**Step 1: Define the Scope and Requirements**

Before you start coding, clearly define what you want your app to do. Consider the following:

* **Basic Features**: Track different sports I do per day
* **Metrics to Track**: Sports
* **User Interface**: Simple, intuitive, and user-friendly.
* **Data Storage**: Local storage initially, with potential to expand to cloud storage.
* **Additional Features**: Progress tracking, goal setting, activity history

**Step 2: Choose the Tech Stack**

Given your skills, the following stack would be appropriate:

* **Frontend**: Android Studio (Java/Kotlin)
* **Backend**: Python (for future expansion, e.g., Flask/Django if you want a server-side component)
* **Database**: SQLite for local storage; Firebase or AWS for cloud storage (future expansion)
* **Version Control**: GitHub

**Step 3: Set Up Your Development Environment**

* **Install Android Studio**: Ensure you have the latest version of Android Studio installed.
* **Set Up GitHub Repository**: Create a repository for your project to manage version control.
* **Install Necessary Libraries**: For Android development, you may need libraries like Room for database, Retrofit for network calls, etc.

**Step 4: Design Your App**

* **Wireframing**: Sketch out the UI of your app using tools like Figma or even pen and paper.
* **UI Design**: Design the user interface in Android Studio. Create layouts for your main screens (e.g., activity tracking screen, history screen, settings).

**Step 5: Start Coding**

1. **Create a New Project in Android Studio**:
   * Set up the basic structure of your app.
2. **Implement Core Features**:
   * **Activity Tracking**: Use sensors/APIs to track physical activities.
   * **Database Integration**: Use Room to store activity data locally.
   * **UI Development**: Develop the necessary screens and navigation.

**Step 6: Test Your App**

* **Unit Testing**: Write unit tests for your core logic.
* **UI Testing**: Ensure the UI works smoothly across different devices.

**Step 7: Expand and Iterate**

# **Add More Features**: As you progress, add more features like cloud sync, social sharing, etc.

# **User Feedback**: Get feedback from potential users and iterate based on their suggestions.

# **Step 8: Deployment and Maintenance**

# **Deployment**: Deploy your app to the Google Play Store for broader testing and feedback.

# **Maintenance**: Regularly update your app based on user feedback and technological advancements.

# **Step 9: Documentation**

# **Code Documentation**: Ensure your code is well-documented.

# **User Guide**: Create a user guide to help users understand how to use your app.