

# 運動營養追蹤系統快速使用手冊

## 運動員網頁

# 註冊

## 1. 按[Register]註冊新帳號

The screenshot shows the login interface for 'Nutrition & Performance'. At the top, there is a logo and the text 'Nutrition & Performance'. Below this, it says '運動員' (Athlete) and 'Welcome Back !'. There are two input fields: the first contains 'user@gmail.com' and the second contains a masked password '.....'. Below the password field is a checkbox labeled 'Remember me' which is checked. A large teal button labeled '登入' (Login) is positioned below the checkbox. Under the button, there are two links: 'Forgot your password?' and 'Don't have an account? Register'. A red circle with the number '1' is placed next to the 'Register' link, with a red arrow pointing to it. At the bottom of the screen, there is a navigation bar with icons for back, forward, home, and a tab labeled '26'.

Nutrition & Performance

運動員  
Welcome Back !

user@gmail.com

.....

☒ Remember me

登入

Forgot your password?

Don't have an account? [Register](#)

1

# 註冊

1. 填寫[姓名]、帳號[E-Mail]
2. 按[發送認證碼]取得認證碼

運動員平台註冊

姓名

Test1

E-mail

homerhomer0612@gmail.com

發送認證碼

E-mail 認證碼

密碼

請輸入6-20位密碼\*

確認密碼

請再次輸入密碼\*

By registering you agree to the [Nutrition & Performance Terms of Service](#) and [Privacy Policy](#).

註冊

The form is a vertical registration page. It includes fields for Name, Email, Email Verification Code, Password, and Confirm Password. A teal '註冊' button is at the bottom. Two red circles with numbers 1 and 2 are on the left. Red arrows point from circle 1 to the Name and Email fields, and from circle 2 to the '發送認證碼' button.

# 註冊

1. 填寫[姓名]、帳號[E-Mail]
2. 按[發送認證碼]取得認證碼
3. 按[確認]，傳送至E-Mail

The image shows a registration form titled "運動員平台註冊" (Athlete Platform Registration). The form includes fields for Name, E-mail, E-mail verification code, Password, and Confirm Password. A red circle with the number 1 points to the E-mail field, which contains "homerhomer0612@gmail.com". A red circle with the number 2 points to the "發送認證碼" (Send Verification Code) button. A red circle with the number 3 points to the "確認" (Confirm) button in a modal dialog box that appears after clicking the "發送認證碼" button. The modal dialog box displays the message "已經傳送，請於5分鐘內完成認證" (Already sent, please complete verification within 5 minutes) and the "確認" button.

運動員平台註冊

姓名  
Test1

E-mail  
homerhomer0612@gmail.com

發送認證碼

E-mail 認證碼  
—

密碼  
請輸入6-20位密碼\*

確認密碼  
請再次輸入密碼\*

By registering you agree to the Nutrition & Performance Terms of Service and Privacy Policy.

註冊

Test1

E-mail  
homerhomer0612@gmail.com

發送認證碼

E-mail 認證碼  
請輸入認證碼\*

已經傳送，請於5分鐘內完成認證

確認

請再次輸入密碼\*

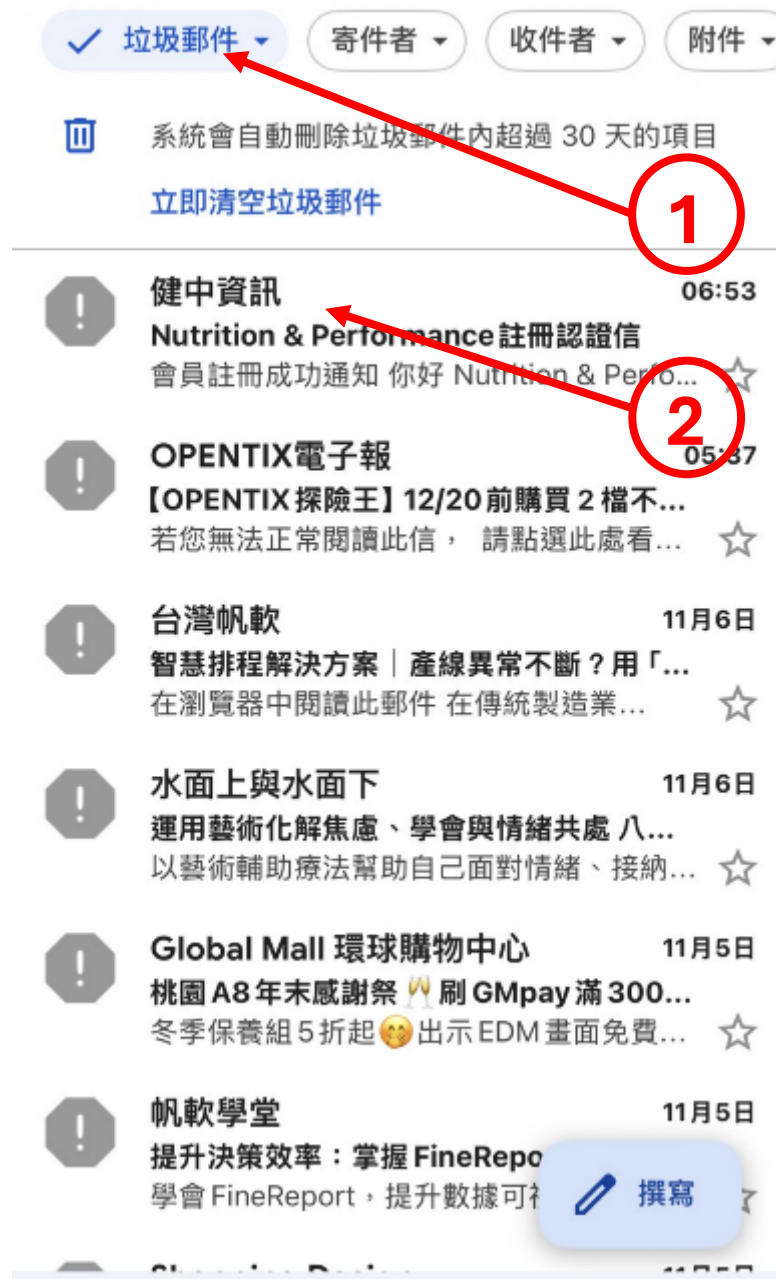
By registering you agree to the Nutrition & Performance Terms of Service and Privacy Policy.

註冊

Already have an account ? Login

# 註冊

1. E-Mail收信，注意，可能會傳到垃圾郵件(Spam Mail)
2. 點選Mail
3. 收到認證碼



## 會員註冊成功通知

你好

Nutrition & Performance 認證碼  
123456，請於5分鐘內完成認證

123456

此認證碼將於 5 分鐘內失效，若要重新申請  
請回 [Nutrition & Performance 主頁](#) 重新  
註冊，並立即至 EMail 信箱確認。

Nutrition & Performance

這封郵件是寄到  
homerhomer0612@gmail.com  
您會收到這封郵件是由於您使用這個郵件帳  
號註冊成為 Nutrition & Performance 的會  
員

← 回覆

→ 轉寄



# 註冊

1. 輸入認證碼
2. 輸入密碼，確認密碼
3. 按[註冊]，完成註冊

Test1

E-mail

homerhomer0612@gmail.com

發送認證碼

E-mail 認證碼

123456

密碼

2

.....

確認密碼

3

.....

By registering you agree to the Nutrition & Performance [Terms of Service](#) and [Privacy Policy](#).

註冊

Already have an account ? [Login](#)

# 登入

1. 輸入帳號密碼
2. 按[確認]登入

The screenshot shows the login interface for 'Nutrition & Performance'. At the top, there is a logo and the text 'Nutrition & Performance'. Below this, it says '運動員' (Athlete) and 'Welcome Back !'. The login form consists of two input fields: the first contains the email 'test1@gmail.com' and the second contains masked characters '.....'. Below the password field is a checkbox labeled 'Remember me' which is checked. A large teal button labeled '登入' (Login) is positioned below the form. At the bottom, there is a link 'Forgot your password?' and another link 'Don't have an account ? Register'. A red button at the very bottom says 'G+ 使用 Google 帳號登入' (G+ Use Google account to login). On the left side of the form, two red circles with numbers '1' and '2' are connected by red arrows to the email and password fields respectively. A third red arrow points from circle '2' to the '登入' button.

Nutrition & Performance

運動員

Welcome Back !

test1@gmail.com

.....

☒ Remember me

登入

Forgot your password?

Don't have an account ? [Register](#)

G+ 使用 Google 帳號登入

# 登入

## 1. 完成登入





# 飲食紀錄

1. 選手基本資料
2. 飲食計畫資訊
3. 目標管理現狀
4. 快速新增飲食日誌
5. 飲食日誌查詢與建議
6. 營養達成率
7. 飲食資料圖表

The screenshot shows a mobile application interface for diet tracking. At the top, there are navigation icons (hamburger menu, bell, and a logo) and a user profile picture. Below the profile picture is the name "林瑪麗" (Lin Maoli). A date "2025年10月31日" (October 31, 2025) is displayed, along with the text "距離 還有14天" (Distance: 14 days left). A table shows the current status, target, and remaining amount for weight and body fat percentage. Below the table are four buttons: "新增飲食日誌" (Add Diet Log), "飲食" (Diet), "完成率" (Completion Rate), and "飲食追蹤" (Diet Tracking). Red circles with numbers 1 through 7 are overlaid on the interface, with arrows pointing to the corresponding features.

	現在的狀況	目標	還有
體重	62	60	-2.0 公斤
體脂率	19	18	-1.0 %

Numbered callouts:

- 1: Points to the user profile picture.
- 2: Points to the date "2025年10月31日".
- 3: Points to the "現在的狀況" (Current Status) column header.
- 4: Points to the "新增飲食日誌" (Add Diet Log) button.
- 5: Points to the "飲食" (Diet) button.
- 6: Points to the "完成率" (Completion Rate) button.
- 7: Points to the "飲食追蹤" (Diet Tracking) button.

# 新增紀錄

1. 新增飲食照片
2. 選擇日期
3. 選手狀態

新增飲食日誌

+ 點此加入一張照片

日期

2025年10月15日 17:47

餐別

早餐

午餐

晚餐

點心

本日訓練課表強度

休息時間

低

中

高

現在怎麼餓了？

1

2

3

4

5

6

7

8

9

10

完全不餓

極度飢餓

# 新增照片

1. 選擇照片
2. 按[完成]確認

取消

已選取1張照片

完成

2

1



# 完成每日飲食

1. 紀錄選手狀態
2. 按[上傳]確認

The screenshot shows a digital form for recording daily diet and athlete status. It includes three horizontal scales for hunger, fatigue, and overall exertion (RPE), each with a 10-point scale and descriptive labels at the ends. A red circle with the number '1' and an arrow points to the '5' on the RPE scale. Below these scales is a text field for '備註' (Remarks) containing the text '有點飽'. A second red circle with the number '2' and an arrow points to the '上傳' (Upload) button at the bottom of the form.

1 2 3 4 5 6 7 8 9 10  
完全不餓 極度飢餓

現在身體疲倦程度？ 5  
1 2 3 4 5 6 7 8 9 10  
完全不累 極度疲倦

最近一次訓練的整體費力程度 (RPE) ? 5  
0 1 2 3 4 5 6 7 8 9 10  
沒有訓練 非常輕鬆 輕鬆 適應 吃力 非常吃力 極限吃力

備註  
有點飽

上傳

# 營養完成率

1. 首頁->完成率
2. 選擇原文(不要翻譯)
3. 選擇日期
4. 營養細項



# 飲食紀錄

1. 飲食紀錄
2. 選擇日期
3. 飲食建議(休息日、低、中、高訓練強度)
4. 資料細項



# 飲食追蹤

1. 飲食追蹤
2. 選擇日期
3. 資料選項(熱量、巨量倉庫、六大類食物)
4. 資料細項



# 帳號編輯

1. 點選大頭貼
2. 編輯個人資料
3. 修改密碼
4. 登出
5. 通知

The image displays two screenshots of a mobile application interface, illustrating the steps to edit an account.

**Left Screenshot (User Profile):**

- Top navigation bar: Menu icon (three lines), Notification bell icon (circled with a red '5'), and Profile picture icon (circled with a red '1').
- User profile section: Profile picture, Name (林瑪麗), Distance (距離), and Expiry date (2025年10月31日). Below this, it says "還有14天".
- Current status table:

	現在的狀況	目標	還有
體重	62	60	-2.0 公斤
體脂率	19	18	-1.0 %

- Bottom section: Four buttons: "新增飲食日誌" (Add Diet Log), "飲食" (Diet), "完成率" (Completion Rate), and "飲食追蹤" (Diet Tracking).

**Right Screenshot (Account Editing Menu):**

- Top navigation bar: Menu icon (three lines) and Notification bell icon.
- User profile section: Profile picture, Name (林瑪麗), Distance (距離), and Expiry date (2025年10月31日). Below this, it says "還有14天".
- Current status table:





	現在的狀況	目標	還有
體重	62	60	-2.0 公斤
體脂率	19	18	-1.0 %

- Account editing options (circled with red numbers 2, 3, and 4):
  - 個人資料 (Personal Information)
  - 帳號密碼 (Account Password)
  - 登出 (Logout)
- Bottom section: Four links: "關於" (About), "隱私權政策" (Privacy Policy), "條款與條件" (Terms & Conditions), and "聯絡我們" (Contact Us).




# 選手資料

## 1. 編輯選手資料



個人資料



編輯頭像

姓名

林瑪麗


暱稱

Jessica

性別

女

生日

1997年6月20日

# 變更密碼

1. 輸入舊密碼
2. 輸入新密碼
3. 按[確認]完成

The image shows a mobile application interface with a '修改密碼' (Change Password) dialog box. The dialog box has a title bar with a close button (X) and the title '修改密碼'. It contains three input fields and a confirmation button. Red circles with numbers 1, 2, and 3 are placed to the left of the dialog box, with red arrows pointing to the corresponding elements: 1 points to the '原密碼' (Original Password) field, 2 points to the '新密碼' (New Password) and '確認新密碼' (Confirm New Password) fields, and 3 points to the '確認' (Confirm) button.

修改密碼

原密碼

請輸入原密碼

新密碼

請輸入新密碼

確認新密碼

請輸入確認新密碼

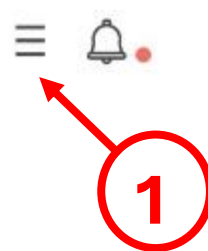
確認

完成率

飲食追蹤

# 圖表資料

1. 按[三]進入側選單
2. 按[追蹤]
3. 選日期顯示圖表



選單

通知

首頁

完成率

飲食

飲食追蹤

追蹤

2

國立宜蘭大學  
National Ilan University NTU

TISS 國家運動科學中心  
Taiwan Institute of Sports Science

3

