Healthy Ways

Important Links

This section will have various links related to the project. For example the

- GitHub link of the project - https://github.com/iot-lab-kiit/HeathyWays
- Any reference articles

Reference for calculators used in the app :
> BMI : https://en.wikipedia.org/wiki/Body_mass_index
> Ideal Weight : https://en.wikipedia.org/wiki/Human_body_weight#Ideal_body_weight
> Fat Calculation : https://en.wikipedia.org/wiki/Body_fat_percentage
> 1Rm Calculation : https://www.verywellfit.com/what-is-repetition-maximum-and-1rm-3498379
> BMR & TDEE : https://www.healthline.com/health/what-is-basal-metabolic-rate

- Play store deployment Url - To be don

Business requirements:

Health is our principal asset. We all want to stay fit but sometimes the conditions are not in our support, students are busy in there academics, professionals are busy in there work, this app aims to help monitor one's good health in almost no time. The app consists of various monitory calculator to monitor fat percentage, BMI, Calorie Expenditure etc. . Along
With the calculators the app has an amazing 7 minutes exercise suggester, it helps you perform 12 basic but important exercises in just 7 minutes. Overall it is a good health monitory application for busy people.

Audience

The audience our app is targeting are the people who desire to stay fit but they lack of time Wide range of students, professionals, businessmen, house makers, anyone who wants a quick monitor of his/her body attributes.

Feature list

- Splash screen

- Bottom Nav Control Panel

- BMI Calculator

- Ideal Weight Calculator

- Fat Calculator

- 1RM Calculator

- BMR & TDEE Calculator

- Goal Calculator

- 7 Minutes Exercise

- Text To Speech in Exerciser

- History of Tools

Platform Specification

This section contains various details of the platform the app was built on such as

SDK
  - Target SDK Version : 30
  - Compile SDK Version :30
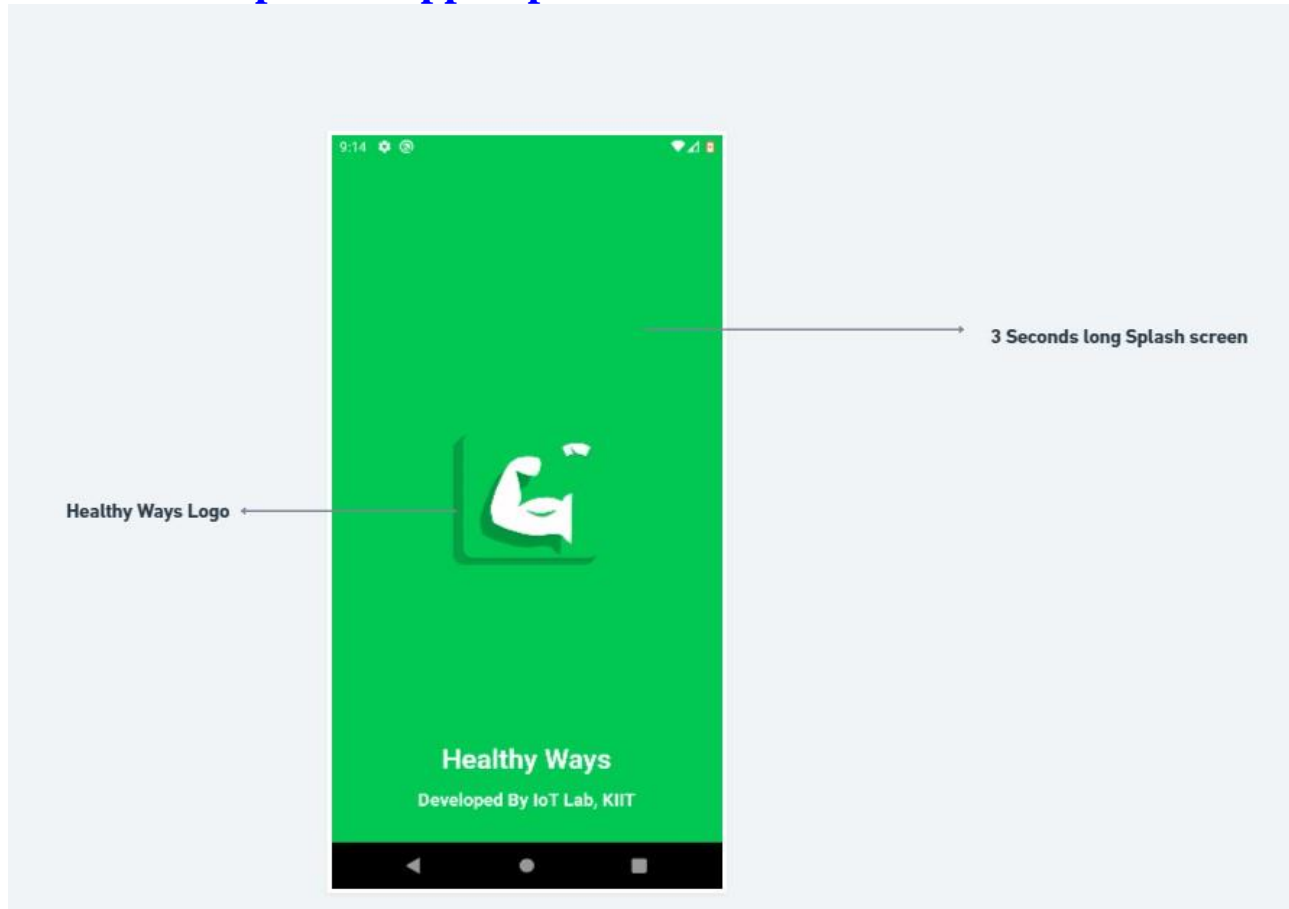 - Minimum SDK Version : 21
Kotlin
  - Kotlin Version : 1.4.31
Android

  - Android Gradle Version : 6.5
  - Android Studio Version : 4.1.3
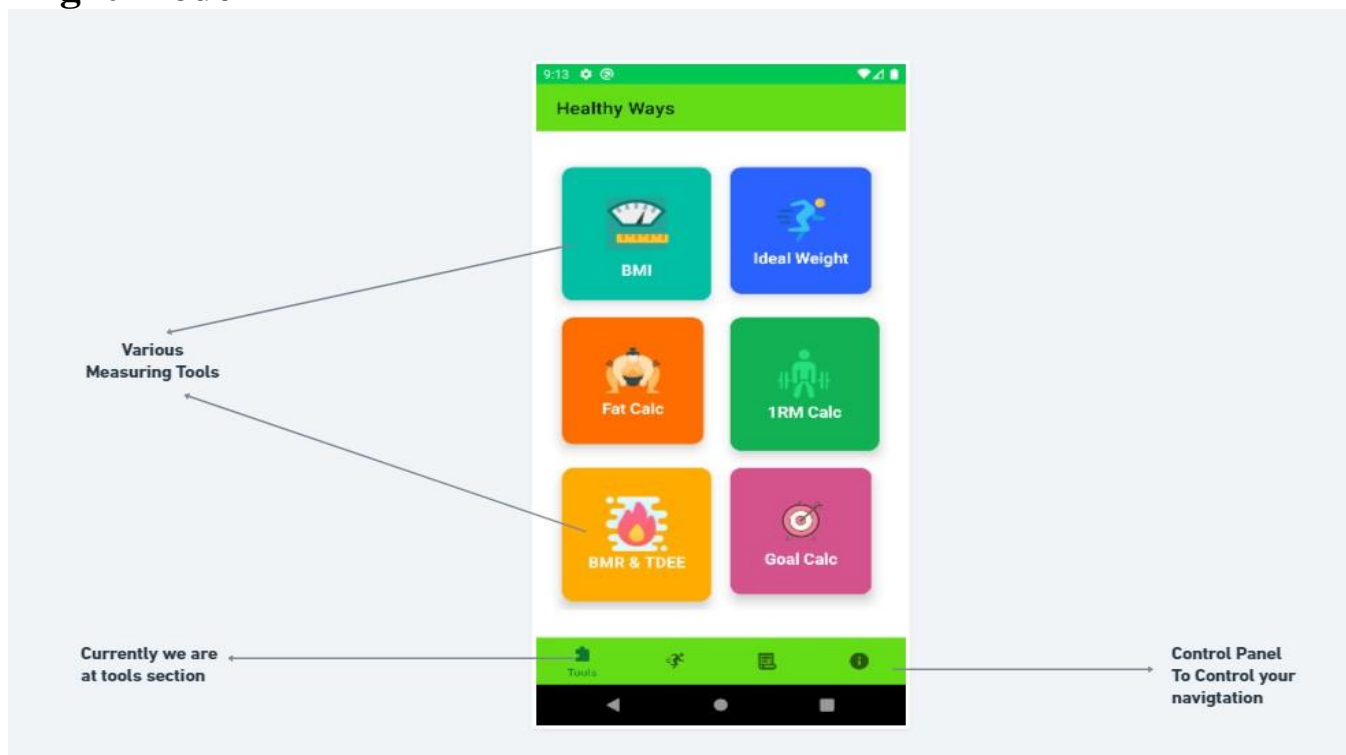 - Android Version Tested : 9, 10 ,11

Basic Working Steps

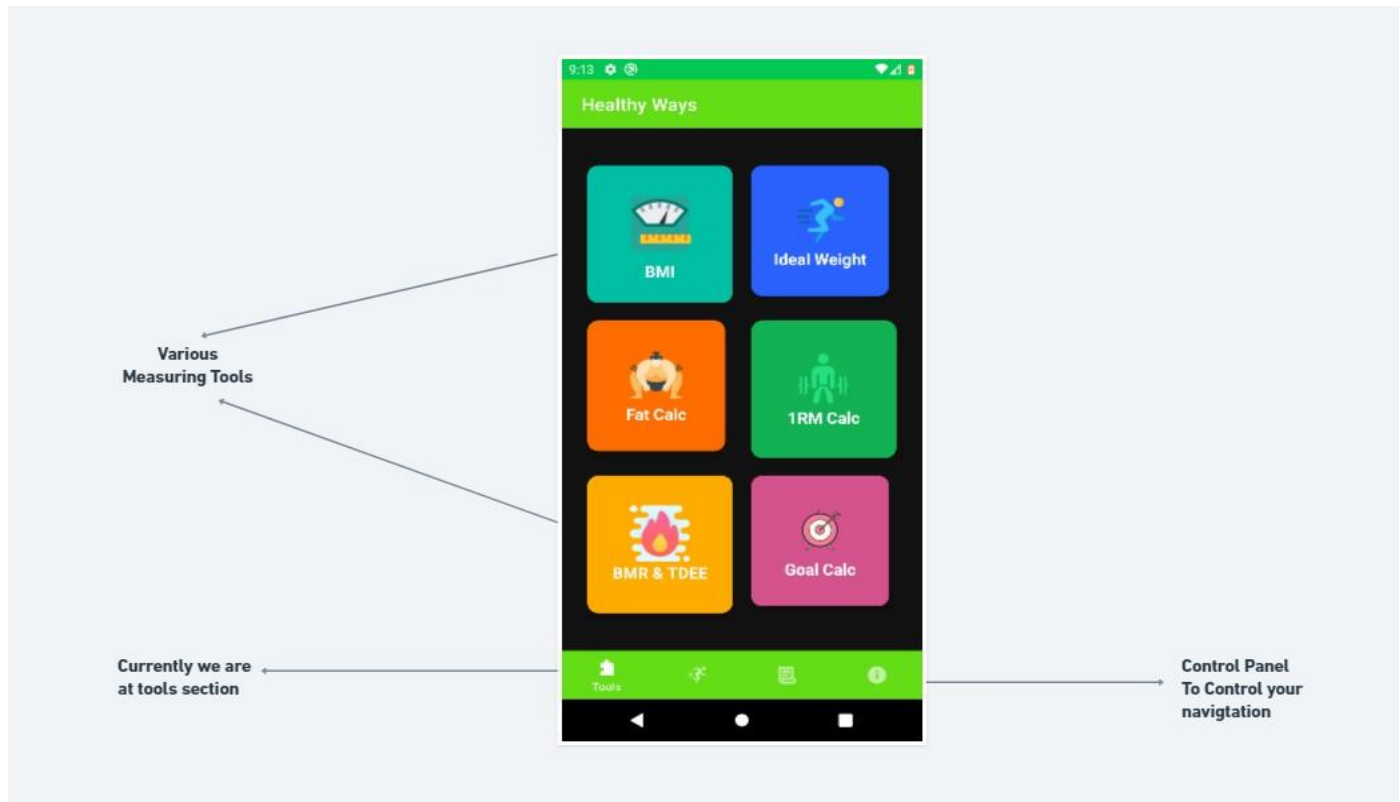## 0. When we open the app a splash screen is visible for 3 seconds

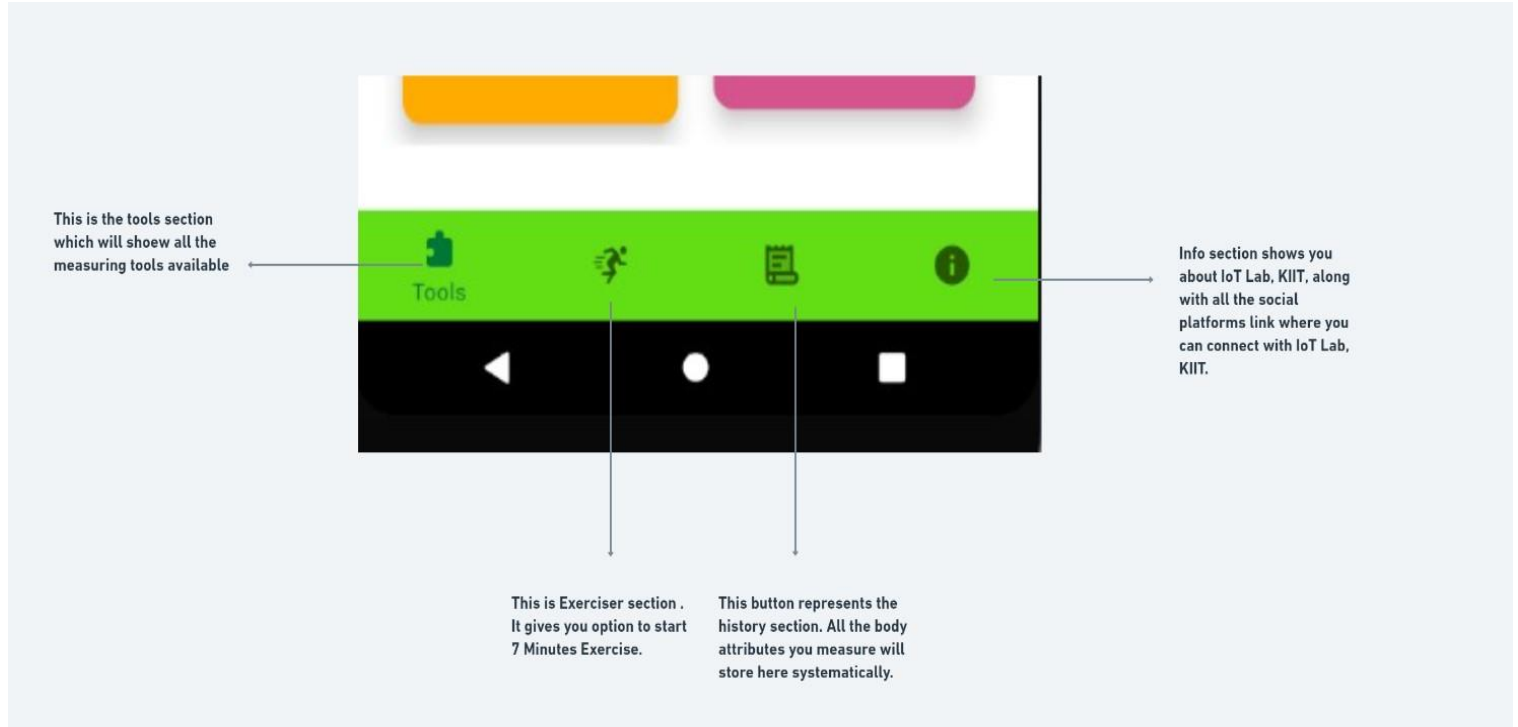## 1. The First screen visible will be the tools fragment.
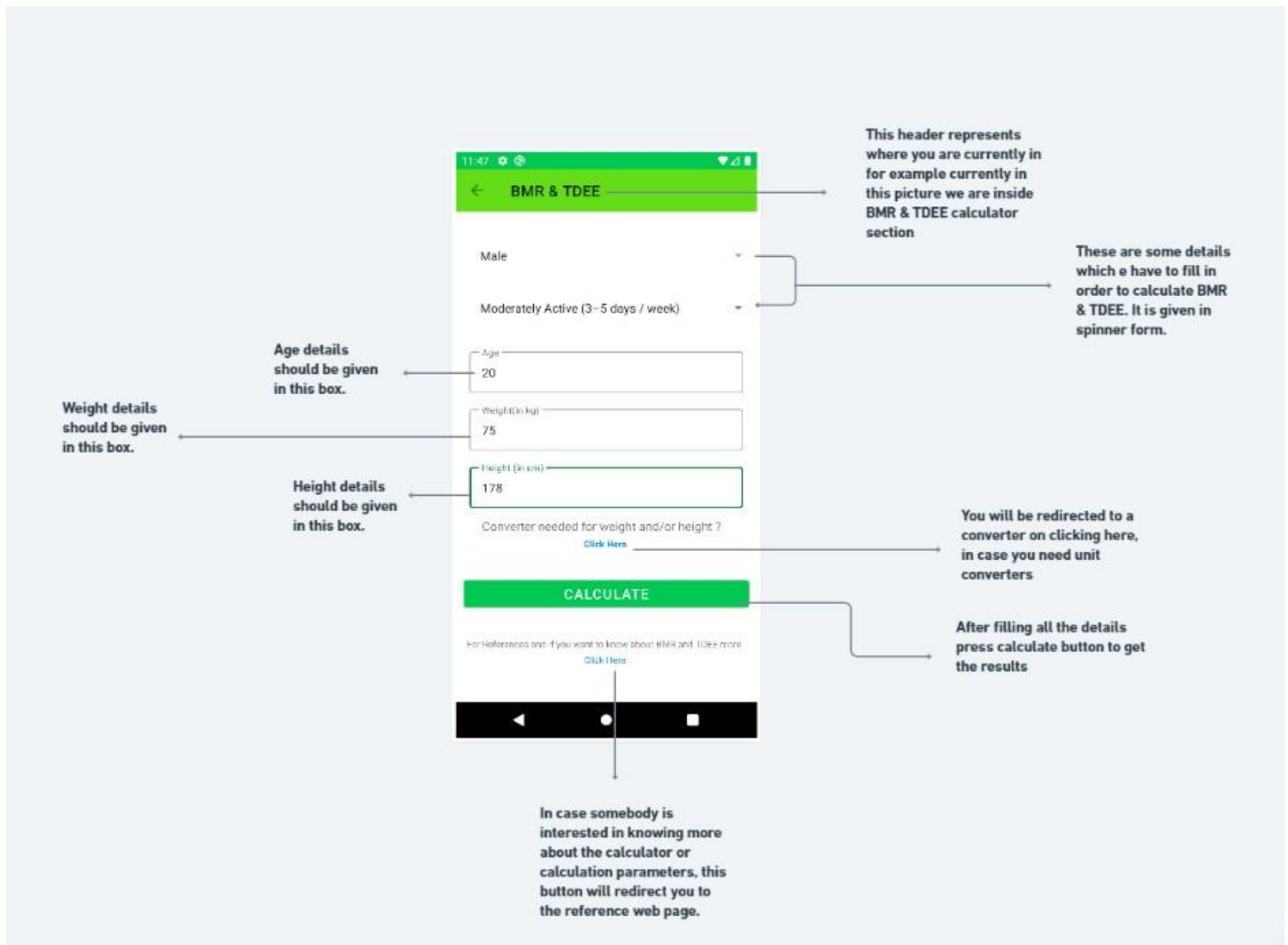
Light Mode

Dark Mode

Various
Measuring Tools

Currently we are
at tools section

Control Panel
To Control your
navigtation

2. The Control panel (bottom Navigation Bar)

This is the tools section
which will shoew all the
measuring tools available

Info section shows you
about IoT Lab, KIIT, along
with all the social
platforms link where you
can connect with IoT Lab,
KIIT.

This is Exerciser section .
It gives you option to start
7 Minutes Exercise.

This button represents the
history section. All the body
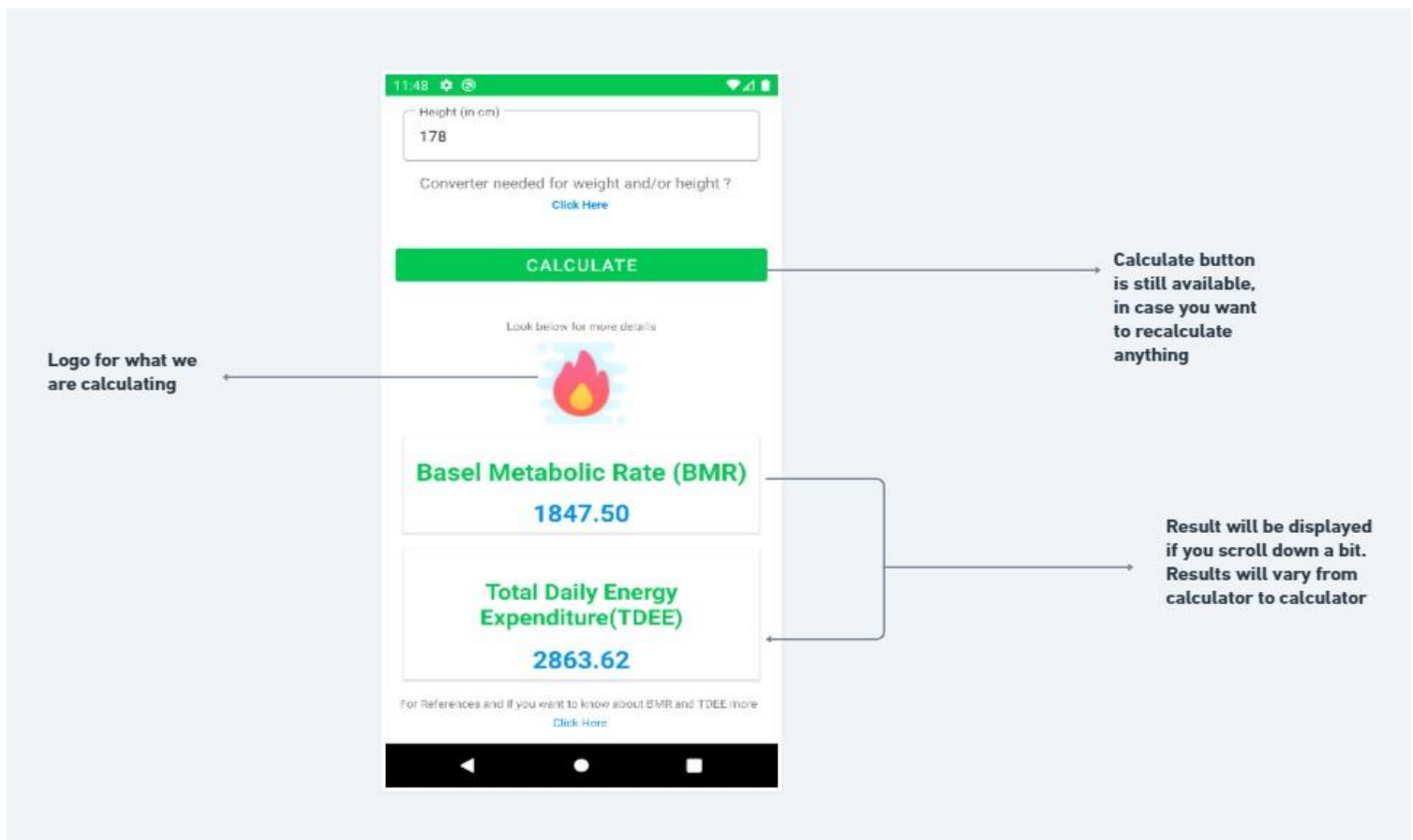attributes you measure will
store here systematically.

3.Monitory Tools/ Calculators - Among the 6 amazing tools present here I will show one of them in detail.

>When we click on BMR & TDEE calculator we will be redirected to the screen below :
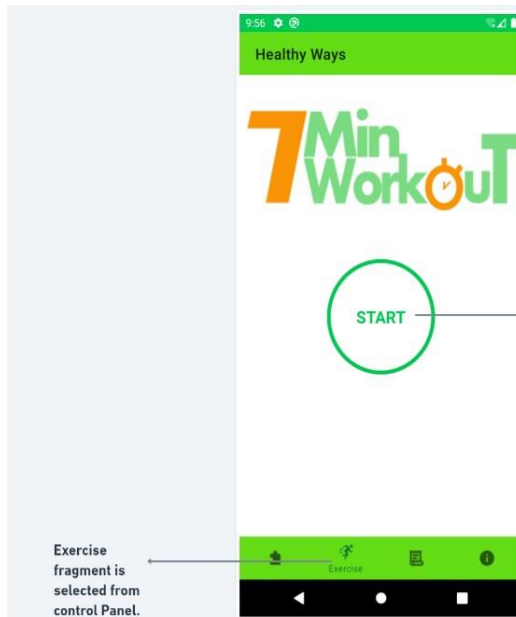
This header represents where you are currently in for example currently in this picture we are inside BMR & TDEE calculator section

These are some details which e have to fill in order to calculate BMR & TDEE. It is given in spinner form.

Age details should be given in this box.

Weight details should be given in this box.

Height details should be given in this box.

You will be redirected to a converter on clicking here, in case you need unit converters

After filling all the details press calculate button to get the results

In case somebody is interested in knowing more about the calculator or calculation parameters, this button will redirect you to the reference web page.

> after entering all the details when we press the calculate button we can see the results by scrolling down the same screen.
> The result will automatically be stored in the history section in app's database.

Calculate button is still available, in case you want to recalculate anything

Logo for what we are calculating

Result will be displayed if you scroll down a bit. Results will vary from calculator to calculator

4.Exercise - The Exercise screen depicts :

The Exercise start screen.

The rest timer screen.

Healthy Ways

START

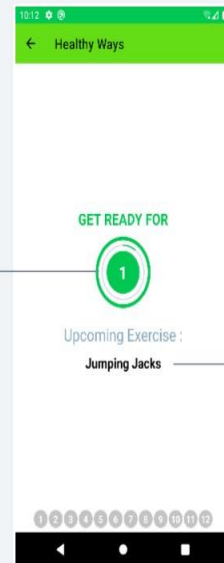Button to start the 7 Minute exercise session.

The rest timer which user get to set him/her self for next exercise

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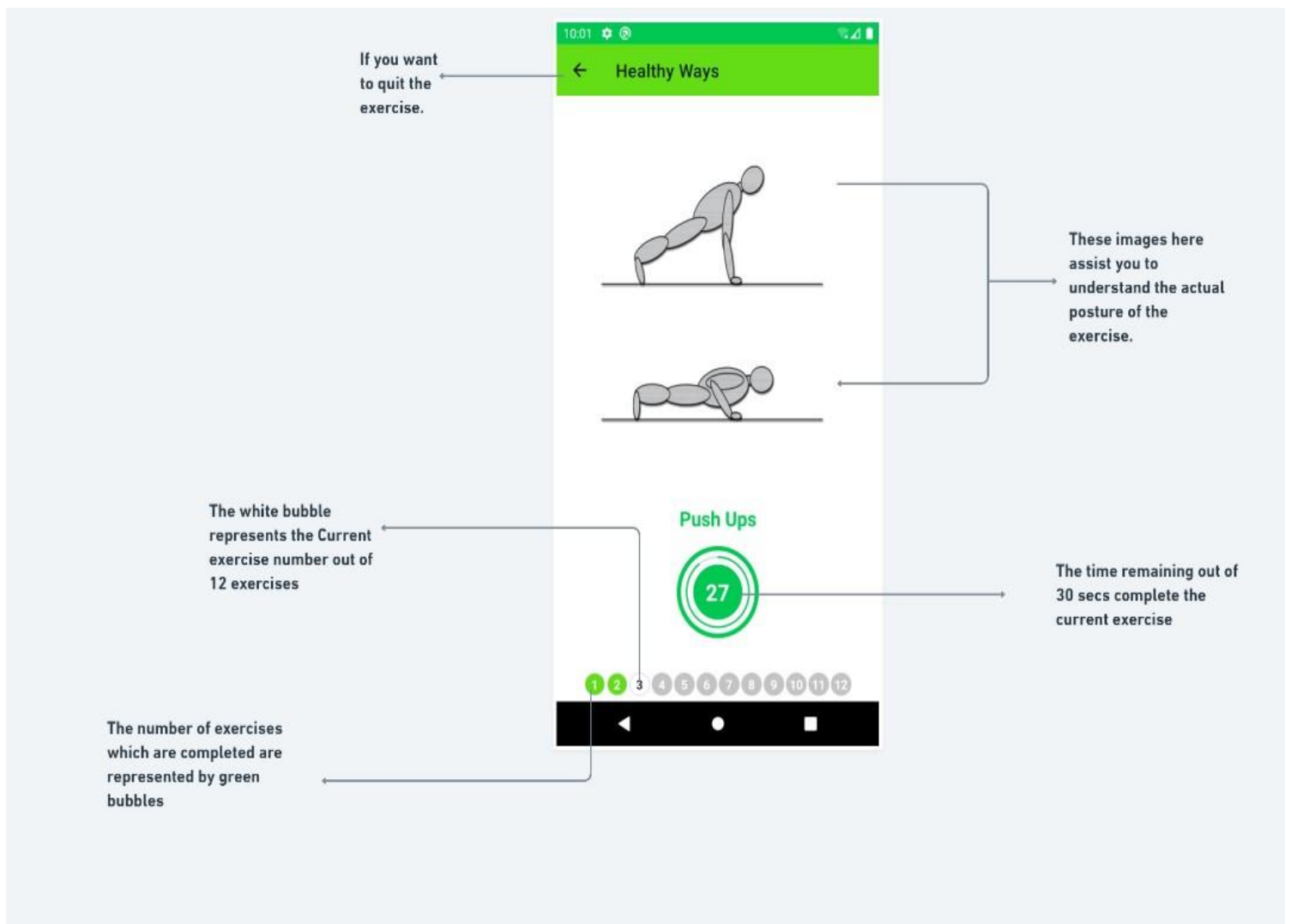**GET READY FOR**

1

Upcoming Exercise :

Jumping Jacks

The name of the next exercise coming will be displayed here.

Exercise fragment is selected from control Panel.

Exercise

The current exercise screen.

If you want to quit the exercise.

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Push Ups

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These images here assist you to understand the actual posture of the exercise.

The white bubble represents the Current exercise number out of 12 exercises

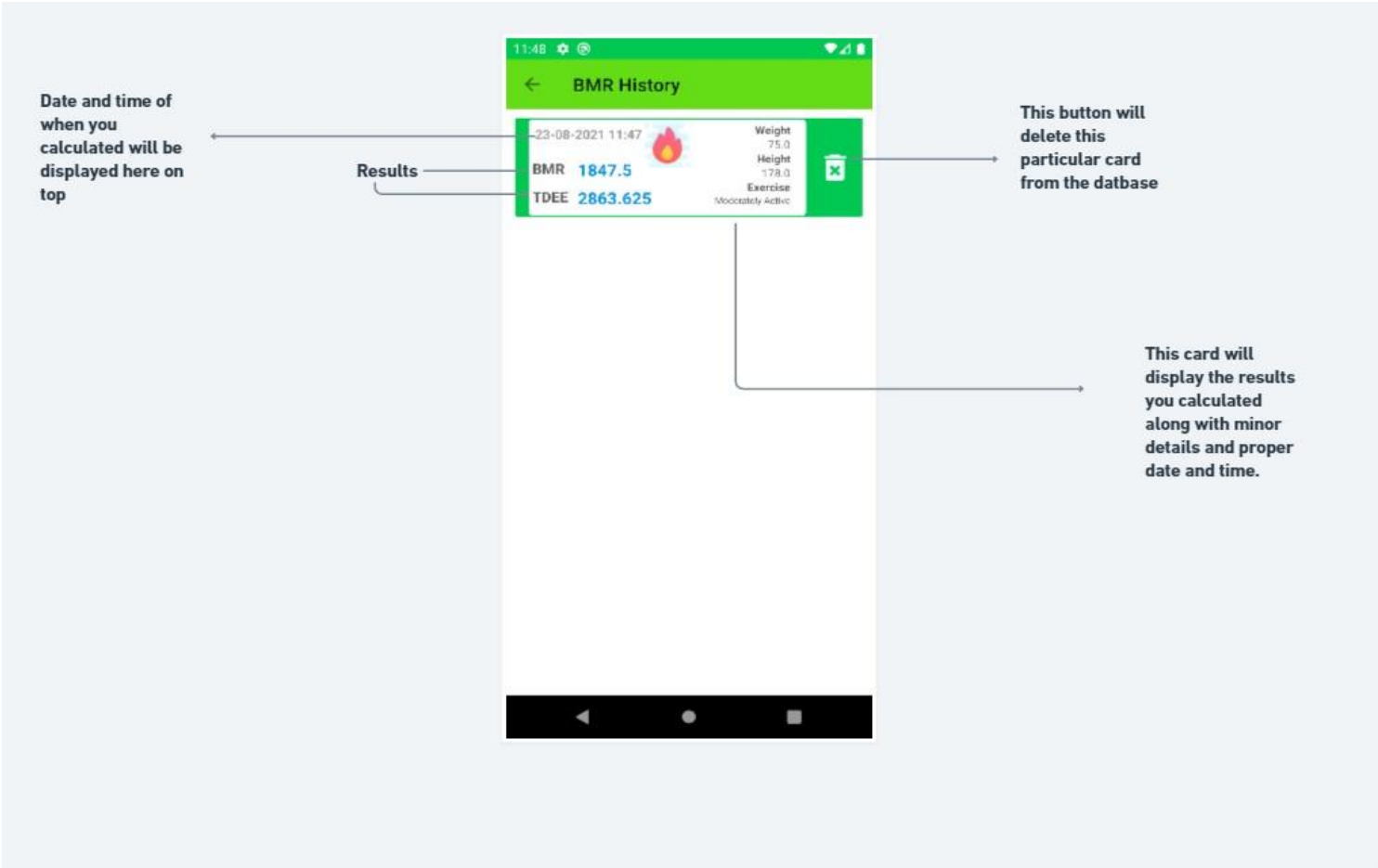The time remaining out of 30 secs complete the current exercise

The number of exercises which are completed are represented by green bubbles

5. History - This section will show all the history related to the monitory measurements user calculated in past.

> Fist when we click on the history section in control panel we will see this screen representing many tool's history.

These all buttons will redirect you to the history screen of respective tools.

History Section Selected
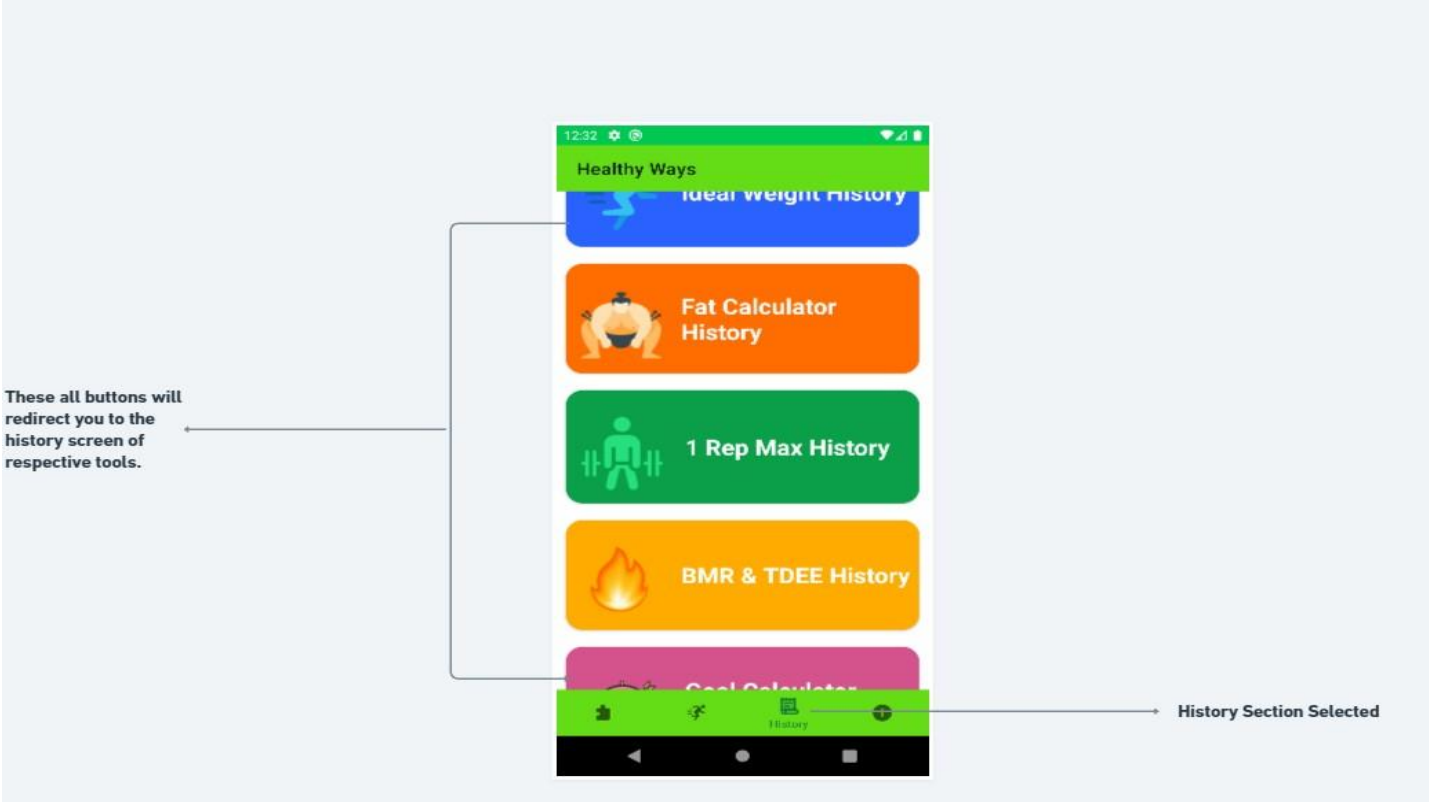
> After clicking on any of the one above the history screen shows up. Here I selected BMR History which looks like the :

Date and time of when you calculated will be displayed here on top

Results

This button will delete this particular card from the datbase

This card will display the results you calculated along with minor details and proper date and time.

List of Members /People concerned

Siddharth Singh Baghel (1906211)