

# **Software for Health Analytics Tracker (HAT)**

## **User Manual**

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# 1. Introduction

This user manual will describe in detail how to use the software for a computerized health analytics tracker (HAT). This software writes to a database, so it allows for multiple users on one machine. Storage requirements limit the data to guaranteed being saved for up to a year.

## 1.a System Requirements

This program will run on Windows OS as well as Mac OS

## 1.b Installation

Installation for this program will be painless. Copy the link HAT.jar into either a directory that is well-known or onto the desktop. Simply click on the file and open it and it will start right up.

# 2. Starting Up

When run this program will open a single window with two options, login and register. The entire process should take place on a single window, minimizing the amount of windows required to be open at a time.

When the application opens the main screen will appear as seen in Fig 1. Any user can do one of two things at startup:

- A user can login with their already registered username and password
- A user may register, upon clicking on registration the window will change. ( See 3).

Health Analytics - Login

# Health Analytics Tracker

Username:

Password:

**Fig.1 Starting Up**

### 3. Registration

As a new user, it is required before using the app to Register. Registration will ask for some information on the user and all fields are required. Fig 2 displays the registration screen.

Health Analytics - Registration

# Health Analytics Tracker

*-Please enter your information below-*

First Name:  Enter your first name

Last Name:  Enter your last name

Username:  Enter desired username (Between 8-16 characters, A-Z, 0-9)

Password:  Enter desired password (Between 8-16 characters, A-Z, 0-9)

Confirm Password:  Confirm your password

Birthday:  ... Enter your birthday

Weight:  Enter your weight, in pounds, rounded to nearest whole number

Height:  Enter your height, in inches, rounded to nearest whole number

**Fig 2. Registration**

Everything required for registration includes:

- First Name
- Last Name
- Username – this will be the username used to login to the user specific account. Between 8-16 total characters. A-Z, 0-9.
  - Example of acceptable: JaneDoe17
- Password – the password used to login. Between 8-16 characters. A-Z,0-9.
  - Example of acceptable: iLoveCoffee07
- Confirm password – must match Password exactly
- Birthday – use the calendar menu to select
- Weight – users weight in pounds rounded to nearest whole number
  - Example: 150
- Height – users height in inches rounded to nearest whole number
  - Example: 68

Once all fields are correctly entered, press the “Register” button. Upon proper registration, the user is entered into the database and will be taken back to the original start-up screen.

## **4. Login**

Login will be done from the start-up screen as in Fig 1. Simply enter the username and password and press “Login”. If the user is properly registered, the screen will be re-directed to the user’s data screen. If an error message occurs see section 3 (Registration).

## 5. Health Tracker Operations

Health Tracker has two tabs at the top of the screen once a user logs in. The “Stats” tab by default will be active. This tab holds all of the information for a user as seen in Fig 3.

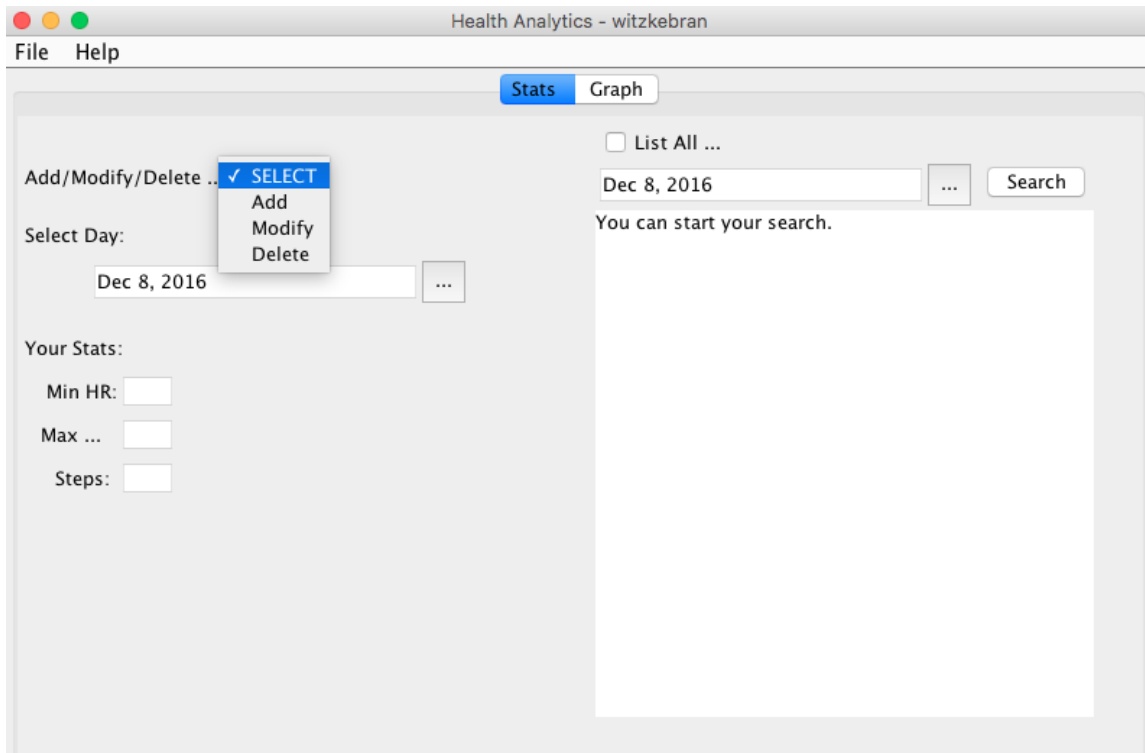


Fig 3. User info

### 5.a To add stats for a day

In order to add an entry the user must first select “Add” from the drop down menu of choices for Add/Modify/Delete. Selecting a day to enter data for will be done with a pop up calendar menu in the Select Day category. The range for active days will be any previous date up to the current date. If a date is selected that has not yet occurred, an error message will be presented asking to choose a different date. There are three text fields for entering the data for three daily variables (Max

Heart Rate, Min Heart Rate, and Total Steps). After all fields are entered, click the “Add” button and a confirmation message will be shown explaining that the information was added correctly.

### **5.b To delete stats for a day**

A user may eliminate an entry by selecting “Delete” in the drop down menu and selecting the desired date. Once the date is selected, the stats from that day will appear on the text fields in order to make sure these are the numbers to be terminated. After clicking the button “Delete”, the information will be erased from the database for that day.

### **5.c To modify stats for a day**

A user can modify the statistics for any given day that has had information previously added. Simply, select the “Modify” option from the drop down menu and choose the desired modify date. The stats previously entered will be shown in the text fields. From here, a user can edit the numbers in the text fields. When the desired numbers are accurate, press the button labeled “Modify” and a confirmation message will appear.

### **5.d Search data**

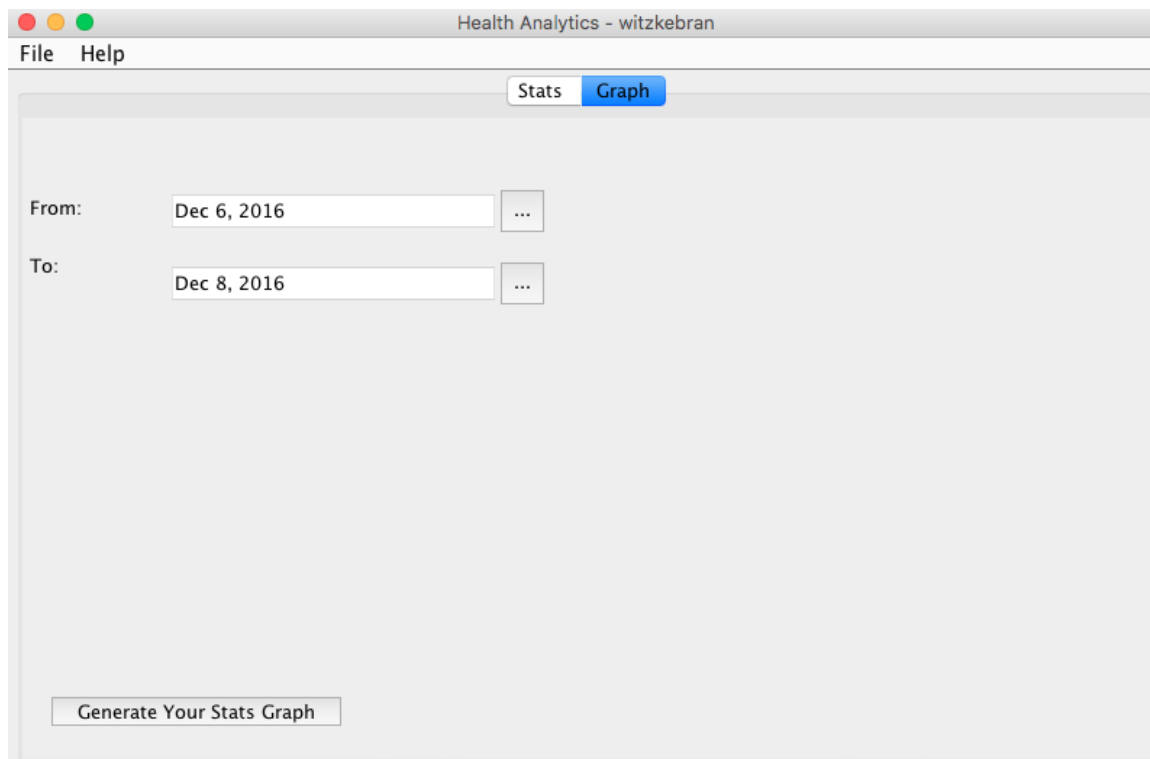
A user may want to view the data previously entered for any given day. The data can be accessed in two different ways:

- By selecting the date in the search menu on the right side of the stats screen, then pressing “Search”. The data will be displayed in the text field below.

- Checking the “List All” box and the pressing “Search” will present all of the entered data for the user in the text field below.

## 6. Health Tracker Graph

Using the “Graph” tab, which is located next to the “Stats” tab, a user can generate a graph in a desired range. This graph will compare the users data with each day in the range. Fig 4 displays the Graph tab layout.



**Fig 4. Graph**

Select the desired dates for the to and from tabs using the drop down calendar menus. Press the button at the bottom of the screen that says “Generate Your Stats Graph”. A new window will appear with the desired graph. A user is free to interact



with the graph in a few ways with a simple right click on the graph:

- Zoom in and out on a desired spot
- Save the graph as a .png file
- Print the graph

## **7. Other options**

HAT is a program that incorporates a database so that multiple users can use it on the same machine.

### **7.a To switch users**

If a user is already logged into an account and wants to switch to a different users account, simply pull down the File menu by clicking on “File” on the top left of the window. Select “Switch User” and then click “Yes”. This will pull up the original start-up window (Fig 1).

### **7.b To sign out and exit**

If a user wants to sign out and exit the application all that is required is to click the “File” tab located at the top left as seen in Fig 3. Select “Sign out and exit” and then select “Yes”. This will prompt a goodbye message and terminate the program.