Dietitian Management System – Project Scope

User Roles

1. Dietitian (Admin)

- Manage clients
- Review food logs
- Review body measurements
- Upload diet instructions and recommendations
- View health documents uploaded by clients

2. Client

- Log meals and water intake
- Upload medical and health records
- Update body measurements
- View dietitian instructions
- Search and access all personal health records from one place

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Module 1: Client Management

Dietitian Features

Client Registration

- Add New Client
- Edit Client Details
- View Client Profile
- Assign Dietitian

Client Information

- Full Name
- Mobile Number
- Email Address
- Age

- Gender
- Height
- Current Weight
- Target Weight
- Health Goal
    - Weight Loss
    - Weight Gain
    - Muscle Gain
    - PCOS / Therapeutic Diet

Module 2: Daily Food & Water Log

Client Side

Clients can submit their daily meals and hydration details.

Daily Food Entry

- Select Date
- Breakfast Notes
- Lunch Notes
- Evening Snack Notes
- Dinner Notes
- Optional Meal Photo Upload

Water Intake

- Daily Water Consumption
- Glasses or Liters

Actions

- Save Log
- Update Existing Log

Dietitian Side

Food Log Review

View all food logs submitted by clients.

Features

- Filter by Client
- Filter by Date
- View Meal Notes
- View Uploaded Food Photos
- Track Water Intake

Module 3: Health & Clinical Document Management

Client Side

Clients can upload and organize health-related documents.

Categories

- Blood Reports & Lab Tests
- Prescriptions & Supplements
- X-Rays & Scans
- Body Composition Analysis Reports
- Medical History Records
- Insurance Documents
- Hospital Bills & Receipts

Upload Form

- Document Title
- Category Selection
- File Upload
- Notes / Doctor Instructions
- Save & Upload

Dietitian Side

Client Health Records

Dietitians can access all documents uploaded by a client.

Features

- View Documents
- Download Files
- Search Documents
- Filter by Category
- View Upload History

Module 4: Measurement & Body Metric Tracker

Client Side

Clients can periodically update their body measurements.

Measurements

- Weight
- Waist Circumference
- Hip Circumference
- Energy Level (1–10)
- Hunger Level (1–10)

Actions

- Save Measurement
- Update Measurement

Dietitian Side

Measurement History

View complete progress history.

Features

- Weight Tracking
- Waist Tracking
- Hip Tracking
- Energy Level Tracking
- Historical Comparison

Progress Visualization

- Weight Trend Graph
- Waist Measurement Trend Graph

Module 5: Dietitian Prescriptions & Goal Notes

Dietitian Side

Create personalized recommendations for each client.

Diet Instructions

- General Diet Notes
- Foods To Avoid
- Foods To Include
- Daily Water Target
- Daily Walking Goal
- Daily Step Goal
- Special Instructions

Actions

- Save Instructions
- Update Instructions

Client Side

My Diet Plan

Read-only section displaying latest instructions from the dietitian.

Displays

- Current Diet Instructions
- Foods To Avoid
- Recommended Foods
- Water Target
- Daily Step Goal
- Latest Notes from Dietitian

Customer Dashboard

A simple dashboard showing current progress.

Summary Cards

- Current Weight
- Target Weight
- Latest Water Intake
- Active Diet Plan
- Recent Measurement Date

Quick Access

- Log Food
- Upload Document
- Update Measurements
- View Health Records

Customer Screen 1: Daily Food & Water Log

Features

- Date Selector
- Breakfast Entry

- Lunch Entry
- Snack Entry
- Dinner Entry
- Meal Photo Upload
- Water Intake Tracker

Actions

- Save
- Update

Customer Screen 2: My Weekly Food & Habit Calendar

A visual calendar showing meal logging consistency.

Status Indicators

🟢 Fully Logged

🟡 Partially Logged

🔴 No Log Submitted

Calendar Features

- Monthly View
- Weekly View
- Color Legend

Day Click View

When a date is clicked:

- Breakfast Details
- Lunch Details
- Snack Details
- Dinner Details
- Water Intake
- Uploaded Food Photos

This allows clients and dietitians to quickly review daily habits.

Customer Screen 3: My Health Records & Medical Vault

This acts as a personal digital health vault where clients can easily find any document uploaded over time.

Instead of navigating folders, everything is searchable from a single screen.

Purpose

A client should be able to search:

- "Leg Pain"
- "Dr. Nair"
- "Vitamin D"
- "Insurance"
- "Blood Test"
- "X-Ray"

and instantly find all related reports, prescriptions, bills, and records.

Search Features

Global Search Bar

Search by:

- Document Name
- Doctor Name
- Prescription Notes
- Keywords
- Medical Condition
- Category

Filters

- Blood Reports
- Prescriptions

- X-Rays & Scans
- Insurance
- Medical Bills
- Body Composition Reports

Sort Options

- Latest First
- Oldest First

Record Listing

Each record displays:

- Document Title
- Category Badge
- Upload Date
- Doctor Name (Optional)
- Notes / Instructions
- View Button
- Download Button

Example Usage

Search:

"Leg Pain"

Results:

- Leg X-Ray Report
- Orthopedic Prescription
- Pain Relief Medication Bill
- Follow-up Consultation Notes

Search:

"Dr. Meera"

Results:

- All prescriptions uploaded by Dr. Meera
- Related test reports
- Medical instructions

This screen becomes the client's permanent digital health archive.

Customer Screen 4: Upload New Health Record

Quick upload screen for medical documents.

Fields

- Document Title
- Category
- Doctor Name (Optional)
- Document Date
- File Upload
- Notes / Instructions

Supported Files

- PDF
- JPG
- PNG

Actions

- Upload
- Cancel

Dietitian Dashboard

Summary Cards

- Total Clients

- Active Clients
- Food Logs Submitted Today
- Pending Food Logs
- New Documents Uploaded
- Recent Measurements Added

Recent Activity Feed

Examples:

- Anu uploaded Blood Test Report
- Rahul updated Weight
- Nisha submitted Food Log
- Ashwin uploaded Prescription

Dietitian Reports

Daily Client Compliance Report

View all active clients and their latest activity.

Columns

- Client Name
- Food Log Status
- Latest Weight
- Latest Water Intake
- New Documents Uploaded
- Quick View

Quick Actions

- View Profile
- View Food History
- View Documents

Client Health History Report

Complete client history in one screen.

Displays

- Weight History
- Waist History
- Hip Measurements
- Energy Levels
- Uploaded Blood Reports
- Uploaded Prescriptions
- Uploaded Scans

This allows dietitians to review the client's entire health journey from a single page.