Приложение А

(обязательное)

Листинг кода

<?php

function get\_my\_info() {

global $db;

$my\_id = $\_SESSION['user\_id'];

$result = $db->query("SELECT \* FROM users WHERE id=" . $my\_id);

return $result->fetch\_assoc();

}

function get\_comments($id) {

global $db;

$result = $db->query("SELECT \* FROM commentaries where article='" . $id ."' ORDER BY id DESC;");

return $result;

}

function get\_article($id) {

global $db;

$result = $db->query("SELECT \* FROM articles where id='" . $id ."';");

return $result->fetch\_assoc();

}

function add\_comment($text, $article, $user) {

global $db;

$db->query("INSERT INTO commentaries(text, article, user) values('" . $text . "', '" . $article . "', '" . $user . "');");

return true;

}

function get\_articles() {

global $db;

$result = $db->query("SELECT \* FROM articles;");

return $result;

}

function get\_user($id) {

global $db;

$result = $db->query("SELECT \* FROM users where id='" . $id . "';");

return $result->fetch\_assoc();

}

function get\_images($id) {

global $db;

$result = $db->query("SELECT image FROM recipe WHERE recipe.id\_dishes=" . $id . ";");

return $result->fetch\_assoc();

}

function reload\_my() {

global $my, $db;

$my = get\_my\_info();

if (empty($my['weight']) || empty($my['height']) || empty($my['age']) || empty($my['life\_style']) || empty($my['diet\_type'])) {

if ($\_SERVER['REQUEST\_URI'] == '/')

header("Location: /profile.php");

} else {

$min = 447.6 + (9.2 \* $my['weight']) + (3.1 \* $my['height']) - (4.3 \* $my['age']);

$daily = $min \* $my['life\_style'];

switch ($my['diet\_type']) {

case 1:

$result = $daily - 300;

break;

case 2:

$result = $daily;

break;

case 3:

$result = $daily + 300;

break;

}

$my['calories'] = $result;

$bzu\_b = $my['weight'];

switch ($my['diet\_type']) {

case 1:

$bzu\_b = $bzu\_b \* 1.5;

break;

case 2:

$bzu\_b = $bzu\_b \* 1.5;

break;

case 3:

$bzu\_b = $bzu\_b \* 2.5;

break;

}

$my['bzu'] = $bzu\_b;

$bzu\_z = $my['weight'] \* 1;

$my['bzu\_z'] = $bzu\_z;

$bzu\_y = $my['weight'] \* 2;

$my['bzu\_y'] = $bzu\_y;

$query = "SELECT \* FROM users\_choices WHERE user\_id=" . $my['id'] . " AND `date`=date(now()) ORDER by feeding\_id DESC LIMIT 1";

$res = $db->query($query);

$res = $res->fetch\_assoc();

if (empty($res)) {

$query = "SELECT \* FROM feeding";

$feedings = array();

$res = $db->query($query);

while ($row = $res->fetch\_assoc()) {

$feedings[] = $row;

}

$search = $feedings[0];

} else {

$search = $res['feeding\_id'] + 1;

$query = "SELECT \* FROM feeding WHERE id=" . $search;

$res = $db->query($query);

$search = $res->fetch\_assoc();

}

if (!empty($search)) {

$query = "SELECT \* FROM meals\_to\_feeding LEFT JOIN meals ON meals.id = meals\_to\_feeding.meal\_id WHERE feeding=" . $search['id'];

$res = $db->query($query);

$rows = array();

while ($row = $res->fetch\_assoc()) {

$result = $db->query("SELECT \* FROM bzhu\_dishes LEFT JOIN bzhu\_d ON bzhu\_d.id = bzhu\_dishes.id\_bju WHERE id\_dishes=" . $row['meal\_id']);

while ($row2 = $result->fetch\_assoc()) {

$row['bzhu'][] = $row2;

}

$rows[] = $row;

}

$my['finished'] = false;

$my['dishes'] = $rows;

$my['feeding'] = $search;

} else {

$query = "SELECT \* FROM feeding";

$feedings = $db->query($query);

$rows = array();

while ($row = $feedings->fetch\_assoc()) {

$query = 'SELECT \* FROM users\_choices LEFT JOIN meals ON meals.id = users\_choices.meal\_id WHERE user\_id=' . $my['id'] . ' AND feeding\_id=' . $row['id'] . ' AND `date`=date(now())';

$choices = $db->query($query);

$calories = $my['calories'] \* $row['percentage'] /100;

$query = 'SELECT Count(\*) as count\_rows FROM users\_choices WHERE user\_id=' . $my['id'] . ' AND feeding\_id=' . $row['id'] . ' AND `date`=date(now())';

$count = $db->query($query);

$count = $count->fetch\_assoc();

$count = $count['count\_rows'];

$per\_dish = $calories / $count;

$dishes = array();

while ($row2 = $choices->fetch\_assoc()) {

$query = "SELECT (weight/calories)\*" . $per\_dish . " as res FROM meals WHERE id=" . $row2['meal\_id'];

$row3 = $db->query($query);

$row3 = $row3->fetch\_assoc();

$row2['gramms'] = $row3['res'];

$dishes[] = $row2;

}

$row['dishes'] = $dishes;

$row['calories'] = $calories;

$rows[] = $row;

}

$my['dishes'] = $rows;

$my['finished'] = true;

}

}

}

reload\_my();

?>

<?php

include\_once('db.php');

session\_start();

if (isset($\_REQUEST['action']) && !empty($\_REQUEST['action'])) {

$action = $\_REQUEST['action'];

switch ($action) {

case "logout":

unset($\_SESSION['user\_id']);

break;

}

}

if (!isset($\_SESSION['user\_id'])) {

header("Location: auth.php");

} else {

include\_once("my.php");

}

if (isset($\_REQUEST['submit'])) {

$feeding = $\_REQUEST['feeding'];

$meals = $\_REQUEST['meals'];

foreach ($meals as $meal) {

$db->query("INSERT INTO users\_choices (user\_id, meal\_id, feeding\_id, date) VALUES (" . $my['id'] . ", " . $meal . ", " . $feeding . ", NOW());");

}

reload\_my();

}

?>

<!DOCTYPE html PUBLIC "-//W3C//DTD XHTML 1.0 Transitional//EN" "http://www.w3.org/TR/xhtml1/DTD/xhtml1-transitional.dtd">

<html xmlns="http://www.w3.org/1999/xhtml">

<head>

<meta http-equiv="Content-Type" content="text/html; charset=utf-8" />

<title>Ваш помощник</title>

<link href="menu/normalize.css" rel="stylesheet" type="text/css">

<link href='http://fonts.googleapis.com/css?family=Lato:100,300,400,700,900,100italic,300italic,400italic,700italic,900italic|Paytone+One|Gochi+Hand' rel='stylesheet' type='text/css'>

<link href="menu/style.css" rel="stylesheet" type="text/css" media="screen">

<script src="https://ajax.googleapis.com/ajax/libs/jquery/2.1.0/jquery.min.js" type="text/javascript"></script>

<script>!function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0],p=/^http:/.test(d.location)?'http':'https';if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src=p+'://platform.twitter.com/widgets.js';fjs.parentNode.insertBefore(js,fjs);}}(document, 'script', 'twitter-wjs');</script>

<link rel="stylesheet" href="/jquery/jquery-ui.min.css">

<link rel="shortcut icon" href="favicon.ico" type="image/x-icon">

<script src="scrollup.js" type="text/javascript"></script>

<!-- <link rel="stylesheet" type="text/css" href="menu/demo2.css" /> -->

<link rel="stylesheet" type="text/css" href="css1/normalize.css" />

<link rel="stylesheet" type="text/css" href="css1/buttons.css" />

<script src="/jquery-3.1.1.min.js"></script>

<script src="/jquery/jquery-ui.min.js"></script>

</head>

<body class="flex-center-wrapper1 flex-column">

<div id="scrollup">

<img src="up.png" class="up" alt="Прокрутить вверх" />

</div>

<script type="text/javascript">

function showDialog(id) {

$.ajax({

type: "POST",

url: "/info.php",

data: "id=" + id,

}).done(function(data) {

if (data == "no") {

alert("Рецепта для этого блюда нет");

return;

}

$('.modal').html(data);

$( ".modal" ).dialog({

modal: true,

width: "90%",

maxWidth: "768px"

});

});

return;

}

</script>

<div id="nav-icon2">

<span></span>

<span></span>

<span></span>

<span></span>

<span></span>

<span></span>

</div>

<h2 class="headline" style="

margin-bottom: 11px;:">

<?php

if (!empty($my['calories'])) {

echo '<span style="color: #74777b; margin-left:15px;">Ваша норма: ' . $my['calories'] . ' ккал</span>';

}

?> &nbsp/&nbsp <?php

if (!empty($my['bzu'])) {

echo '<span>Белки: ' . $my['bzu'] . ' гр.</span>';

}

?> &nbsp/&nbsp <?php

if (!empty($my['bzu'])) {

echo '<span>Жиры: ' . $my['bzu\_z'] . ' гр.</span>';

}

?> &nbsp/&nbsp <?php

if (!empty($my['bzu'])) {

echo '<span>Углеводы: ' . $my['bzu\_y'] . ' гр.</span>';

}

?>

</h2>

<br><br><br><br><br><br>

<div class="modal" style="display: none">

</div>

<br>

<?php

if (!$my['finished']) {

echo '<br><span style="color: #74777b; margin-left:15px; font-size: 25px;"> ' . $my['feeding']['ingestion'] . '</span><br>';

?>

<div class="grid";>

<form method="post" action="/">

<button type="submit" id="submit" name="submit" class="button button--ujarak button--border-medium button--round-s button--text-thick" style="

margin-left: 170px; width: 168px;">Выбрать</button>

<?php

foreach ($my['dishes'] as $key=>$dish) {

$result = get\_images($dish['id']);

$temp = '';

if (!empty($dish['bzhu'])) {

foreach ($dish['bzhu'] as $bzhu) {

$temp .= $bzhu['name'] . "=" . $bzhu['information'] . " | ";

}

}

echo '<label style="background: none; width: 240px; line-height: normal;">

<img src = "' . $result["image"] . '" style="width: 480px; height: 330px;"><br>

<input type="checkbox" name="meals[' . $key . ']" id="meals[' . $key . ']" value="' . $dish['meal\_id'] . '">' . $dish['name'] . '(' . $dish['calories'] . ' ккал) ' . $temp . '</label><br><br><br>';

}

echo '<input type="hidden" name="feeding" value="' . $my['feeding']['id'] . '">';

?>

</form>

</div>

<?php } else {

echo '<br><span style="color: #74777b; margin-left:15px; font-size:30px;">Ваше питание на сегодня</span><br> <br>

<table style="margin-left: 200px;">

<tr>

<td style="color: #74777b; margin-left:15px; font-size:30px;">

Кликните на блюдо

</td>

<td>

<img src="share.png" alt="Фотография 1" style="margin-left: 50px;">

</td>

</tr>

</table>';

foreach ($my['dishes'] as $dish) {

echo '<span style="color: white; margin-left: 15px; font-size:20px;">' . $dish['ingestion'] . '(нужно '. $dish['calories'] .' ккал): </span> <br>';

foreach ($dish['dishes'] as $dish2) {

echo "<a style=\"text-decoration: none!important;color: rgba(181, 126, 181, 0.86);; margin-left: 15px; font-size:20px;\" href=\"\" onClick=\"showDialog(" . $dish2["id"] . "); return false;\"> - " . $dish2['name'] . " (" . round($dish2['gramms']) . " грамм)</a></br>";

}

}

} ?>

<br><br><br>

<?php

echo !empty($error)?$error:"";

?>

<div class="sliding-menu flex-center-wrapper flex-column left-menu">

<ul>

<li>

<a href="/" >ГЛАВНАЯ</a>

</li>

<li style="list-style: none; display: inline">

<hr>

</li>

<li>

<a href="/profile.php">ПРОФИЛЬ</a>

</li>

<li style="list-style: none; display: inline">

<hr>

</li>

<li>

<a href="/information.php">ПОЛЕЗНО</a>

</li>

<li style="list-style: none; display: inline">

<hr>

</li>

<?php

if ($my['admin'] == 1) {

?>

<li>

<a href="/admin/">АДМИН</a>

</li>

<li style="list-style: none; display: inline">

<hr>

</li>

<?php

}

?>

<li>

<a href="/index.php?action=logout">ВЫЙТИ</a>

</li>

</ul><span class="sliiider-exit exit left-exit">&#215</span>

</div>

<script src="menu/sliiide.js" type="text/javascript"></script>

<script type="text/javascript">

var $navIcon = $('#nav-icon2')

var menu = $('.left-menu').sliiide({place: 'left', exit\_selector: '.left-exit', toggle: '#nav-icon2', no\_scroll: true});

var notes = $('.note');

var toggles = $('.slider-toggle')

var clickHandler = function() {

var $button = $(this);

if ($button.hasClass('selected')) {return;}

$navIcon.removeClass('flip animated');

notes.fadeOut(700);

var place = $button.attr('data-link').split('-')[0];

var menuPlace = $button.attr('data-link');

var note;

menu.reset();

$('.sliding-menu').not('.'+menuPlace).addClass('display-off');

$button.addClass('selected');

$('.slider-toggle').not($button).removeClass('selected');

menu = $('.'+menuPlace).sliiide({place: place, exit\_selector: '.'+place+'-exit', toggle: '#nav-icon2'});

$navIcon.addClass('flip');

$('.note[data-link="'+menuPlace+'"]').fadeIn(700).css('display','').removeClass('display-off');

$('.'+menuPlace).removeClass('display-off');

}

toggles.on('click', clickHandler)

</script>

</body>

</html>

<?php

include\_once('db.php');

session\_start();

if (!isset($\_SESSION['user\_id'])) {

header("Location: auth.php");

} else {

include\_once("my.php");

}

if (isset($\_REQUEST['submit'])) {

$query = "UPDATE users SET ";

$slices = array();

if (isset($\_REQUEST['height']) && !empty($\_REQUEST['height'])) {

$slices[] = "height=".$\_REQUEST['height'];

}

if (isset($\_REQUEST['weight']) && !empty($\_REQUEST['weight'])) {

$slices[] = "weight=".$\_REQUEST['weight'];

}

if (isset($\_REQUEST['age']) && !empty($\_REQUEST['age'])) {

$slices[] = "age=".$\_REQUEST['age'];

}

if (isset($\_REQUEST['life\_style']) && !empty($\_REQUEST['life\_style'])) {

$slices[] = "life\_style=".$\_REQUEST['life\_style'];

}

if (isset($\_REQUEST['diet\_type']) && !empty($\_REQUEST['diet\_type'])) {

$slices[] = "diet\_type=".$\_REQUEST['diet\_type'];

}

$query .= implode(",", $slices) . " WHERE id=" . $my['id'];

$db->query($query);

reload\_my();

$message = '<span style="color: lightgreen; margin-left: 15px">Изменения сохранены</span>';

if (empty($my['weight']) || empty($my['height']) || empty($my['age']) || empty($my['life\_style']) || empty($my['diet\_type'])) {

$error = '<span style="color: red; margin-left: 15px">Заполните свои данные</span>';

}

}

?>

<!DOCTYPE html PUBLIC "-//W3C//DTD XHTML 1.0 Transitional//EN" "http://www.w3.org/TR/xhtml1/DTD/xhtml1-transitional.dtd">

<html xmlns="http://www.w3.org/1999/xhtml">

<head>

<meta http-equiv="Content-Type" content="text/html; charset=utf-8" />

<title>Ваш помощник</title>

<link rel="shortcut icon" href="favicon.ico" type="image/x-icon">

<link href="menu/normalize.css" rel="stylesheet" type="text/css">

<link rel="stylesheet" type="text/css" href="menu/normalize1.css" />

<link rel="stylesheet" type="text/css" href="fonts/font-awesome-4.2.0/css/font-awesome.min.css" />

<link rel="stylesheet" type="text/css" href="menu/demo1.css" />

<link rel="stylesheet" type="text/css" href="menu/set1.css" />

<link href='http://fonts.googleapis.com/css?family=Lato:100,300,400,700,900,100italic,300italic,400italic,700italic,900italic|Paytone+One|Gochi+Hand' rel='stylesheet' type='text/css'>

<link href="menu/style.css" rel="stylesheet" type="text/css" media="screen">

<script src="https://ajax.googleapis.com/ajax/libs/jquery/2.1.0/jquery.min.js" type="text/javascript"></script>

<script>!function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0],p=/^http:/.test(d.location)?'http':'https';if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src=p+'://platform.twitter.com/widgets.js';fjs.parentNode.insertBefore(js,fjs);}}(document, 'script', 'twitter-wjs');</script>

</head>

<body class="flex-center-wrapper flex-column">

<div id="nav-icon2">

<span></span>

<span></span>

<span></span>

<span></span>

<span></span>

<span></span>

</div>

<div id="headline-wrapper">

<img src="menu/img/33.png" alt="альтернативный текст" style='width: 30%;'>

<h1 class="headline" >

<?php echo $my['name'] . " " . $my['surename']; ?>

</h1>

<h2 class="headline" style="

margin-bottom: 11px;:">

<?php

if (!empty($my['calories'])) {

echo '<span style="color: #74777b; margin-left:15px;">Ваша норма: ' . $my['calories'] . ' ккал</span>';

}

?> &nbsp/&nbsp <?php

if (!empty($my['bzu'])) {

echo '<span>Белки: ' . $my['bzu'] . ' гр.</span>';

}

?> &nbsp/&nbsp <?php

if (!empty($my['bzu'])) {

echo '<span>Жиры: ' . $my['bzu\_z'] . ' гр.</span>';

}

?> &nbsp/&nbsp <?php

if (!empty($my['bzu'])) {

echo '<span>Углеводы: ' . $my['bzu\_y'] . ' гр.</span>';

}

?>

</h2>

</div>

<div class="sliding-menu flex-center-wrapper flex-column left-menu">

<ul>

<li>

<a href="/" >ГЛАВНАЯ</a>

</li>

<li style="list-style: none; display: inline">

<hr>

</li>

<li>

<a href="/profile.php">ПРОФИЛЬ</a>

</li>

<li style="list-style: none; display: inline">

<hr>

</li>

<li>

<a href="/information.php">ПОЛЕЗНО</a>

</li>

<li style="list-style: none; display: inline">

<hr>

</li>

<?php

if ($my['admin'] == 1) {

?>

<li>

<a href="/admin/">АДМИН</a>

</li>

<li style="list-style: none; display: inline">

<hr>

</li>

<?php

}

?>

<li>

<a href="/index.php?action=logout">ВЫЙТИ</a>

</li>

</ul><span class="sliiider-exit exit left-exit">&#215</span>

</div>

<br><br><br><br><br><br>

<form id="form" name="form" action="" method="post">

<div class="container">

<section class="content bgcolor-4">

<span class="input input--akira">

<input class="input\_\_field input\_\_field--akira" type="number" id="height" name="height" value="<?php echo $my['height']?>" required/>

<label class="input\_\_label input\_\_label--akira" for="input-22">

<span class="input\_\_label-content input\_\_label-content--akira">Рост</span>

</label>

</span>

<span class="input input--akira">

<input class="input\_\_field input\_\_field--akira" type="number" id="weight" name="weight" value="<?php echo $my['weight']?>" required/>

<label class="input\_\_label input\_\_label--akira" for="input-23">

<span class="input\_\_label-content input\_\_label-content--akira">Вес</span>

</label>

</span>

<span class="input input--akira">

<input class="input\_\_field input\_\_field--akira" type="number" id="age" name="age"value="<?php echo $my['age']?>" required/>

<label class="input\_\_label input\_\_label--akira" for="input-24">

<span class="input\_\_label-content input\_\_label-content--akira">Возраст</span>

</label>

</span>

<span class="input input--akira">

<input class="input\_\_field input\_\_field--akira" type="submit" id="submit" name="submit" value="➜" required/>

<?php

echo !empty($error)?$error . "<br><br>":"";

?>

<label class="input\_\_label input\_\_label--akira" for="input-24">

<span class="input\_\_label-content input\_\_label-content--akira">Подтвердить</span>

</label>

</span>

<span class="input input--akira">

<select name="diet\_type" class="input\_\_field input\_\_field--akira" id="input-24" />

<option value="1" <?php echo $my['diet\_type'] == 1 ? "selected":""; ?>>Похудение</option>

<option value="2" <?php echo $my['diet\_type'] == 2 ? "selected":""; ?>>Поддержание</option>

<option value="3"<?php echo $my['diet\_type'] == 3 ? "selected":""; ?>>Набор мышечной массы</option>

</select>

<label class="input\_\_label input\_\_label--akira" for="input-24" style="color:rgba(204, 96, 85, 0)";>

<span class="input\_\_label-content input\_\_label-content--akira">Maiden Name</span>

</label>

</span>

<span class="input input--akira">

<select name="life\_style" class="input\_\_field input\_\_field--akira" id="input-24" />

<option value="1.2" <?php echo $my['life\_style'] == 1.2 ? "selected":""; ?>>Сидячий</option>

<option value="1.375" <?php echo $my['life\_style'] == 1.375 ? "selected":""; ?>>Физ-ра 3-4 р/н</option>

<option value="1.55" <?php echo $my['life\_style'] == 1.55 ? "selected":""; ?>>Физ-ра 4-6 р/н</option>

<option value="1.725"<?php echo $my['life\_style'] == 1.715 ? "selected":""; ?>>Активные занятия 6-7 р/н</option>

</select>

<label class="input\_\_label input\_\_label--akira" for="input-24" style="color:rgba(204, 96, 85, 0)";>

<span class="input\_\_label-content input\_\_label-content--akira">Maiden Name</span>

</label>

</span>

</section>

</div>

</form>

<script src="js/classie.js"></script>

<script>

(function() {

// trim polyfill : https://developer.mozilla.org/en-US/docs/Web/JavaScript/Reference/Global\_Objects/String/Trim

if (!String.prototype.trim) {

(function() {

// Make sure we trim BOM and NBSP

var rtrim = /^[\s\uFEFF\xA0]+|[\s\uFEFF\xA0]+$/g;

String.prototype.trim = function() {

return this.replace(rtrim, '');

};

})();

}

[].slice.call( document.querySelectorAll( 'input.input\_\_field' ) ).forEach( function( inputEl ) {

// in case the input is already filled..

if( inputEl.value.trim() !== '' ) {

classie.add( inputEl.parentNode, 'input--filled' );

}

// events:

inputEl.addEventListener( 'focus', onInputFocus );

inputEl.addEventListener( 'blur', onInputBlur );

} );

function onInputFocus( ev ) {

classie.add( ev.target.parentNode, 'input--filled' );

}

function onInputBlur( ev ) {

if( ev.target.value.trim() === '' ) {

classie.remove( ev.target.parentNode, 'input--filled' );

}

}

})();

</script>

<script src="menu/sliiide.js" type="text/javascript"></script>

<script type="text/javascript">

var $navIcon = $('#nav-icon2')

var menu = $('.left-menu').sliiide({place: 'left', exit\_selector: '.left-exit', toggle: '#nav-icon2', no\_scroll: true});

var notes = $('.note');

var toggles = $('.slider-toggle')

var clickHandler = function() {

var $button = $(this);

if ($button.hasClass('selected')) {return;}

$navIcon.removeClass('flip animated');

notes.fadeOut(700);

var place = $button.attr('data-link').split('-')[0];

var menuPlace = $button.attr('data-link');

var note;

menu.reset();

$('.sliding-menu').not('.'+menuPlace).addClass('display-off');

$button.addClass('selected');

$('.slider-toggle').not($button).removeClass('selected');

menu = $('.'+menuPlace).sliiide({place: place, exit\_selector: '.'+place+'-exit', toggle: '#nav-icon2'});

$navIcon.addClass('flip');

$('.note[data-link="'+menuPlace+'"]').fadeIn(700).css('display','').removeClass('display-off');

$('.'+menuPlace).removeClass('display-off');

}

toggles.on('click', clickHandler)

</script>

</body>

</html>