

Weight Loss/Gain Tracking

Keep Up On Your Goals

Executive Summary

Over 65 percent of Americans adults are overweight or obese, many don't know where to start to lose weight. Experts say that all it takes is eating healthy and exercise. If most of the overweight or obese population started to eat right, they would be able to lose a substantial amount of weight.

Problem

The problem is that most of the time overweight and obese people don't know where to start. With the Weight Loss/Gain Tracking excel sheet the user will be able to keep make goals and keep track on how he or she is doing on his or her goal. The Weight Loss/Gain Tracking excel sheet is a great place for someone to start towards losing or gaining the weight that is desired.

Highlights

The Weight Loss/Gain excel sheet will give the current Body Mass Index (BMI) of the user. The BMI is a formula which uses the height and the weight of the user to determine if he or she is underweight, normal, overweight or obese. With the BMI a user can judge how much weight he or she needs to lose or gain to be in the normal range or healthy range. A word of caution from a dietitian, BMI does not take in account of the muscle to fat ratio. For most people this won't be a problem if they are too thin or obese for their height.

Weight Loss/Gain excel sheet keeps track on an easy-to-read graph, which shows the user's current weight and the goal he or she has set. The user can go in and change the goal if he or she desires. As the user enters his or her current weight as time moves forward, one can see the change of the BMI. After the user begins the excel sheet will give the target number of daily calories to consume to reach the desired weight.

Before proceeding with any diet, please consult a certified dietitian.

Implementation Documentation

Begin New Weight Loss/Gain Program

To begin using the Weight Loss/Gain excel program, click on the Ribbon tab labeled Weight Loss/Gain. Then click on Start New Program button on the ribbon as indicated in figure 1.

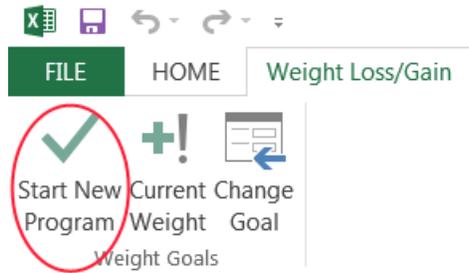


Figure 1 Start New Program button on the Weight Loss/Gain tab

After clicking on the Start New Program button a user-form will pop-up with blank cells for a user to fill in the personal information, see figure 2. The user will then fill in his or her current weight in pounds, height in feet, age in years, and indicated the user's gender.

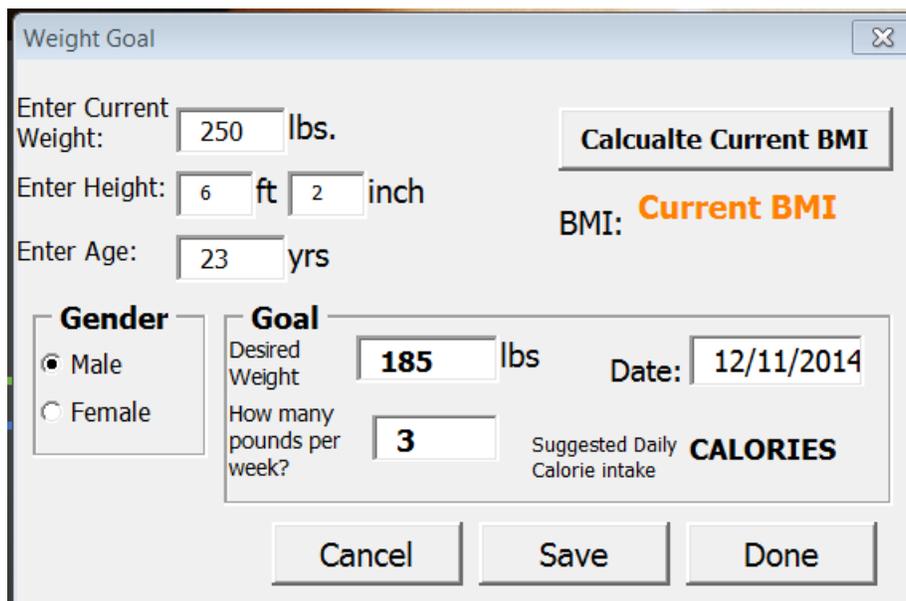
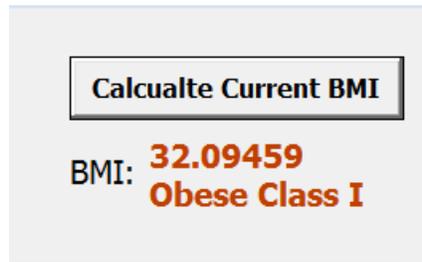
A screenshot of a 'Weight Goal' user-form window. The window has a title bar with the text 'Weight Goal' and a close button. The form contains several input fields and buttons. On the left, there are three input fields: 'Enter Current Weight:' with the value '250' and 'lbs.', 'Enter Height:' with '6' for feet and '2' for inches, and 'Enter Age:' with the value '23' and 'yrs'. To the right of these fields is a 'Calculate Current BMI' button. Below the 'Calculate Current BMI' button, the text 'BMI: Current BMI' is displayed in orange. In the center, there is a 'Gender' section with two radio buttons: 'Male' (selected) and 'Female'. To the right of the gender section is a 'Goal' section with two input fields: 'Desired Weight' with the value '185' and 'lbs', and 'How many pounds per week?' with the value '3'. To the right of the 'Desired Weight' field is a 'Date:' field with the value '12/11/2014'. Below the 'Goal' section, there is a 'Suggested Daily Calorie intake' field with the text 'CALORIES' in bold. At the bottom of the form, there are three buttons: 'Cancel', 'Save', and 'Done'.

Figure 2 Start New Program user-form. User enters personal information, calculates current BMI, and sets a goal.

When the current personal information is given, the user can click on the button "Calculate Current BMI." If the user didn't put in correct information (e.g., user put a letter as his or her height), then the program will send a message to the user saying "Please put your height in numbers." The user can then go back and put in correct personal information.

When calculated correctly the user-form will change to represent the current Body Mass Index number and where his or her score falls on the chart, see figure 3. With this BMI number the user will have an idea where he or she is currently at.

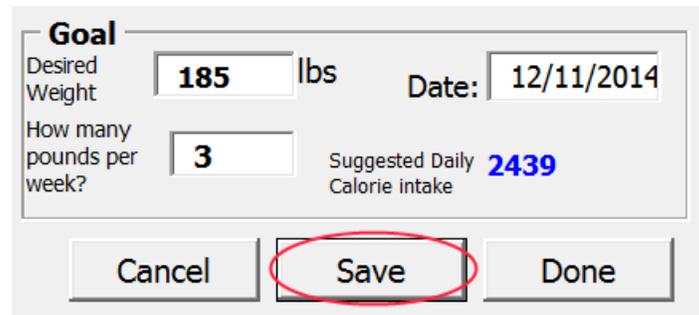


The screenshot shows a rectangular box with a light gray background. At the top, there is a button labeled "Calcualte Current BMI" (note the typo). Below the button, the text "BMI: 32.09459" is displayed in a large, bold, orange font. Underneath that, the text "Obese Class I" is also displayed in a large, bold, orange font.

Figure 3: Calculate Current Body Mass Index

The user now can enter the desired weight he or she would like to be. Under the goal section on the currently opened user-form the user can enter his or her desired weight and how many pounds per week they would like to lose or gain.

When the user is ready, he or she can click on the “Save” button. This will save all the user’s personal information, current BMI, and goal. The save button also calculates the suggested daily calorie intake the user should consume in order to reach desired weight goal, see figure 4.



The screenshot shows a form titled "Goal" with a light gray background. It contains several input fields and a calculated value. The "Desired Weight" field has the value "185" and is followed by "lbs". The "Date:" field has the value "12/11/2014". The "How many pounds per week?" field has the value "3". To the right of this field, the text "Suggested Daily Calorie intake" is displayed in a smaller font, with the value "2439" in a larger, bold, blue font. At the bottom of the form, there are three buttons: "Cancel", "Save", and "Done". The "Save" button is circled in red.

Figure 4: Goal, inputs for weight goal and number of calories to consume daily to reach goal.

Before exiting, the user can change any of the information and then click the save button. When the user is done, he or she will click the “Done” button. A message will pop-up and ask the user if he or she saved the information before exiting. If the user clicks no, the program will take them back to the user-form. If the user clicks yes, the user-form will close down and will take them back to the main page as shown in figure 5.

The main page now shows a graph ready to go as the user continues to update his or her current weight on a regular bases. Also it shows on the right his or her goal, Current BMI, and target calories to eat daily.

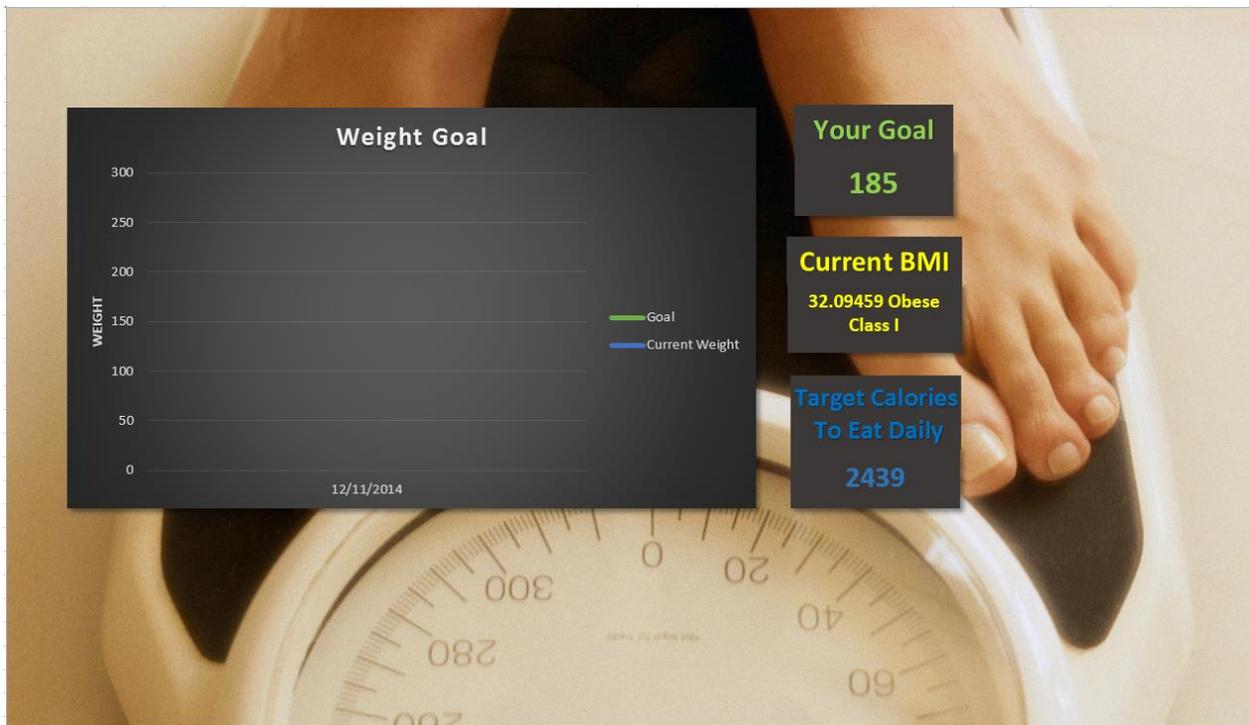


Figure 5: Main page after a new user begins.

Updating Current Weight

The user may update his or hers current weight on a daily, weekly, or monthly bases. He or she may do so by clicking on the same tab on the ribbon where he or she started the new program. The user will click on the “Current Weight” button.

The Current Weight button will bring a new user-form to be filled out. It only ask that the user puts in his or her current weight, see figure 6. After the user puts in the current weight, he or she should click the button “Update Goal Chart.” The new weight will be added to the graph that is located on the main page. The user should update his or her chart on a regular bases and it will also help motivate them to keep eating healthy and exercising so he or she may reach his or her goal.

The screenshot shows a dialog box titled "Update Goal Chart" with a close button in the top right corner. It contains a "Date" field with the value "12/18/2014". Below this is a section labeled "Enter Current Weight" with a text input field containing "247" and the unit "lbs" to its right. At the bottom of the dialog are two buttons: "Update Goal Chart" and "Cancel".

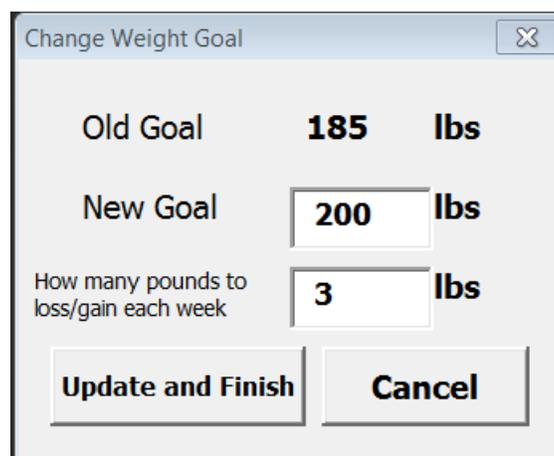
Figure 6: User-form used to update current weight.

Along with the graph being updated with each time the user inputs his or her current weight. On the main page the Current BMI box will update to represent the users current BMI with his or her current weight.

Changing the User's Goal

Goals are more likely to be accomplished if they are small increments. A dietitian might suggest that an overly obese person start with smaller goals in order to reach the main goal to become normal weight. To accommodate this, the Change Goal button allows users to go in and change their goals.

The user will click on the Weight Loss/Gain tab on the main ribbon, then click on the “Change Goal” button. The Change Goal button will bring the user to a new user-form, see figure 7.



Old Goal	185	lbs
New Goal	<input type="text" value="200"/>	lbs
How many pounds to loss/gain each week	<input type="text" value="3"/>	lbs
<input type="button" value="Update and Finish"/>		<input type="button" value="Cancel"/>

Figure 7: User-form to change the user's goal

The Change Weight Goal user-form will ask the user for the new goal he and she wants and to insert how many pounds he or she plans on losing/gaining each week. When the user is satisfied with the new goal, he or she should click on the “Update and Finish” button. If the user wants to cancel he or she may do so by clicking on the cancel button.

After exiting Change Weight Goal user-form, the main page will reflect the new calories the user should consume to reach his or her goal. Also the next time the user updates his or her current weight the graph will reflect that change in the goal line. See figure 8. The main page will also reflect the new goal in the upper right box.

The user can continue to update the goal as he or she pleases while they keep track of his or her weight loss/gain.



Figure 8: Updated Main page with the new goal and the new number of calories to eat daily

Discussion of Learning

As I am not a program, I have learning a lot in the completion of this project and in this class as a whole. One thing that I didn't know how to do before starting this project was getting a graph or chart to work through VBA. It took me a few hours or more to get the graph working on my project. I had an idea and after looking in the book and the internet I was able to get the graph to work. I know that Dr. Meservy went over graph one day, but I ran in problems with selecting the correct range of date and helping it expand as I import new data.