logs

Classifications	Protein <small>(50% of total calories)</small>	Carbohydrate <small>(25% of total calories)</small>	Fat <small>(25% of total calories)</small>
<a href="#">Fuel Group 1</a>	Higher	Higher	Lower
<a href="#">Fuel Group 2</a>	Higher	Lower	Lower
<a href="#">Fuel Group 3</a>	Lower	Lower	Lower
<a href="#">Fuel Group 4</a>	Higher	Lower	Higher
<a href="#">Fuel Group 5</a>	Lower	Lower	Higher
<a href="#">Fuel Group 6</a>	Lower	Higher	Higher

**Fuel Group 3**  
**Vegetables**  
**Fruits**  
**Beveages**  
**Prepared foods**

	Servings	Carbs Calories	Proteins Calories	Fats Calories	Total Calories	Sodium	Potassium	Calcium	Iron	Vitamin A	Vitamin C	Vitamin B1	Vitamin B2	Vitamin B12
Un-Pr 1 sm	8 oz	60	50	30	140	30	60	50	30	30	140	30	60	50
1.Lg	12 oz	120	100	60	280	30	60	50	30	60	280	30	60	50
<a href="#">Another group 3 A item</a>	1 tsp	60	50	30	140	30	60	50	30	30	140	30	60	50
<a href="#">Another group 3 A item</a>	1 cup	60	50	30	140	30	60	50	30	30	140	30	60	50
<a href="#">Another group 3 A item</a>	½ lb	60	50	30	140	30	60	50	30	30	140	30	60	50
<a href="#">Another group 3 A item</a>	1 oz	60	50	30	140	30	60	50	30	30	140	30	60	50

Footer

## 11.4 The 6 Fuel Groups: screen 3

**BOK - Food is Fuel - The 6 Fuel Groups**

Food Item:

Submission highlights the selected Group

Classifications	Protein (50% of total calories)	Carbohydrate (25% of total calories)	Fat (25% of total calories)
Fuel Group 1	Higher	Higher	Lower
Fuel Group 2	Higher	Lower	Lower
Fuel Group 3	Lower	Lower	Lower
Fuel Group 4	Higher	Lower	Higher
Fuel Group 5	Lower	Lower	Higher
Fuel Group 6	Lower	Higher	Higher

Submission displays food item details

	Servings	Carbs Calories	Proteins Calories	Fats Calories	Total Calories	Sodium	Potassium	Calcium	Iron	Vitamin A	Vitamin C	Vitamin B1	Vitamin B2	Vitamin B12
Fuel Group 3	8 oz	60	50	30	140	30	60	50	30	30	140	30	60	50

Footer

## 11.5 Meal Planner: screen 1

**BOK Meal Planner**

**Step 1 Calculate Your Daily Calories for Weight Loss / Maintenance**

Your target weight:  lbs  
 Your gender:   
 Your Age:

**Step 2 Interactive Meal Planner**

**Meal Selections**

**Breakfast**

Fuel Groups	Food Item	Servings	Carbs	Proteins	Fats	Total Calories	Sodium	Nutrient1	Nutrient2	Nutrient3
1	Enter Text	0								
2	Enter Text	0								
3	Enter Text	0								
4	Enter Text	0								
5	Enter Text	0								
6	Enter Text	0								

**SubTotal Percentages:**

**Morning Snack**

Fuel Groups	Food Item	Servings	Carbs	Proteins	Fats	Total Calories	Sodium	Nutrient1	Nutrient2	Nutrient3
1	Enter Text	0								
2	Enter Text	0								
3	Enter Text	0								

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## 11.6 Meal Planner: screen 2

**BOK**
**Meal Planner**
Dynamic Content Based on entries

>> BOK Tools

>> Diet & Food

>> Exercise

>> View Logs

### Step 1 Calculate Your Daily Calories for Weight Loss / Maintenance

Your target weight  Lbs. / 2.2 = **79.55** Kg.

Male     Female

Age (Formula)      Daily Resting Energy (DRG)

(17.5 x Kg.) + 651 = 2043 Calories

---

Your Average Day

**Sedentary / Average Day:**  
 DRG **2043** Calories x (1.2 to 1.5) = **2656** Calories Per Day

**Active Day / Average Day w/ Exercise:**  
 DRG **2043** Calories x (1.5 to 2.5) = **4086** Calories Per Day

**How Much To Eat For 15-18 yrs**  
 Females/ 2,000 kcal/day  
 Males/ 2,600 kcal/day  
 Females 2,200 kcal/day  
 Males 2,800 kcal/day

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### Step 2 Interactive Meal Planner

**Meal Selections**
Number of allowable daily Calories: **2656**
Total Calories used: **140**
Calories Remaining: **2516**

#### Breakfast

Fuel Groups	Food Item	Servings	Carbs	Proteins	Fats	Total Calories	Sodium	Nutrient1	Nutrient2	Nutrient3
1	Apple, raw with skin	.5	60	50	30	140	30	60	50	30
2	Enter Text	0								
3	Enter Text	0								
4	Enter Text	0								
5	Enter Text	0								

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## 11.7 Meal Planner: screen 3

**BOK**
**Meal Planner**
[Print](#) a Printer Friendly version

>> BOK Tools

>> Diet & Food

>> Exercise

>> View Logs

### Evening Snack

Fuel Groups	Food Item	Servings	Carbs	Proteins	Fats	Total Calories	Sodium	Nutrient1	Nutrient2	Nutrient3
1	Apple, raw with skin	.5	60	50	30	140	30	60	50	30
2	Enter Text	0								
3	Milk, low fat 2%	1	60	50	30	140	30	60	50	30
4	Enter Text	0								
5	Enter Text	0								
6	Crackers	2	260	50	30	140	30	60	50	30
<b>SubTotal Percentages:</b>			<b>60%</b>	<b>30%</b>	<b>10%</b>	<b>60%</b>	<b>30%</b>	<b>10%</b>	<b>8%</b>	<b>4%</b>

#### Calories & Meal Totals

Number of allowable daily Calories: <b>2656</b>	Total Calories used: <b>140</b>	Total Calories Remaining: <b>2516</b>
Total daily Carb Calories <b>320 / 66%</b>	Total daily Protein Calories <b>200 / 22%</b>	Total daily Fat Calories <b>80 / 11%</b>

Meal Selections	SubTotals :	Carbs	Proteins	Fats	Total Calories	Sodium	Nutrient1	Nutrient2	Nutrient3
Breakfast		60%	30%	10%	60%	30%	10%	8%	4%
Morning Snack		60%	30%	10%	60%	30%	10%	8%	4%
Lunch		60%	30%	10%	60%	30%	10%	8%	4%
Afternoon Snack		60%	30%	10%	60%	30%	10%	8%	4%
Dinner		60%	30%	10%	60%	30%	10%	8%	4%
Evening Snack		60%	30%	10%	60%	30%	10%	8%	4%

Downloads

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## 11.8 Recipe Worksheet

**BOK**
**Easy Recipe Worksheet**
[Print](#) a Printer Friendly version

Recipe or Dish:

Serves  people

[Downloads](#)

Per row calculation: 1 + 2 + 3 = 4 x 5 = 6

Fuel Group	Food Items (except herbs & spices)	Unit of Measure	Carb Calories	Proteins Calories	Fats Calories	Total Calories per serving	Number of servings	Total Calories per Food Item
1	<input type="text" value="Apple"/>	8 oz	60 gm X 4 = 240	20 gm X 4 = 80	10 gm X 4 = 40	360	1	360
2	<input type="text" value="Milk"/>	12 oz	20 gm X 4 = 80	30 gm X 4 = 120	10 gm X 4 = 40	240	1	240
	<input type="text" value="Enter Text"/>		## gm X 4 = ####	## gm X 4 = ####	## gm X 4 = ####	##	##	##

[Add Item](#)

Totals	Total Carb Calories	Total Protein Calories	Total Fat Calories	Total Recipe Calories
Total Calories	320	200	80	360
Percentages of Recipe	66%	22%	11%	
Goal Percentages	25%	50%	25%	

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Clicking on number displays Fuel Group details

## 11.9 Daily Food Log

**BOK**
**Daily Food Log**
[Print](#) a Printer Friendly version

Proposed Daily Calories: **2656**

[Downloads](#)

**Evening Snack**

Items Eaten	Fuel Groups	Food Item	Actual Servings
<input checked="" type="checkbox"/>	1	Apple, raw w/ skin	.5
<input checked="" type="checkbox"/>	3	Milk, low fat 2%	0
<input checked="" type="checkbox"/>	2	Some item here	1

Additional food items

\*    [Submit](#)

**Meal Selections**

	Carb Calories	Protein Calories	Fat Calories	Total Calories
Breakfast	60	30	10	100
Morning Snack	10	60	30	100
Lunch	5	15	25	45
Afternoon Snack	220	5	10	235
Dinner	130	20	5	155
Evening Snack	5	130	40	175
<b>Daily Totals:</b>	<b>520</b>	<b>800</b>	<b>1280</b>	<b>2976</b>
	66%	22%	11%	110%

[View Nutrient Totals](#)

**Calorie Totals for Monday March 28<sup>th</sup>, 2005**

Proposed Daily Calories: **2656**

[Update Exercise Log](#)

[Update Exercise Log](#)

Total Calories Eaten: **2656**

Minus (-) Total Calories Burned: **600**

Equals (=) Daily Calorie Total: **2976**

**+200 Calories above Proposed Daily Calories**

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Dynamic – display link or values

## 11.10 Daily Exercise Log

**BOK**
Proposed Daily Calories: [2656](#)
**Daily Exercise Log**
[Print](#) a Printer Friendly version

>> BOK Tools

>> Diet & Food

>> Exercise

>> View Logs

**Exercises & Calories**

Performed	Exercise Item	Repetitions	Recommended <small>(60 mins. workout)</small>	Calories Burned
<input checked="" type="checkbox"/>	Aerobic exercises (running, jogging etc)	50	30	130
<input checked="" type="checkbox"/>	Jumping Jacks	25	20	20
<input checked="" type="checkbox"/>	Push-ups	10	10	10
<input checked="" type="checkbox"/>	Sit-ups	10	10	10

Total Daily Calories Expenditure: **170**

**Additional Exercise items**

\* Enter Text  0

Optional display if Available

Downloads

**Exercise & Calorie Totals for Monday, Mar 28<sup>th</sup> 2005**

Proposed Daily Calories: [2656](#)

[Update Food Log](#)

**Total Calories Burned**

600

[Update Log](#)

Plus (+)

**Total Calories Eaten**

2656

[Update Log](#)

Equals (=)

**Daily Calorie Total**

2056

[Update Log](#)

**-200 Calories below Proposed Daily Calories**

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version: 1.0

## 12.0 Appendix A: Welcome to the Machine Storyboards

(double click to open embedded pdf document)

