

<b>Content Inventory</b>				
<b>Content Object</b>	<b>Description</b>	<b>Format</b>	<b>Responsibility</b>	<b>Status</b>
<b>Home Page</b>				
Logo Image	Logo image	GIF	Development Team	
Tour Start Page	A tour for prospective members on the home page	Flash	Development Team	
Tour Exercise	Exercise tour page	HTML	Development Team	
Tour Diet	Diet tour page	HTML	Development Team	
Tour Recipes	Recipes tour page	HTML	Development Team	
Tour Journal	Journal tour page	HTML	Development Team	
Tour Community	Community tour page	HTML	Development Team	
Tour Widget	Desktop widget tour page	HTML	Development Team	
Tour Testimonials	Customer testimonials tour page	HTML	Development Team	
Login Page	Login page for registered members	HTML	Development Team	
Site Map	Site map	HTML	Development Team	
Global Navigation	Global navigation throughout the website	Dynamic Template	Development Team	
Men's Health Pages	Men's health information pages	HTML	Development Team	
Exercise Pages	Exercise page template includes demonstrations of individual exercises including basic and alternate forms. May include variations for equipment on hand and member ability.	Dynamic Template	Development Team	
Exercise Demos	Short video clips or animations available on the exercise pages.	MPEG, Flash, Animate GIF	Third Party	

<b>Templates</b>				
Recipes	Recipes	Data Feed	Third Party	
Printable Diet & Health Report Template	Template for printable diet and health report suitable for taking to physician.	PDF	Development Team	
Category Landing Page Template	Landing page template for the major content areas of the site: Cooking, Exercise, Coaching, Journals, and Health.	Dynamic Template	Development Team	
Personalized Home Page Template	Template for member personalized home page.	Dynamic Template	Development Team	
Menu Plan Descriptions	Descriptions of the various menu plans offered.	HTML	Development Team	
CSS Specified Page Printing and Print Friendly Icon	For print purposes all imagery is removed. The type is spec'd as black on a white background using a serif type for print readability. The printed pages must linearize well. A print friendly icon is available throughout the site.	HTML/CSS	Development Team	
Site Color and Contrast	Design and color must be accessible for those who are color-blind. There must be strong contrast between type and background to enhance readability (black type on white background).	HTML/CSS	Development Team	

<b>Resources</b>				
Body Type	Descriptions of the various body types and associated health risks.	HTML	Development Team	
Glossary	Associated terms and definitions to help users understand and navigate through site content.	HTML	Development Team / Third Party	
Reading Nutrition Labels	This section will inform users of the best way to read labels and guide them to the information they should be targeting.	HTML	Third Party	
Food Pyramid	A basic reference source with current daily food choices and suggestions by the Department of Health for a healthy diet.	JPEG	Third Party	

<b>Functional Specifications</b>		
<b>ID</b>	<b>Feature</b>	<b>Description</b>
1	Member Login	Member login to access pay services and personalized content. Members' initial login consists of their email address; this can be modified through personal preferences.
2	New Member Sign Up	Customers select level of service, enter personal/payment information, and make membership purchase.
3	Initial Health Survey	This form is available to members and non-members. It allows potential members to list basic statistics (weight, height, age), any related health issues (heart disease, diabetes, allergies, etc.), and goals. This form would be generated in PDF format for printing to allow members to print and take a copy to their personal physicians. It is linked off of the home page and from the tour pages.
4	Calendar	Members could set goal dates (milestones) and daily reminder goals for themselves.
5	Desktop Widget	Desktop widget to display reminders, alerts and motivational information.
6	Personalized Home Page	A home page personalized for or by the member.
7	Reminders	This feature is generated by member's goals and preferences.
8	Personalized Recipes	Recipe choices are generated by member's preferences and ingredients choices.
9	Shopping List	Menu choices, varied ingredients, and recipes generate this shopping list.
10	Recipe Search	This search uses Key Word feature to find the appropriate recipe.
11	Site Search	This feature is available on all pages throughout the site.
12	CSS for Print	A CSS print style sheet generates a text only document for printing. A print special icon is available on all pages.
13	Personal Coach	All users are able to access a personal coach through the Support and Services section of the website. All exercise pages contain quick links to a personal coach.
14	Tell a Friend Form	This form allows members to send messages to friends, family, and associates. For every new person that signs up with a MDH member, that member receives an additional month's subscription absolutely free! The form contains Recipient's E-Mail Address, Members' E-Mail Address, and a text box form field to allow users to type in a personal Message.
15	Exercise	Ability to customize according to equipment, targeted area, and goals.

16	Menu / Diet	Users need a customizable menu selection choice. This section features a variety of choices: calorie, low fat, low-carb, vegetarian, diabetic, etc. Generic menus have cross-links to the recipe section as well as a fast-food option choice listing restaurant, menu choice, and nutritional information.
17	<b>Counters and Calculators</b>	
18	Food Fat Ratios	This feature enables members to type in ingredients or generic food choices and generates the true fat grams and calories in food before eating it.
19	Daily Protein Requirements	Users input their weight and the calculator generates the average protein grams per day needed. This calculator generates 4 levels: average, intermediate/advanced level exerciser, body builder, and endurance athlete (i.e. marathoner or triathlete).
20	Daily Calorie Requirements	Members input gender, current weight, age, and current activity level (light, medium, heavy). After submitting this information a generic calorie per day amount is generated to maintain current weight. Users are instructed how to: reduce weight, decrease daily caloric intake by 250 calories, and increase energy expenditure (through activity and exercise) by 250 calories per day.
21	Body Mass Index	This feature allows users to input their height and weight statistics and generate their BMI / fat percentage. This feature is available as a quick link on any form or area of the site requesting BMI information from the user.
22	Target Heart Rate	Members are able to calculate their target heart rate for a particular cardiovascular exercise based on personal weight, age, and body type.
23	Calories Burned	By inputting exercise, repetitions, and levels, users can generate an approximate calorie count for each activity or exercise. This section also includes general activities, i.e., gardening, mowing the lawn, vacuuming, folding clothes, etc. as a form of exercise.
24	Calorie Counter	This is generated by menu choices and recipes. A calculator generated by <a href="http://www.caloriescount.org/">http://www.caloriescount.org/</a> may be used. Users are able to search the database for the foods they've eaten throughout the day. When one of the available food items appears, the user will be asked to select the number of servings. The box requires a whole number in the box, not an "X", check mark, or fraction. Once the number of servings is selected and the "submit" button is pressed, items will be added to the list. The calculator allows items to be added, deleted, and changed (number of servings). If the portions are larger than the given serving size on a particular food item, increasing the number of servings fixes that problem.
25	Ideal Body Weight	This can be a functional feature or just a basic chart listing; age, height, frame size, and associated ideal weight levels.
26	Waist to Hip Ratio	Waist to hip ratio gives a rough indication of body fat distribution. Users input the measurements and generate a ratio. It is important to list the various ratios and the associated health risks.

27	Exercise Demos	Short video clips or animations available on the exercise pages.
28	<b>Community Forums</b>	Community forums available for members. Forums are broken into areas of interest. These forums are moderated consistently.
29	Menus	Any users interested in discussing different menus can post questions or answers.
30	Exercise	Users can post questions and note any exercise insights to others.
31	Inspirational Notes	Any users interested in sharing experiences and inspirations can use this section.
32	Support	Users can request support or post thoughts on questions for any areas of diet or exercise.
33	How to make it through the day	Positive thoughts on the struggle for better health and exercise lifestyles using the MDH site as reference.
34	FAQ	This will include generic questions and answers generated by member's postings. This is moderated and kept up by development team.
35	Recipes to share	This section allows users to share favorite recipes or post links to favorite food sites.
36	Chat	A chat section is planned on the forums for users to talk live.
37	<b>Journals</b>	Members can use online journals to track progress and goals. Users are able to create a generic journal.
38	Weight	Chart personal weight loss or increase according to users' goals
39	Diet	Keep daily food journals and track meals on a daily basis
40	Exercise	Personal Exercise journal tracks exercise choices and note daily implementation. Users are able to create a checklist and mark off daily goals and follow through.
41	<b>White paper</b>	Printable pages available (PDF) for those who want to keep a notebook for tracking exercise regiment.
42	Weight	A journal page that is generated by users' personal preferences and goals as it pertains to weight modification.
43	Menu / Nutrition	PDF form with menu choices listed. Space to make modifications is available.
44	Exercise	PDF form listing exercise choices and boxes for checking off completion areas