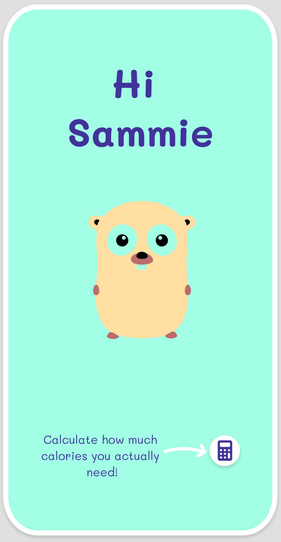
方塊3需要fetch
https://api.api-ninjas.com/v1/nutrition?query
使用者只要輸入食物名稱及份量, 及單位drop down menu:
g/oz/lb便會在6顯示營養標籤

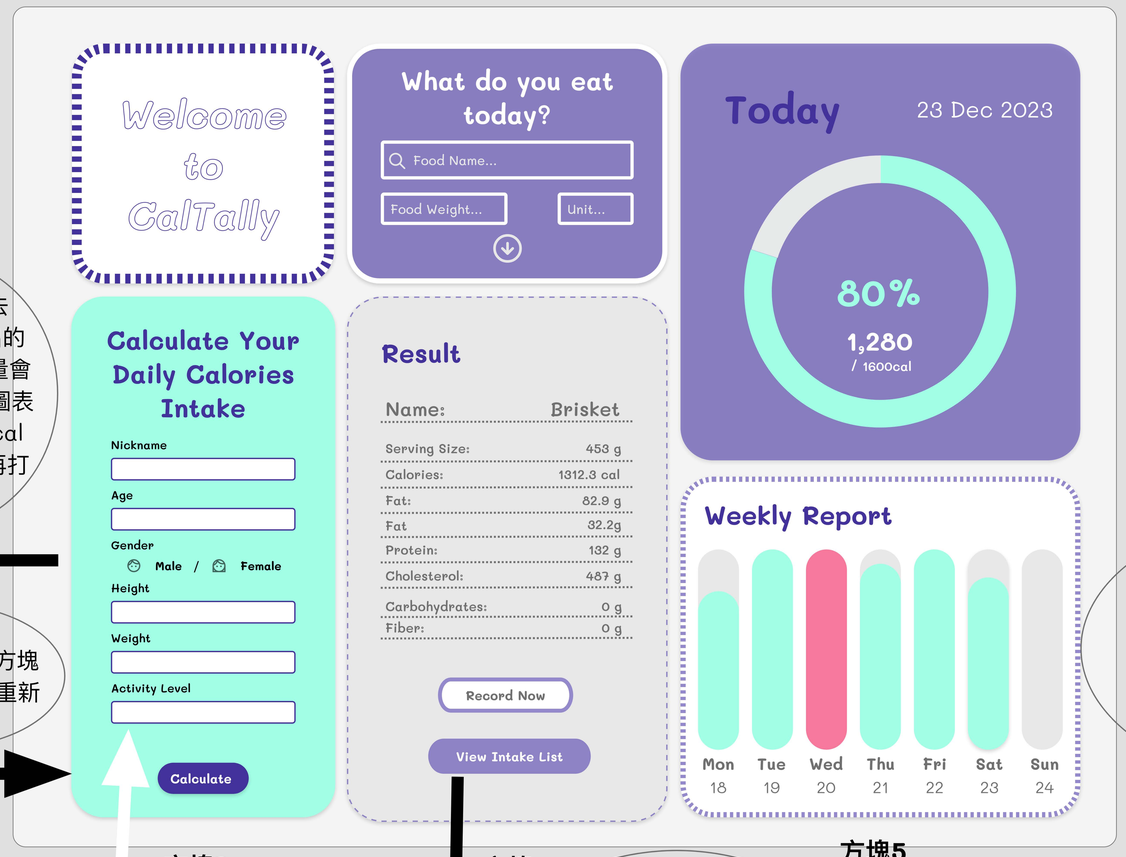
方塊1



輸入資料後會去畫面1。而計算出的一天卡路里攝取量會顯示係 方塊4 既圖表資料會保存係local storage，之後再打開都會有紀錄

此按鈕可以返回方塊7更改個人資料/重新計算

方塊2 方塊3 方塊4



方塊5就會顯示一個星期每日的總攝取量（約百分比？會容易點？）。如當日攝取量在限制內就會綠色。相反超過就會變紅色

方塊7

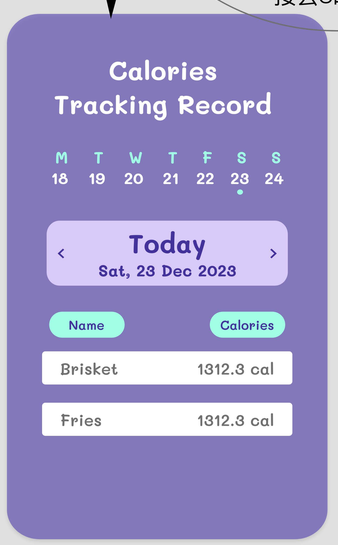
方塊6

方塊5

Activity level drop down menu:

- ✓ Sedentary (little or no exercise)
- Lightly Active (light exercise/sports 1-3 days/week)
- Moderately Active (moderate exercise/sports 3-5 days/week)
- Very Active (hard exercise/sports 6-7 days/week)
- Super Active (very hard exercise/sports & physical job or training)

方塊6就會顯示fetch出的結果。如使用者按record now按鈕，會在4扣減卡路里圖表並紀錄攝取卡路里數字。同時亦會紀錄在8， 顯示食了的食物名稱及卡路里。
按View Intake List按鈕就直接去8睇紀錄

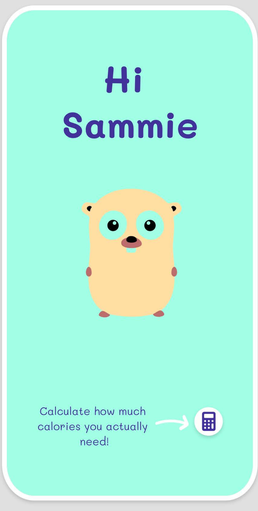


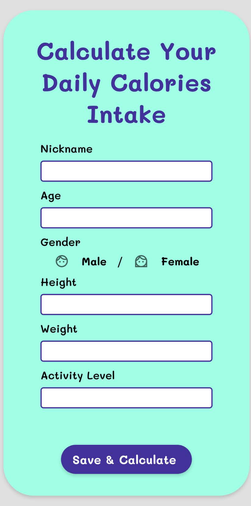
方塊8

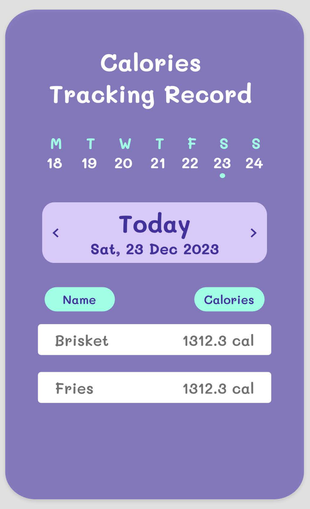
卡路里計算公式，參考於
https://angeladiet.com/calorie-calculate/

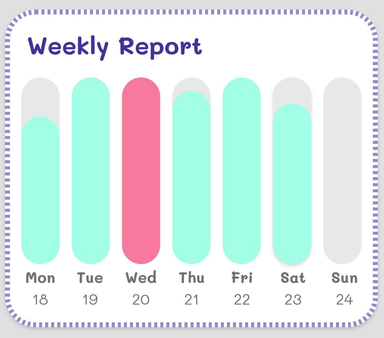
基礎代謝會根據每一個人的身高、體重、年齡跟性別不同而不一樣。
基礎代謝率公式：
女: BMR = 655 + (9.6 x 體重kg) + (1.8 x 身高cm) – (4.7 x 年齡)
男: BMR = 66 + (13.7 x 體重kg) + (5 x 身高cm) – (6.8 x 年齡)

狀態	活動量	活動量的指數	TDEE計算方法
臥床	幾乎不動	1.2	TDEE = BMR x 1.2
上班族久坐居多	只有上下班走路，沒有什麼運動習慣。	1.3	TDEE = BMR x 1.3
輕量活動/稍微運動	每週簡單運動1-3天。ex：散步、快走	1.375	TDEE = BMR x 1.375
中度活動量型	每週中度運動3~5天。ex：有氧、徒手健身	1.55	TDEE = BMR x 1.55
高度活動量	每週高強度運動6~7天。ex：重訓、拳擊	1.725	TDEE = BMR x 1.725
超高度活動	無時無刻都在運動、一天有4小時以上都在重訓或高強度運動。ex：專業運動員	1.9	TDEE = BMR x 1.9









// Background

BG Col:
#A2FFE6

Background Border Col:
#FFFFFF

Background Border Size:
8

// Top: Text

Font Size:
60

Font Weight:
Bold

Line Spacing:
75

Font Col:
#42329B

// Bottom: Text

Font Size:
18

Font Weight:
Regular

Line Spacing:
25

Font Col:
#42329B

// Background Col:
#A2FFE6

// Title

Font Size:
40

Font Weight:
Bold

Line Spacing:
52

Font Col:
#42329B

// Text Box

Font Size:
18

Font Weight:
Regular

Font Col:
#000000

Background Col:
#FFFFFF

Border Col:
#42329B

Border Size:
2

// Button

Background Col:
#42329B

Button Text Col:
#FFFFFF

Text Size
20

Text Weight:
Bold

// Background

Background Border Col:
#E8E8E8

Background Border Size:
2

Dash:
8

// Title

Font Size:
40

Font Weight:
Bold

Font Col:
#42329B

// Content

Font Size: (Food Name)
30

Font Weight:
SemiBold

Font Col:
#707070

Font Size: (Nutrition Data)
20

Font Weight:
SemiBold

Font Col:
#707070

// Button 1

BG Col:
#FFFFFF

Button Text Col:
#707070

Text Size:
20

Text Weight:
Bold

Border Col:
#6758B7

Border Size:
6

// Button 2

BG Col:
#6758B7

Button Text Col:
#FFFFFF

Text Size
20

Text Weight:
Bold

// Background Col:
#6758B7

// Title

Font Size:
40

Font Weight:
Bold

Line Spacing:
52

Font Col:
#FFFFFF

// Week Text

Font Size
25

Font Weight
Bold

Font Col:
#A2FFE6

// Date Text

Font Size
25

Font Weight
Bold

Font Col:
#FFFFFF

// Button in centre

Button Col:
#D9CAF8

// Text on Button

Font Size:
40

Font Weight:
Bold

Font Col:
#42329B

Font Size:
25

Font Weight:
Bold

Font Col:
#42329B

// Text (Name & Calories)

Font Size:
20

Font Weight:
SemiBold

Font Col:
#FFFFFF

Text BG Col:
#A2FFE6

// Text (Data)

Font Size:
25

Font Weight:
SemiBold

Font Col:
#707070

Text BG Col:
#FFFFFF

// Background

BG Col:
#FFFFFF

Background Border Col:
#6758B7

Background Border Size:
8

Dash:
5

//Title

Font Size:
40

Font Weight:
Bold

Font Col:
#42329B

// Chart

Chart Col:
Below daily calories
#A2FFE6

Chart Col:
Over daily calories
#F7789B

Default Col:
No input data yet
#E8E8E8

// Text below chart

One Week

Font Size
25

Font Weight
Bold

Font Col:
#707070

Date

Font Size
25

Font Weight
Regular

Font Col:
#707070

// Background

BG Col:
#FFFFFF

BG Border Col:
#42329B

Border Size:
15

Dash:
8

// Text

Font Size:
60

Font Weight:
Bold Italic

Font Border Col:
#42329B

// Background

BG Col:
#6758B7

BG Border Col:
#FFFFFF

Border Size:
8

// Title

Font Size:
40

Line Spacing:
52

Font Weight:
Bold

Font Col:
#FFFFFF

// Text in typebox

Font Size:
20

Line Spacing:
52

Font Weight:
Medium

Font Col:
#FFFFFF

// Background Col:
#6758B7

// Text (Today)

Font Col:
#42329B

Font Size:
60

Font Weight:
Bold

// Text (Date)

Font Col:
#FFFFFF

Font Size:
35

Font Weight:
Regular

// Text (Percentage)

Font Col:
#A2FFE6

Font Size:
60

Font Weight:
Bold

// Text (Calories intake)

Font Col:
#FFFFFF

Font Size:
40

Font Weight:
Bold

// Text (Calories Limit)

Font Col:
#FFFFFF

Font Size:
20

Font Weight:
SemiBold