

Student Wellness Information System User Documentation

Project Seminar I

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General Information

Welcome to the **Student Wellness Information System**, your personal nutrition and hydration companion designed for students in the Balkans and Slovenia.

This platform helps you easily track daily food intake and water consumption with a strong focus on regional eating habits. It includes a comprehensive database of traditional Balkan and Slovenian dishes with accurate macronutrient values. You can quickly log meals, add your own custom foods, and monitor your water intake.

The system automatically calculates your personalized daily nutrition targets and water needs based on your height, weight, activity level, and goals. As you log food and water, it shows your real-time progress, highlights what you still need to reach your targets, and sends smart reminders to keep you hydrated.

Whether you are preparing for exams or building healthier routines, this tool makes balanced nutrition simple, practical, and tailored to student life.

The system is available at: [Student Wellness Information System](#).

Account Registration

To use the system, you need to register an account. The information you provide will be used to calculate your daily water and nutrition needs.

Create your account

We use your stats to personalise your daily targets

Full name

Email

Password

Body stats

Gender

Male

Age

Weight (kg)

Height (cm)

Lifestyle

Activity level

Moderately active (3-5 days/week)

Goal

🔥 Fat loss — calorie deficit

🏠 Maintenance — stay the same

🍌 Bulking — build muscle mass

Create account

Already have an account? [Sign in](#)

You will be asked your **full name**, **email**, and **password**. Make sure to remember your email and password. These will be your login details.

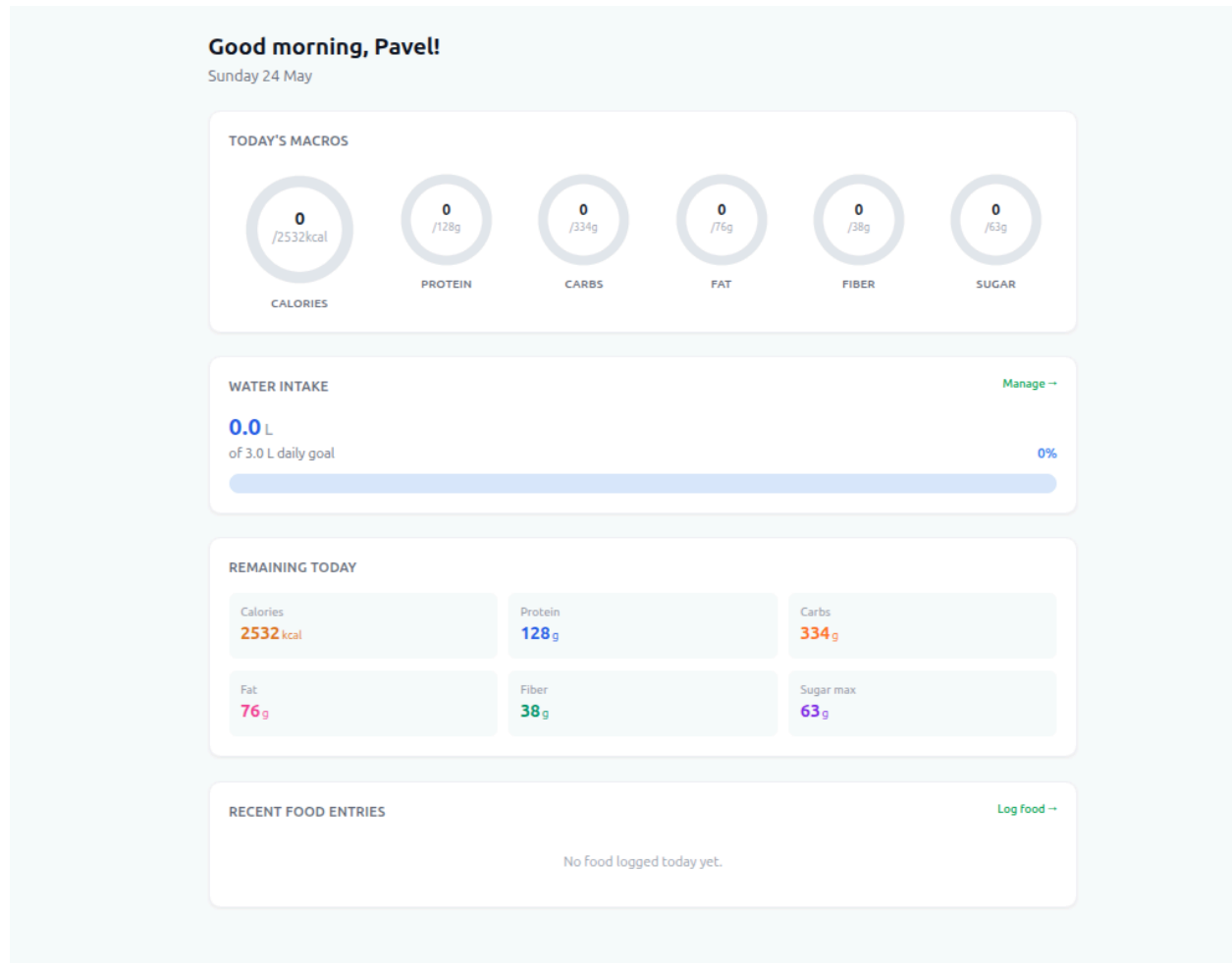
Next, enter your **gender**, **age**, and **height**. Be as accurate as possible with your weight and height. These numbers are used to set your daily needs.

You will then be asked how **active** you are. Please answer honestly. This helps calculate the right amount of nutrients and water for you.

Finally, select your goal. Choose **Fat Loss** if you want to lose weight. Choose **Maintenance** if you want to maintain your current weight. Choose **Bulking** if you want to gain weight.

Dashboard

After you complete registration, your **daily water and nutritional needs** will be calculated based on the information you provided. You will then be taken to the **dashboard**.



The **dashboard** shows your **daily macro goals**. This includes the amount of **calories, protein, carbs, fat, fiber, and sugar** you should consume today. Every time you log a food, your daily macros will update automatically.

Next, you will see your **daily water goal**. It shows your target amount and how much progress you have made. Each time you log water, your progress will update.

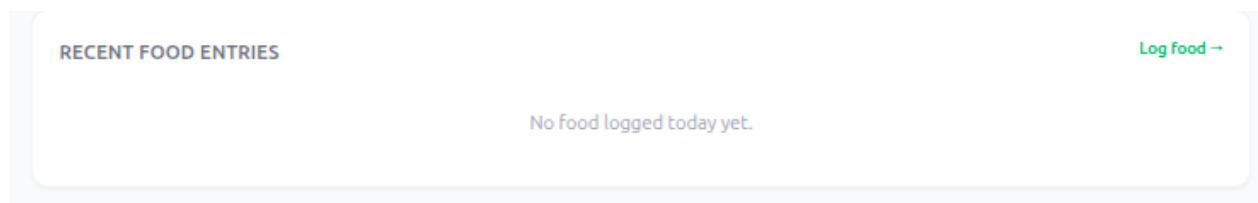
The third section displays your **remaining macros for today**. This helps you easily see how many calories you have left and which nutrients you still need.

The last section shows your **latest food logs**. Since this is a new account, it will be empty for now.

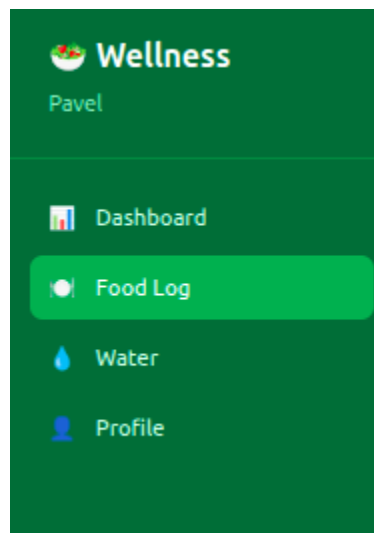
Food Log

You can **add a food log** in two ways.

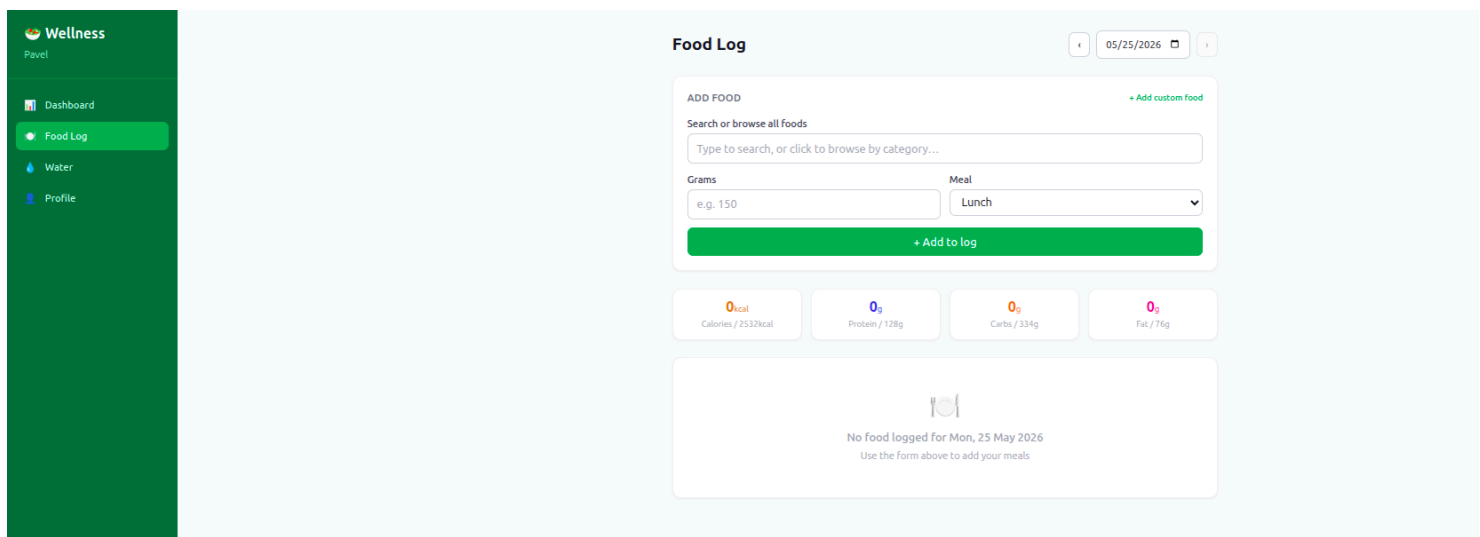
On the dashboard, click the rightmost button labeled **“Log food”**.



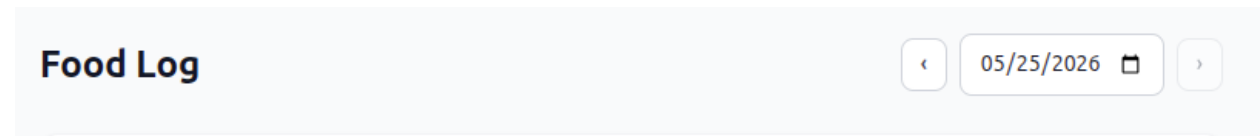
Or click **“Food Log”** in the navbar on the left side.



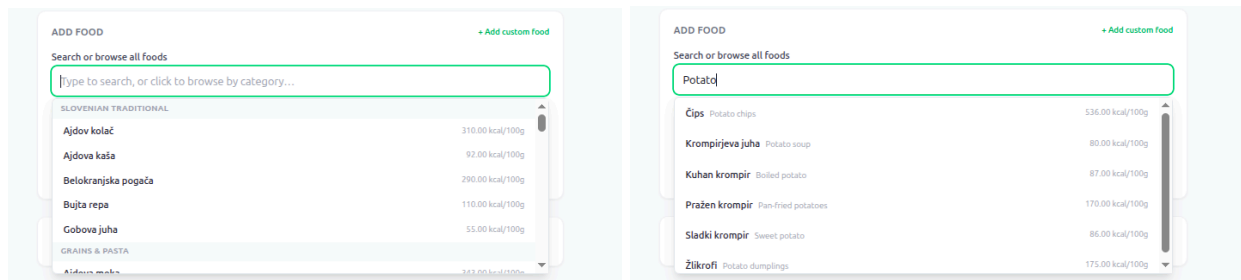
Either option will take you to the **Food Log** page.



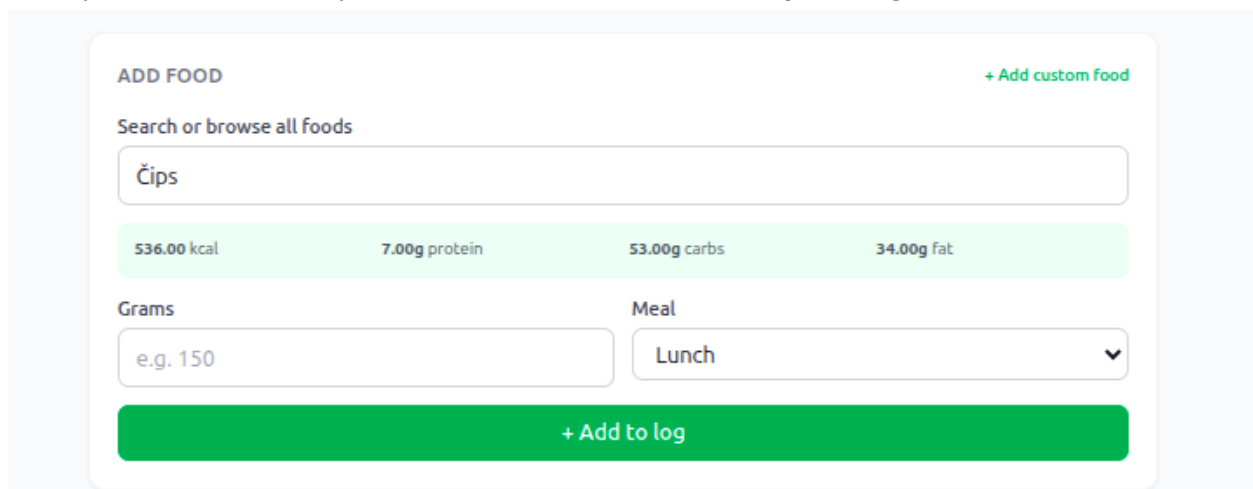
On the top right of the **Food Log** page, you will see **today's date**. You can change the date to any day in the past if you want to log food or view past logs. Today's date is shown by default.



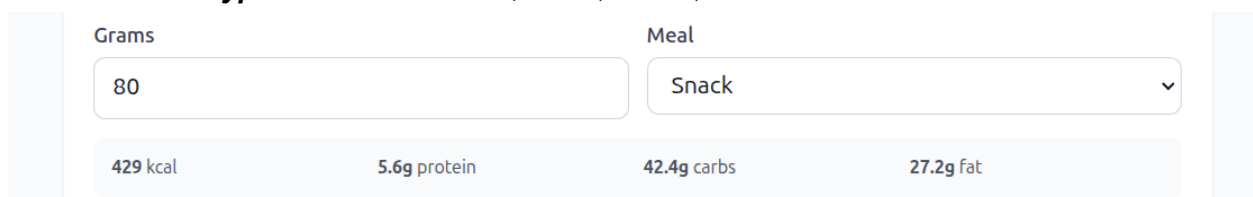
To find a food, click the empty field under **“Search or browse all foods”**. This will open a list of all foods in the system. You can scroll through the list or type the first letters of the food name to search for it.



Once you choose a food, you will see its **nutritional values per 100g**.



You can then enter how many grams of that food you ate in the **Grams** field. You also need to select the **meal type** such as breakfast, lunch, dinner, or snack.



The system will automatically calculate the nutritional values based on the grams you entered. These values will appear below the fields.

After clicking **“Add to log”**, the food will be added to your food logs. The system will also update your overall daily nutritional goals with the nutrients from that food.

The screenshot shows a nutrition tracking interface. At the top, there are four summary boxes for daily goals: 429 kcal (Calories / 2532 kcal), 6g (Protein / 128g), 42g (Carbs / 334g), and 27g (Fat / 76g). Below these is a 'Show meal:' dropdown menu set to 'All meals'. The main area displays a food log entry for a 'Snack (1)' consisting of 'Čips' (chips). The entry shows 429 kcal and a red 'x' delete button. The nutritional breakdown for the chips is 80.00g - P 5.60g - C 42.40g - F 27.20g.

If you make a mistake while logging food, you can **delete** any log by clicking the rightmost red button.

This is a close-up of the food log entry shown in the previous image. It features a red tomato icon next to the text 'Snack (1)'. Below this, the food item 'Čips' is listed with its nutritional breakdown: 80.00g - P 5.60g - C 42.40g - F 27.20g. On the right side, the total calories '429 kcal' are displayed with a small upward arrow, and a red square button with a white 'x' is positioned at the bottom right, used for deleting the entry.

Add a Custom Food

The system currently includes many traditional Balkan and Slovenian foods with their nutritional values.

If the food you want to log is not available, you can **add your own custom food**. Click the green **“Add custom food”** button in the top right corner of the **Food Log** page.

Add Custom Food ×

| | |
|---|--|
| Slovenian name | English name |
| <input type="text" value="npr. Ajdova juha"/> | <input type="text" value="e.g. Buckwheat soup"/> |

Category

MACROS PER 100 G

| | |
|--------------------------------|--------------------------------|
| Calories (kcal) | Protein (g) |
| <input type="text" value="0"/> | <input type="text" value="0"/> |
| Carbs (g) | Fat (g) |
| <input type="text" value="0"/> | <input type="text" value="0"/> |
| Fiber (g) | Sugar (g) |
| <input type="text" value="0"/> | <input type="text" value="0"/> |

Here you can enter the **Slovenian or Traditional name** of the food, the **English name**, the **category** it belongs to (such as Balkan Dish or Slovenian Dish), and all the **nutritional values**.

Add Custom Food ×

| | |
|--|--|
| Slovenian name | English name |
| <input type="text" value="Polneti Piperki"/> | <input type="text" value="Stuffed Peppers"/> |

Category

MACROS PER 100 G

| | |
|-----------------------------------|-----------------------------------|
| Calories (kcal) | Protein (g) |
| <input type="text" value="405"/> | <input type="text" value="16.3"/> |
| Carbs (g) | Fat (g) |
| <input type="text" value="16.9"/> | <input type="text" value="30.4"/> |
| Fiber (g) | Sugar (g) |
| <input type="text" value="1.8"/> | <input type="text" value="2.6"/> |

After you are done with specifying everything, clicking the **“Add Food”** button will automatically add the food to the list.

Then you can search for it when you try to Log a Food.

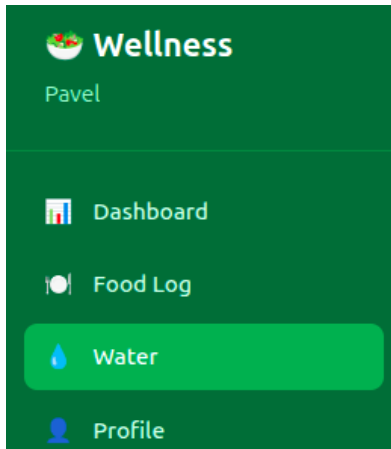
ADD FOOD + Add custom food

Search or browse all foods

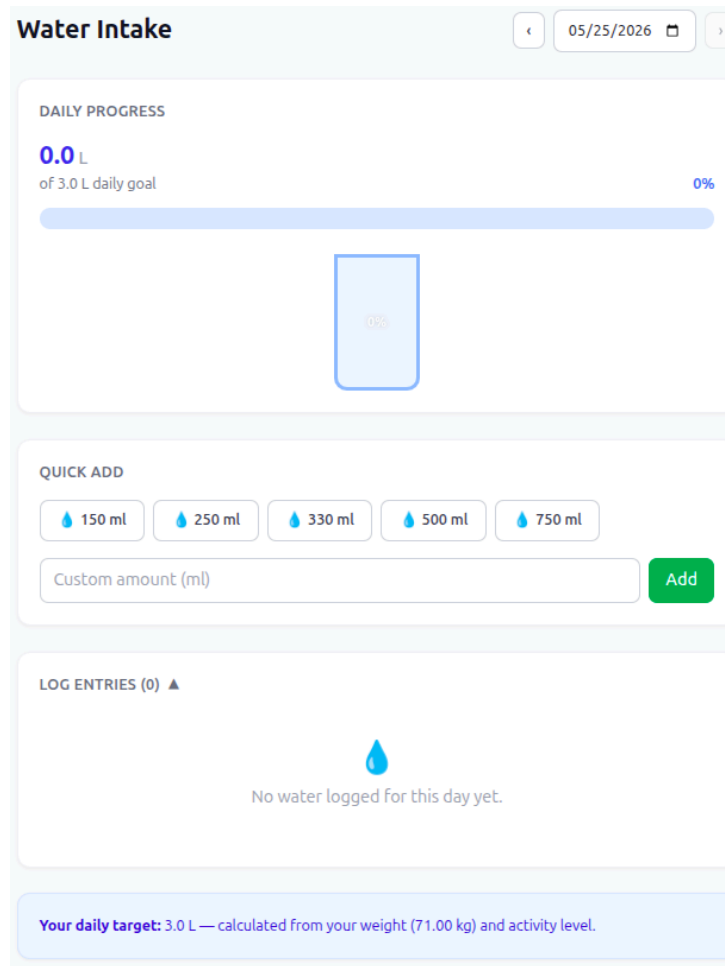
Polneti Piperki Stuffed Peppers 405.00 kcal/100g

Water Intake

To log your **water intake**, go to the **Water Intake** page. Navigate to the navbar on the left side and click **“Water”**.



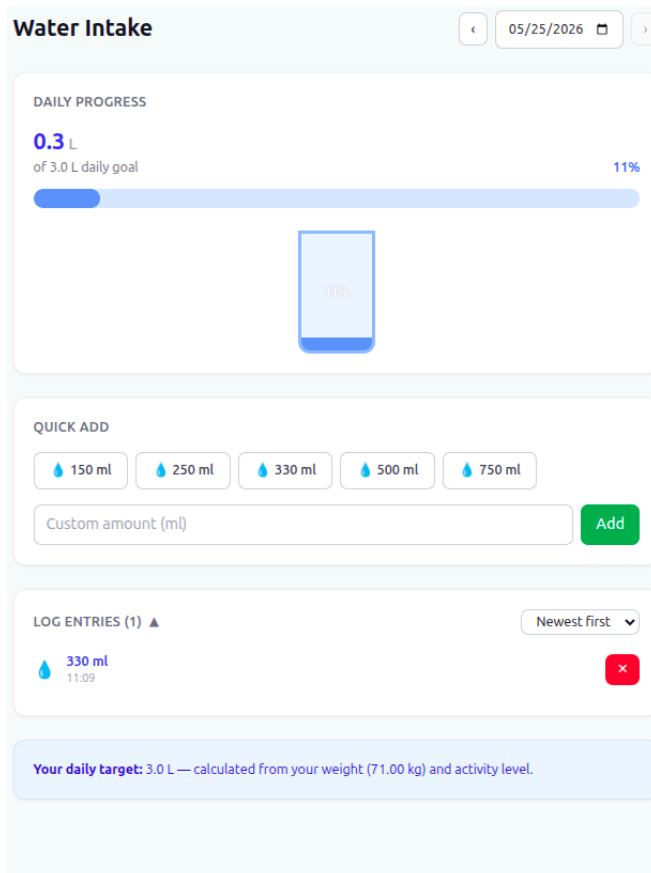
This will open the **Water Intake** page.



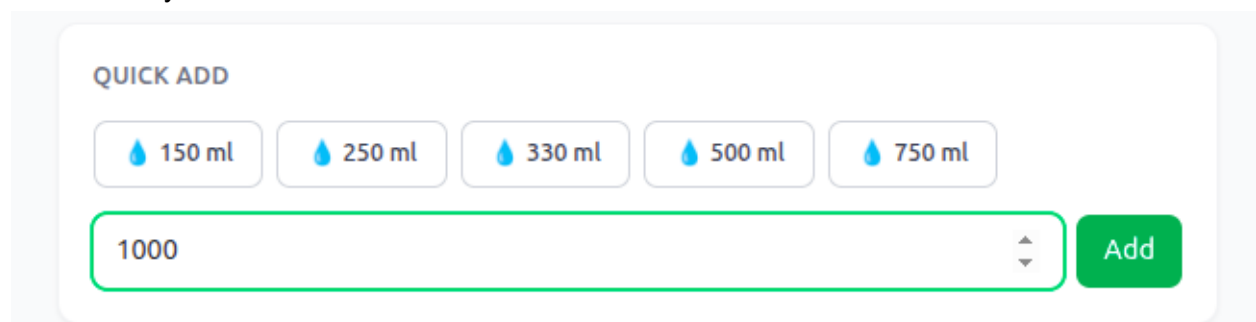
Here you can track how much water you have consumed.

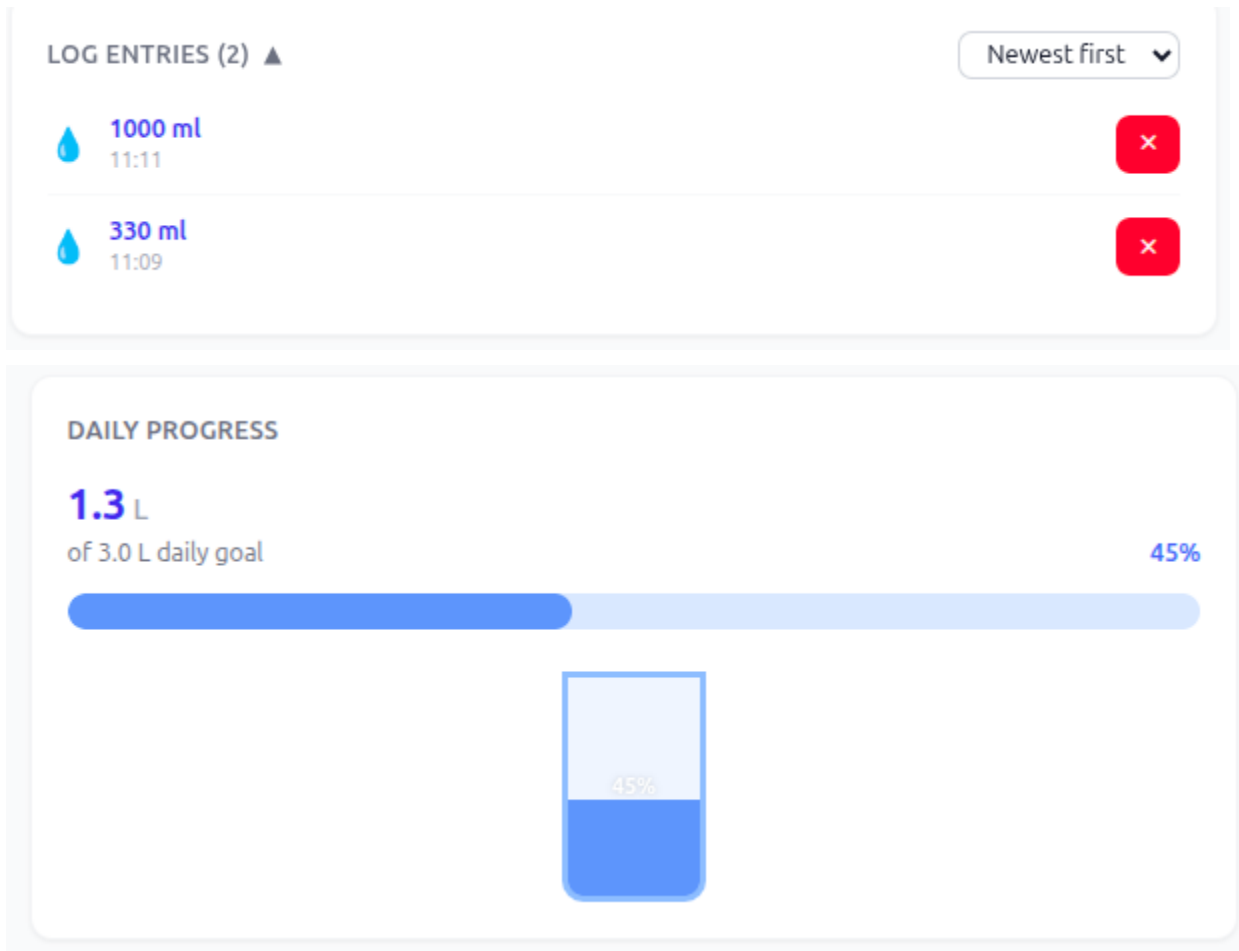
The main feature is the **Daily Progress** bar. It starts filling as soon as you create a water log.

You can **add a water log quickly** by clicking one of the quick add options. You can also enter a **custom amount**. For example, clicking the 330 ml button will immediately update your **Daily Progress**.



A **water log entry** will appear in the **Log Entries** section. The **Daily Progress** bar will update automatically. You can also add a custom amount.





Adding water will always have the same result, whether you use a quick add button or enter a custom amount. A water log will appear in the list, and the **Daily Progress** bar will update accordingly.

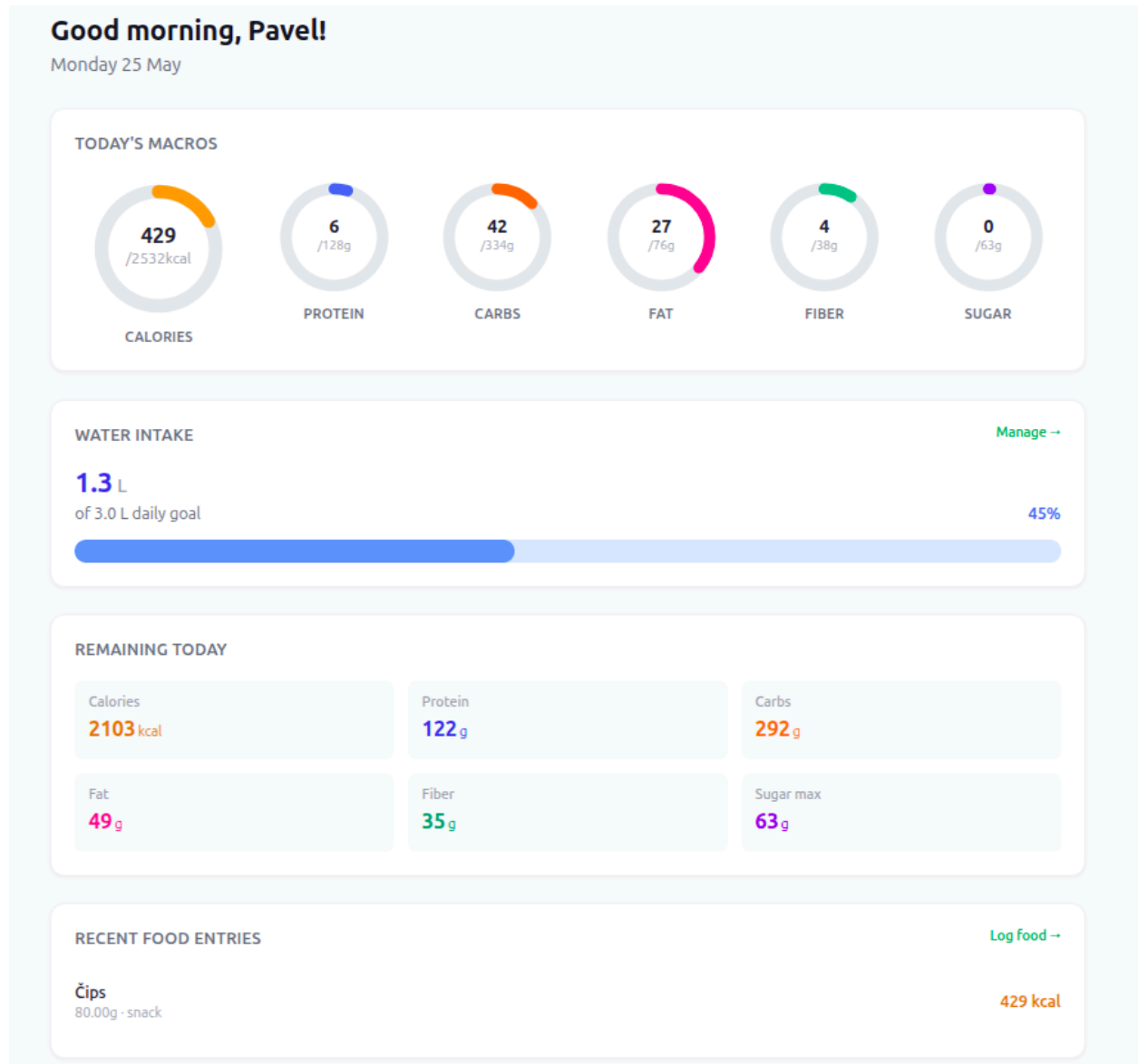
On the top right corner of the **Water Log** page, you can select any date to view your past water logs. This allows you to track your intake over time.

At the bottom of the page, you will see a reminder of your daily water goal and the reason for that amount. It is calculated automatically based on your weight and activity level from registration.

Your daily target: 3.0 L — calculated from your weight (71.00 kg) and activity level.

Updated Dashboard

After you have logged some foods and water intake, you can go back to the **Dashboard** to see it updated.



Here you can see how close you are to reaching your goals.

Profile Management

Of course, your stats can change over time. You may gain or lose weight, or become more or less active.

To update your information, click **“Profile”** in the navbar. There you will see all the details you entered during registration.

Here we can make changes to our profile details. Making changes to the **age**, **weight**, **height**, **activity level** and **goal**, will automatically re-calculate our daily nutritional and water needs.

Profile

Your BMI
25.5
Overweight

EDIT PROFILE

Full name
Pavel

Gender: Male | Age: 25

Weight (kg): 71.00 | Height (cm): 167.00

Activity level: Moderately active (3-5 days/week)

Goal: Maintenance

Save changes

YOUR DAILY TARGETS

Calculated using the Mifflin-St Jeor formula. Targets update when you save profile changes.

| | | |
|------------------------------|-------------------------|--------------------------|
| Calories 2532 kcal | Protein 128 g | Carbs 334 g |
| Fat 76 g | Fiber 38 g | Sugar max 63 g |
| Water 3.0 L | | |

In this page you can also set timely **reminders** for drinking water.

REMINDER NOTIFICATIONS

Notifications are blocked in your browser. Open browser settings to allow them for this site.

Remind me when food or water hasn't been logged

Remind me after (hours of inactivity)

hours

A notification appears if no Food or water is logged within this window. Checks run every 15 minutes.

The reminder will activate if you have not logged any water for the specified amount of time. This helps ensure you stay hydrated throughout the day.