

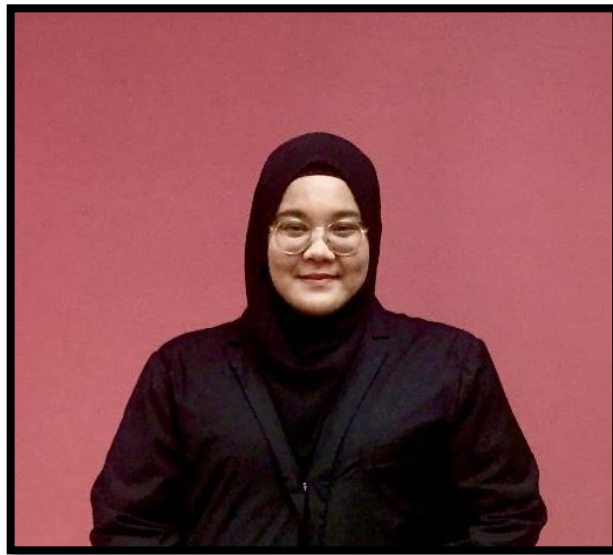
## 1.0 INTRODUCTION

Smart-Diet Monitoring System (SDMS) is a system that manages to serve customers information about weight and health management. Because nowadays, we already informed that obesities are currently one of the major problems facing most of Malaysian, regardless of age and personal background. According to XXX Malaysia ranked as sixth in the Asia-Pacific region for obesity and tops lists in South-East Asia for both obesities and diabetes. Expert claims that the situation is becoming more uncontrolled because there were more overweight children now. Therefore, a Smart-Diet Monitoring System was introduced to the community with the objectives as to give awareness for society that obesity is not something we can take for granted, obesity is the underlying factor for chronic disease such as diabetes. Plus, the objective of the system is to give knowledge for those whom facing obesity problem against weight management and able to act as diet companion for them. The specialty on this system is when people able to identify their weight and they also able to determine their Body Mass Index (BMI). The system also will be completed with weight control companion that act to monitor diet progress. The system has a potential to the platform to ease society in managing their health progress. It is also can be very prospective entity that can go global commercial because of the system's specialties.

## 2.0 STATEMENT OF PROBLEM

- Lack of medium for health information
- Unauthorized information that lead to misunderstanding
- Unable to get the proper health trainer

### 3.0 DEVELOPER PROFILE- SDMS



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#### **PERSONAL BACKGROUND**

Nor Hidayah bt Ludin

**Tel:** 01112-954572

**Identification Number:** 961002-03-5438

**Address:** Kg Limbat Bunut susu, 17000 Pasir Mas, Kelantan

**E-mail:** norhidayah443@yahoo.com

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### **EDUCATION**

#### **2009-2013: (Sekolah Menengah Ugama Arab Ismailiah Binjai Manis Pohon Buloh)**

- Result: 2A 4B 3C 1D

#### **2014-2016: (University Technology of Mara Kelantan Branch)**

- Diploma in Information Management
- Result : 2.83

#### **2017-2019: (University Technology Mara Kelantan Branch)**

- Bachelor in Information System Management
  - Result : 3.01
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## **SKILLS**

- Enable to communicate with others
- Speak fluently in Malay and moderate in English
- Mastered in several of computer programming language (PHP,HTML,CSS)

## **4.0 OBJECTIVE OF THE PROJECT**

- Give awareness for society that obesity is not something that we can take for granted.
- Give knowledge for those whom facing obesity problem against weight management.
- Able to act as a diet companion.

## **5.0 SCOPE AND LIMITATIONS OF THE PROJECT**

### **5.1 Scope**

The scope of the system is to develop Smart-Diet Monitoring System that able to give the proper solutions to whom that facing weight and health problem. Through this system, it is easy to manage and monitor user's health by providing a proper medium to reach information.

The scope of the Smart-Diet Monitoring System (SDMS) basically covers those customers who having difficulties to find the right information about weight and health monitoring.

### **5.2 Limitation**

There are so many limitation and difficulties faced by developer of Smart-Diet Monitoring System in completing this project. The limitations are as follows;

- The difficulties to understand the major purposes of the system and how to applying them in software which is PHP, Database, Wamp server and so on.
- Wamp server does not compatible on developer's laptop so it need to be installed in many times which is lead to time consuming.
- There is also happened a time consuming when the developer does not have much knowledge regarding computer language such as PHP, HTML, DREAMWEAVER and so on.

6.0  
GANTT  
CHART

YEAR	2018				
MONTH/ ACTIVITIES	3	4	5	6	7
<b>PLANNING</b>					
ASSIGN PROJECT					
DESCRIBE PROJECT SCOPE					
SURVEY SYSTEM REQUIREMENT					
RESEARCH SYSTEM					
DETERMINE PROJECT BENEFITS					
DISCUSS ABOUT PROJECT PLANNING					
<b>ANALYSIS</b>					
IDENTIFY SYSTEM REQUIREMENT					
COLLECT AND EVALUATE DATA					
<b>DESIGN</b>					
DISCUSS SYSTEM DESIGN					
DESIGN LAYOUT					
CREATE ERD, FLOWCHART					
<b>IMPLEMENTATION</b>					
IMPLEMENT CODING					
TESTING					

SMART-DIET MONITORING SYSTEM (SDMS)

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INSTALLATION AND DOCUMENTATION					
MAINTENANCE					
USER TRAINING					

**7.0 ESTIMATED BUDGET AND COST REQUIRE FOR THE PROJECT**

SMART-DIET MONITORING SYSTEM (SDMS)

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In order to develop the SDMS, it is required to use several of hardware and software. Below are the estimated budget and cost for the lists of items used to develop the CT system:

Items	Description	Quantity	Price (RM)	
<b>HARDWARE</b>				
1	Laptop	Laptop model ASUS a455lf-wx049d	1	RM 1699.00
2	Mouse	Targus wireless USB laptop blue trace mouse - white	1	RM49.00
3	Scanner	HP Desk Jet 2132 All-In-One Colour Printer/Copier/Scanner	1	RM 289.00
<b>SOFTWARE</b>				
1	Adobe Dreamweaver	Adobe Dreamweaver CC	1	RM 1,721.08
2	XAMP Server	Xamp Server version 2.0	1	FREE
3	Web Browser (Google chrome)	Google Chrome 64-bit	1	FREE

<b>1</b>	<b>DEVELOPER</b>		
	Wages for developer/ cost of developer	1	RM 800
	<b>TOTAL:</b>		<b>RM 4,564</b>

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**8.0 HARDWARE AND SOFTWARE DETAILS USE IN THE PROJECT**

## 8. 1: HARDWARE

### 8.1.1 ASUS a455lf-wx049d

No	Part	Specification
1.	Platform	Laptop
2.	Type Processor	Intel Core i5 Intel ® Core™ i5-4005U Processor (1.70 GHz, 3M Cache)
3.	Memory	2GB DDR3 SDRAM
4.	Max Memory	8 GB
5.	Audio	Sonic Master
6.	Speaker	Built-in Speakers And Microphone
7.	Hard Drive	500GB Serial ATA 5400RPM
8.	Wireless Network Protocol	802.11/b/g/n
9.	Wireless Bluetooth	Bluetooth 4.0

10.	Interface	<ul style="list-style-type: none"> <li>• 1 x VGA port/mini D-sub 15-pin for external monitor</li> <li>• 1 x RJ45 LAN Jack for LAN insert</li> <li>• 2 x USB 2.0 port(s)</li> <li>• 1 x HDMI</li> <li>• 1 x COMBO audio jack</li> <li>• Touchscreen</li> </ul>
11.	Battery	2cells 37 Whrs Polymer Battery
12.	Weight	2.1 kg (With polymer battery)
13.	Camera	VGA camera
14.	Operating System	Microsoft Windows 8 64 Bit

**8.1.2 Targus wireless USB laptop blue tace mouse - white**

No	Parts	Specification
1.	Colour	White and blue
2.	Material	Plastic
3.	Exterior Dimensions	10.5 x 6 x 4 cm
4.	Weight	0.06 kg
5.	System Requirement	Wireless USB port Windows®10, Windows®8.1, Windows®8, Windows®7/ Mac OS®Xv10.8, v10.9/ Android or later USB port (USB 3.0 recommended)

**8.1.3 HP DeskJet 2132 All-In-One Color Printer/Copier/Scanner**

No	Parts	Specification
1	Functions	Print, copy, scan
1	Connectivity, standard	1 Hi-Speed USB 2.0
2	Compatible operating systems	Windows 10, Windows 8.1, Windows 8, Windows 7 OS X v10.8 Mountain Lion, OS X v10.9 Mavericks, OS X v10.10 Yosemite
3	Scanner type	Flatbed
4	Scan file format	JPEG, TIFF, PDF, BMP, PNG
5	Scan resolution, optical	Up to 1200 dpi
6	Bit depth	24-bit
7	Scan size, maximum	216 x 297 mm
8	Scan input modes	Front-panel scan

## 8.2 SOFTWARE

### 8.2.1 Adobe Dreamweaver CC

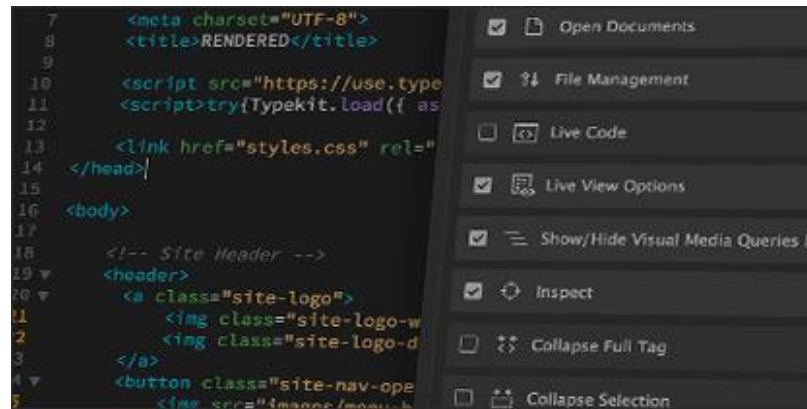


Figure 1: Adobe Dreamweaver CC

This Adobe Dreamweaver CC is more than advanced and better than C++. In this platform, the user can able to use Adobe Dreamweaver CC to write HTML, CSS, JSP, XML, PHP, JavaScript, Action Script, and others.

### 8.2.2 XAMPP server

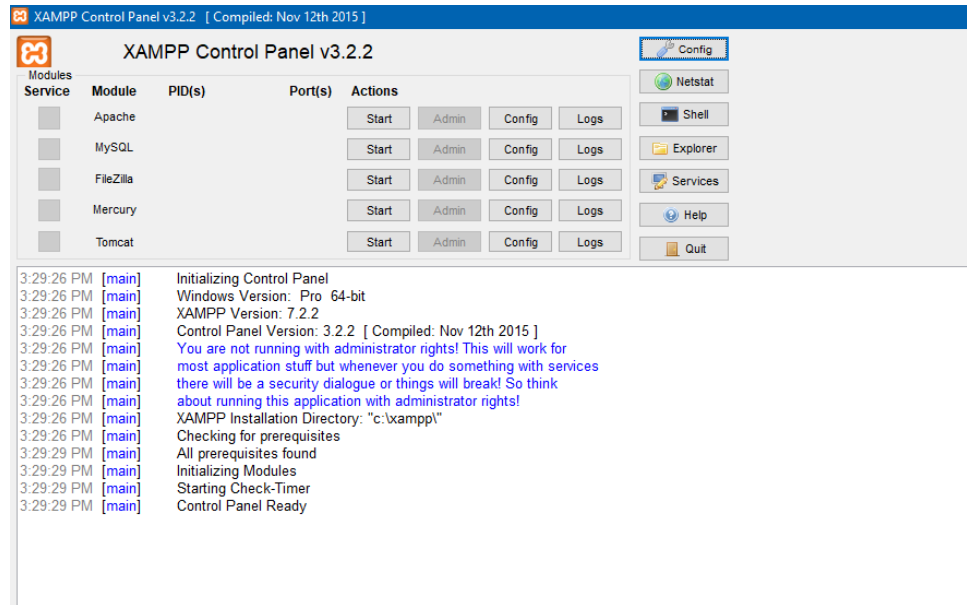
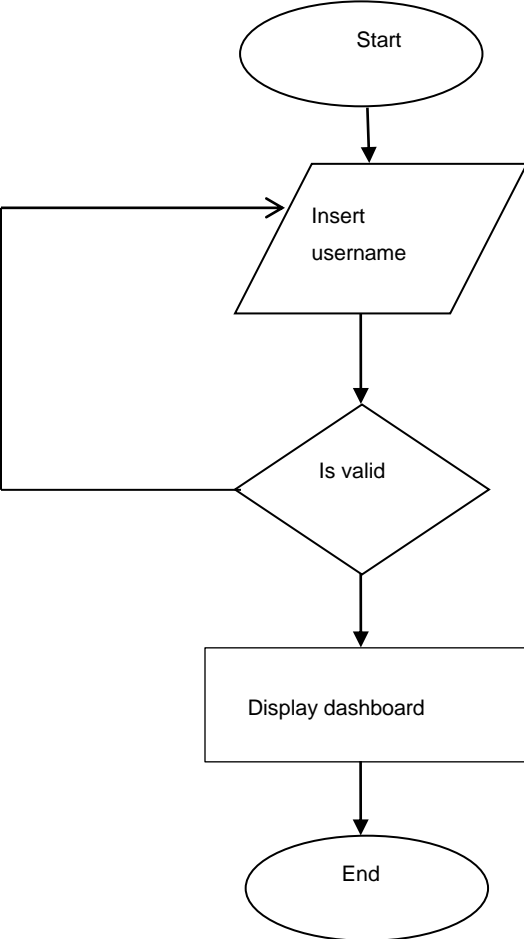


Figure 2: XAMPP server

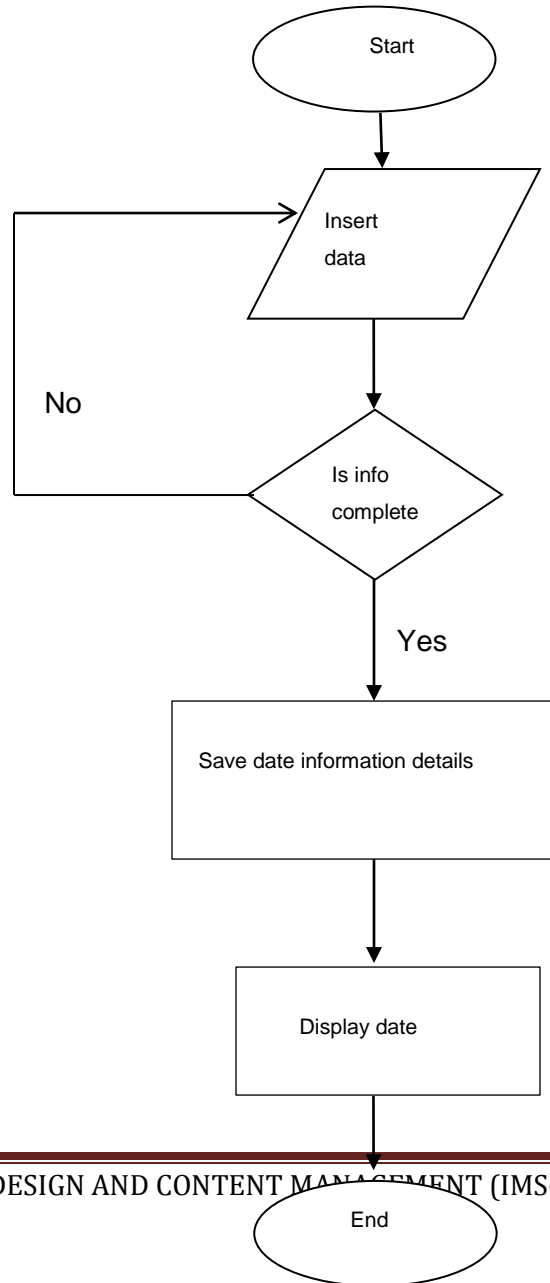
XAMPP server is an open source application which is the user can get it free, that usually use in Web server environments. The element of the Web server that is provided to developers is and web server, database, operating system and web scripting software. The most important part which is used run the web server within windows is Apache or another name is Apache HTTP Server. In XAMPP Server, the usual technologies that are used for creating a website are MYSQL and PHP. MYSQL is the platform of the database that saves the data. To access data from the database, will use PHP as the scripting language.

9.0 SYSTEM FLOWCHART

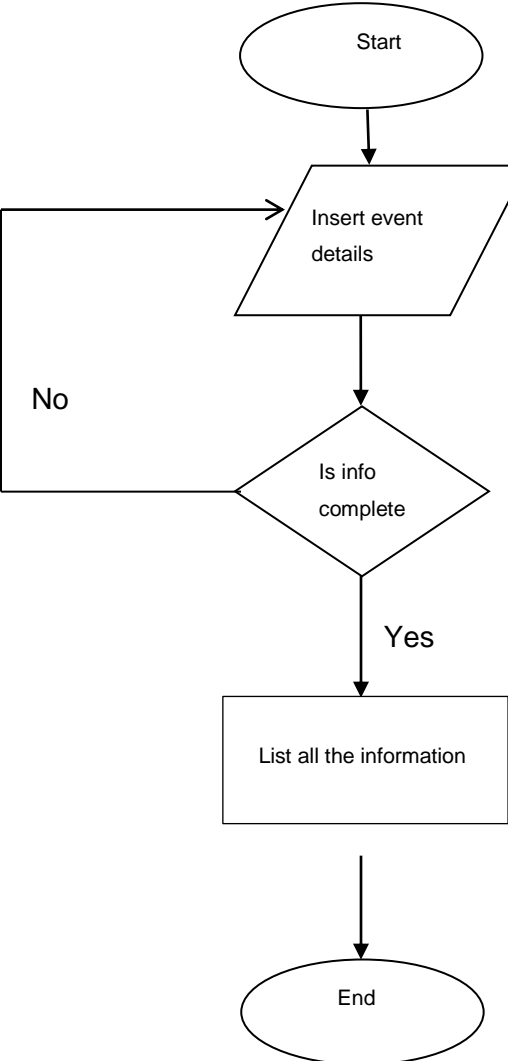
9.1 Login



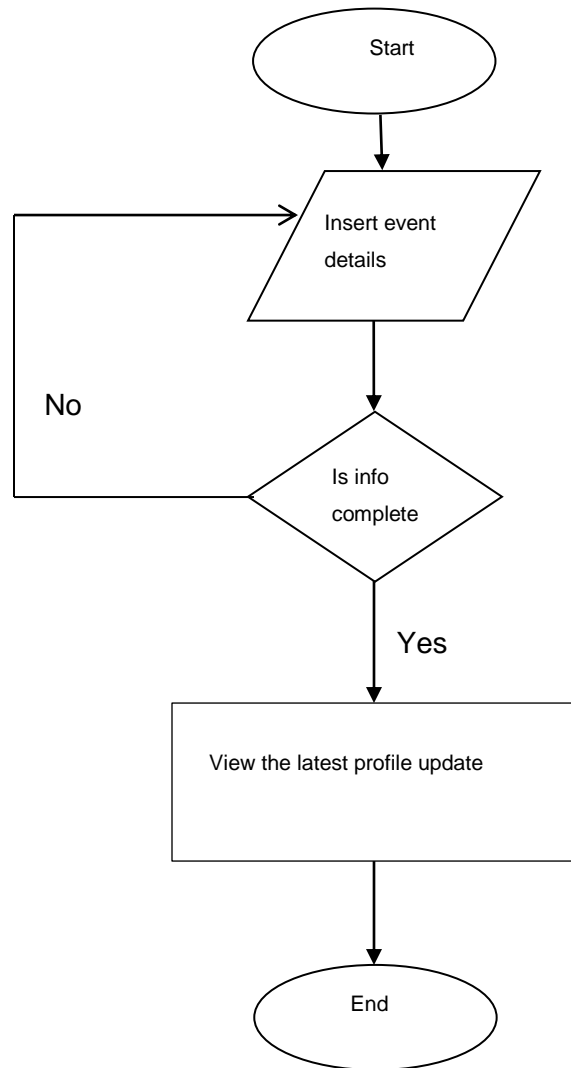
9.2 register



9.4 Trainer

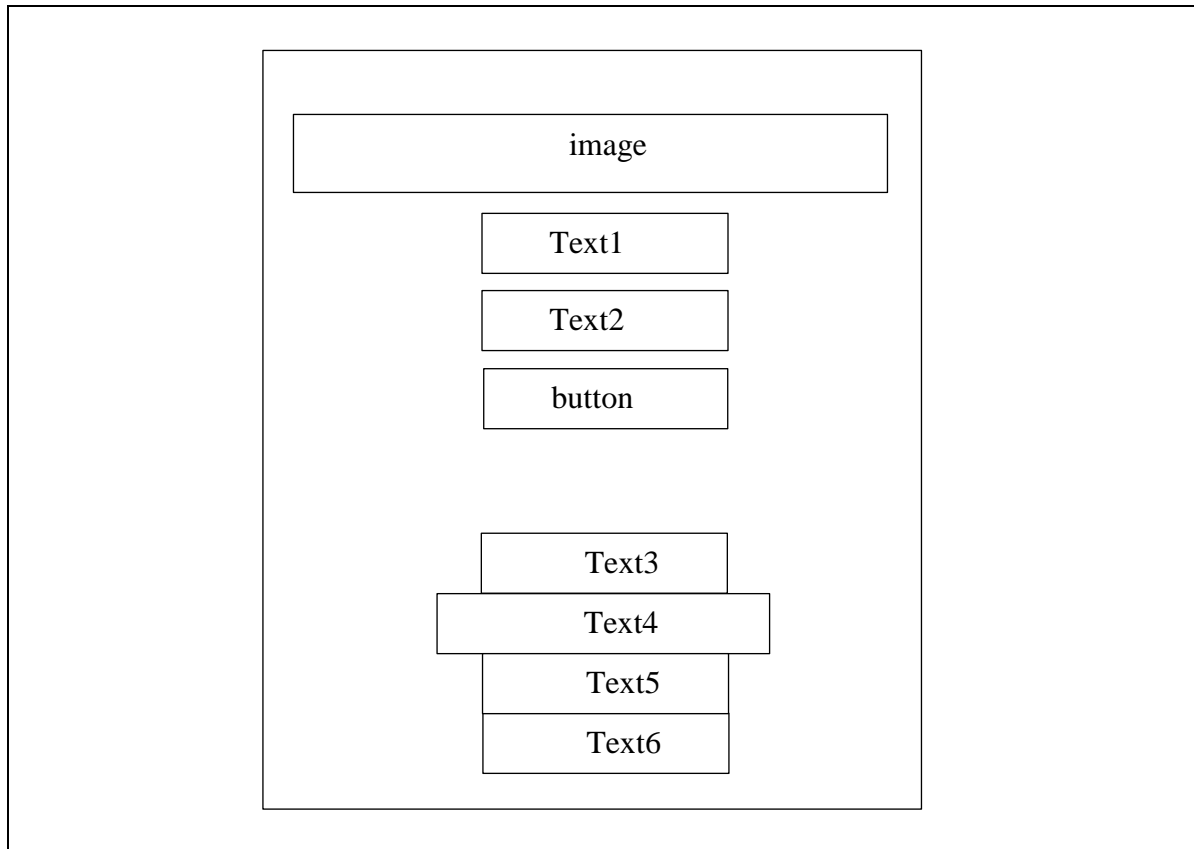


9.5 Update Profile



## 10.0 STORYBOARD

### 10.1 Login



#### Description

**Image:** logo

**Text1:** username

**Text2: password**

**Button: go**

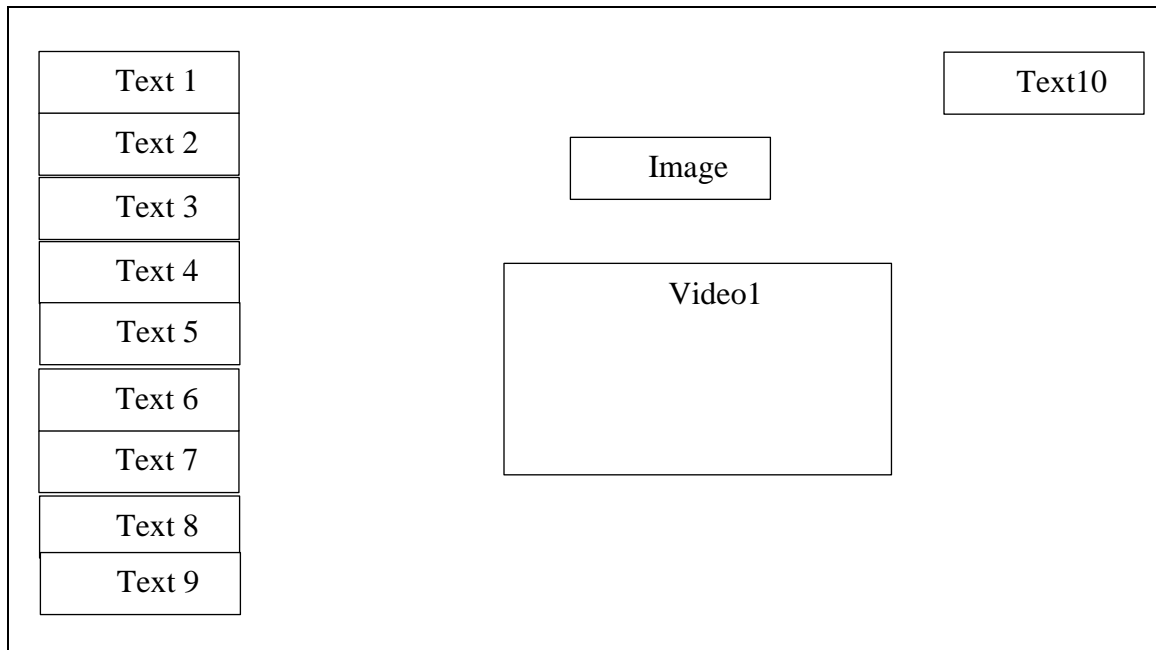
**Text3: name**

**Text4: phone number**

**Text5: email**

**Text6: surname**

### 10.2 Main page



#### Description

**Text1: smart-diet monitoring system**

**Text2: view profile**

**Text3: update profile**

**Text4: update picture**

**Text5: trainer**

**Text6: expertise**

**Text7: health\_info**

**Text8: center**

**Text9: logout**

**Text10: logout,view profile**

**Image: logo**

**Video1: video of health**

### 10.3 Register user

The diagram shows a vertical stack of 13 input fields within a larger container. The first 11 are text boxes labeled 'Text 1' through 'Text 11'. The last two are buttons labeled 'Button 1' and 'Button 2'.

Description

**Text 1: Register here**

**Text 2: Username**

**Text 3: Password**

**Text 4: Name**

**Text 5: IC    Text 6: Address**

**Text 7: Postcode**

**Text 8: City**

**Text 9: State**

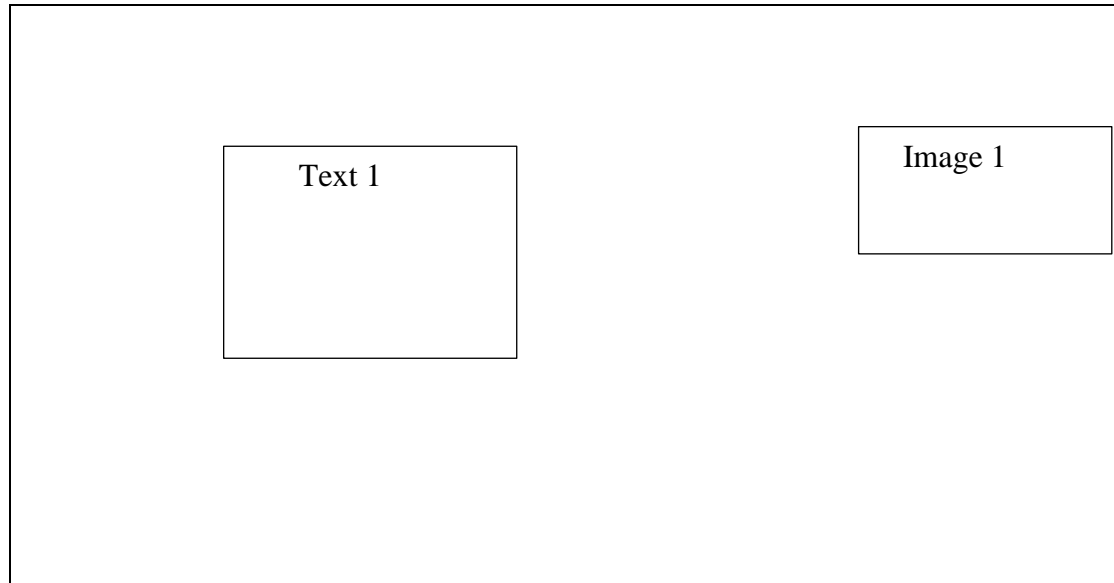
**Text 10: Phone**

**Text 11: Email**

**Button 12: Register button**

**Button 13: Cancel button**

## 10.4 View profile



### Description

**Text 1: details about user**

**Image 1: image of user**

### 10.5 Update profile for user

	Image 1
Text 1	
	Text 6
Text 2	Text 7
Text 3	Text 8
Text 4	Text 9
Text 5	Text 10
	Text 11
	Text 12
	Text 13
	Text 14
	Button 1

#### Description

**Text 1: smart-diet monitoring system**

**Text 2: View profile**

**Text 3: Update profile**

**Text 4: List of event**

**Text 5: Logout**

**Text 6: Update of profile**

**Text 7: Name**

**Text 8: IC number**

Text 9: Address

**Text 10: Postcode**

**Text 11: City**

**Text 12: State**

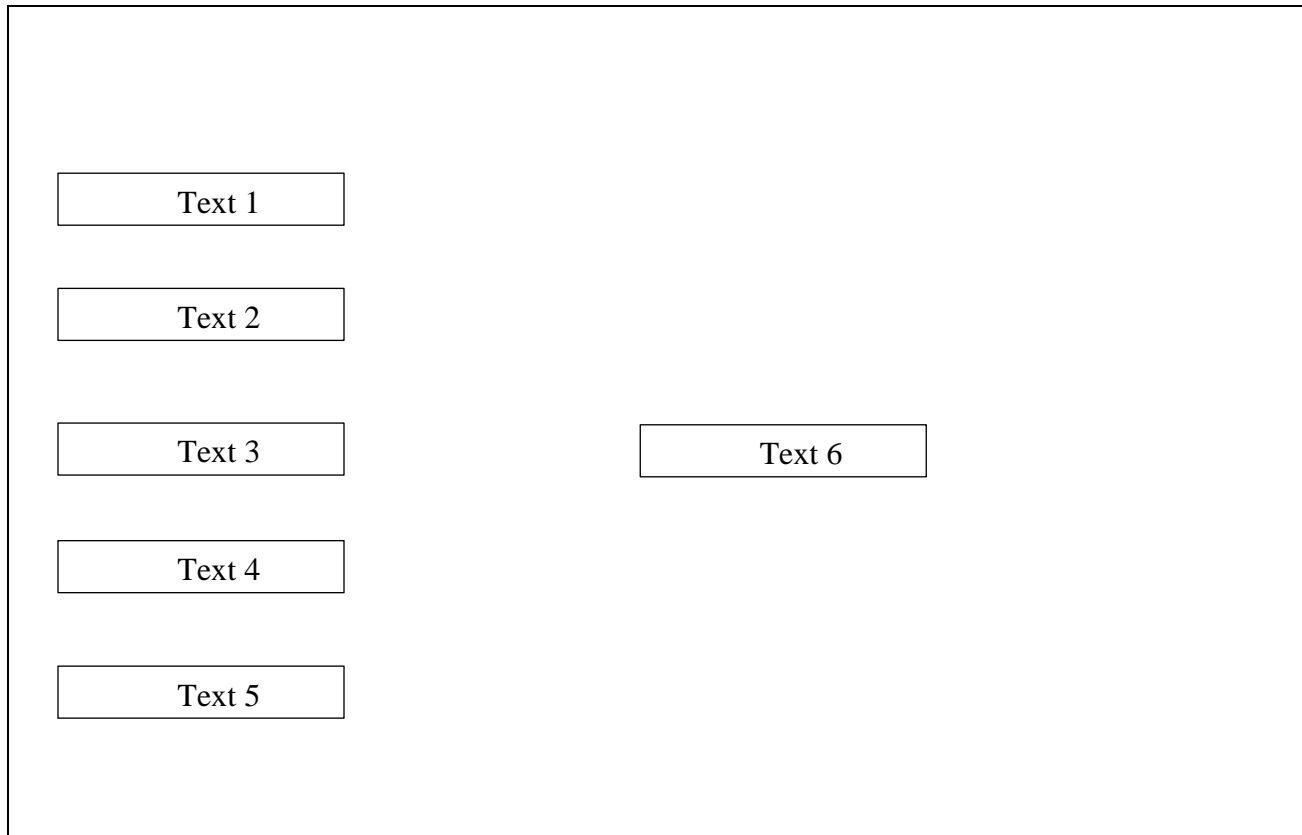
**Text 13: Email**

**Text 14: Phone number**

**Button 1: Update**

**Image 1: image of user**

## 10.6 Trainer



### Description

**Text 1: smart-diet monitoring system**

**Text 2: View profile**

**Text 3: Update profile**

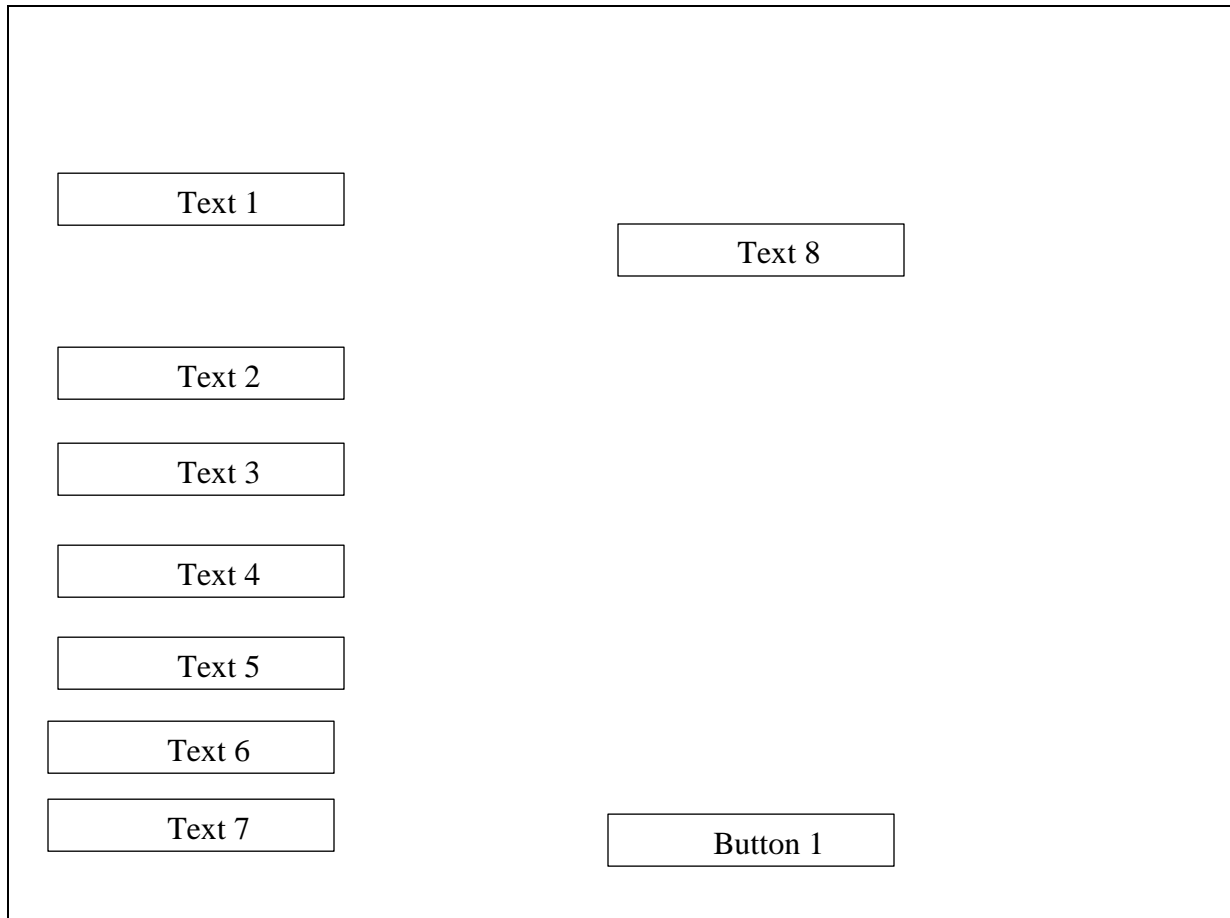
**Text 4: List of trainer**

**Text 5: Logout**

**Text 6: List of profile**

**Text 7: Name of centre**

### 10.7 Expertise



Description

**Text 1: smart-diet monitoring system**

**Text 2: View profile**

**Text 3: Update profile**

**Text 4: Add of expertise**

**Text 5: Delete expertise**

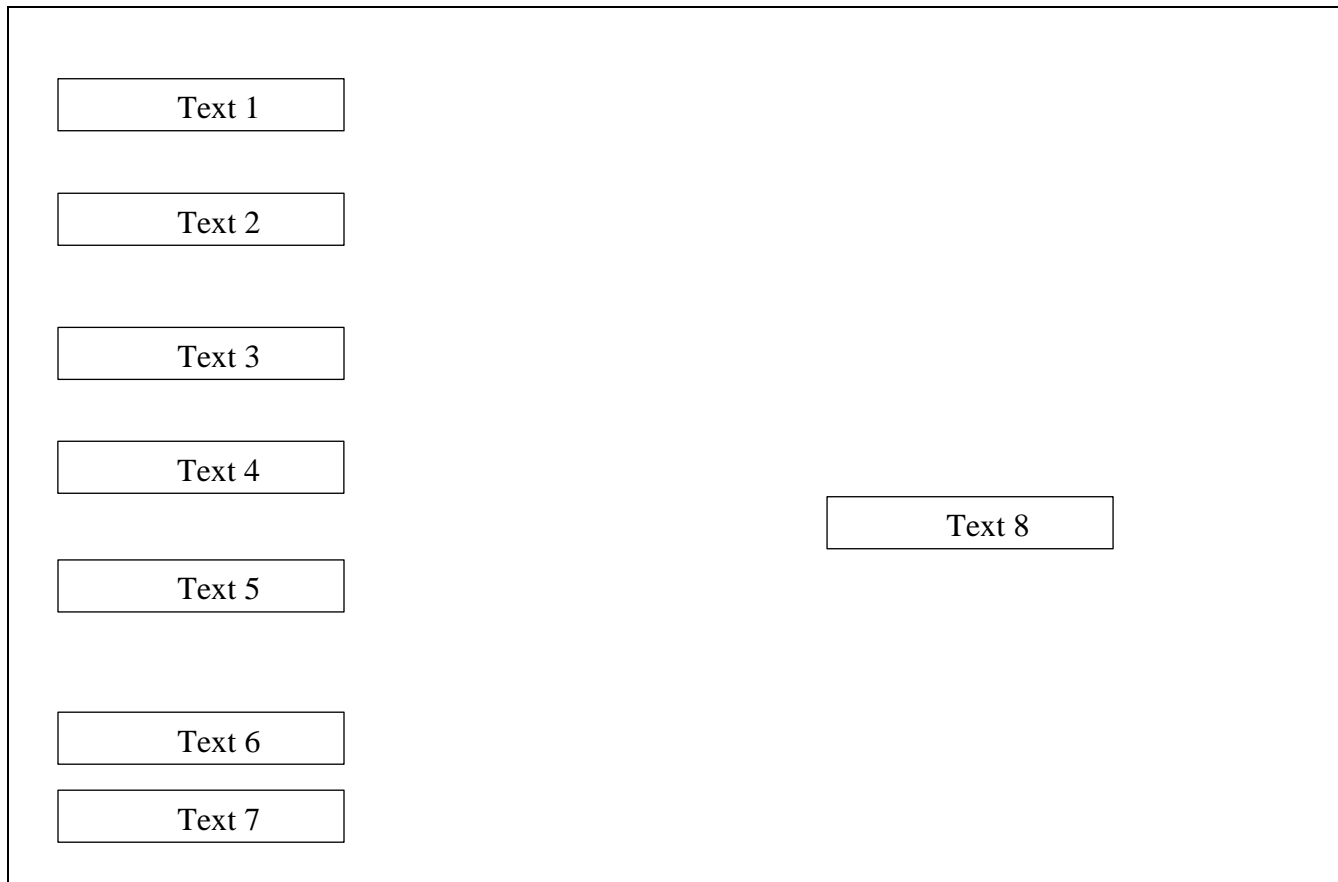
**Text 6: List of expertise**

**Text 7: Logout**

**Text 8: name of centre**

**Button 1: Add**

### 10.8 Health\_info



Description

**Text 1: smart-diet monitoring system**

**Text 2: View profile**

**Text 3: Update profile**

**Text 4: Add of expertise**

**Text 5: Delete**

**Text 6: List of expertise**

**Text 7: Logout**

**Text 8: List of expertise**

11.0 ERD diagram

