**Approaches of Storage Management in Android:**

* **Internal Storage**

Used to store private data on the device memory.

* **External Storage**

Used to store public data on the device memory, it is accessible to everyone.

* **Shared Preferences**

It is used to store primitive data in key-value pairs. A key is a string which has a corresponding value, such as Boolean, float, int, long, string. If we have a little amount of data and do not want to store it in the internal storage, then Shared Preferences is a best option.

* **Database**

Used to store structured data in SQLite Database. If the data is large and it needs to be retrieved quickly then storing the data in structured way in the database is advantageous.

* **Cloud Storage**

Data on Cloud is accessible anywhere if the user has internet connection.

**Pros/cons of each approach for your project:**

* **Internal Storage**

**Pros** - The app specific data of Lifestyle management app can be stored internally.

**Cons** – Uninstalling the app will remove the data, cannot store huge amount of data.

* **External Storage**

**Pros** – If there is large data to store, then external storage would help

**Cons** – Data is accessible by everyone and if the user removes the SD card the data will not be available.

* **Shared Preferences**

**Pros** – It would be useful to store the user settings, for example: The notification/alert enabling or disabling.

**Cons** – If our data to be stored is huge or more than 100 KB then storing it using Shared Preferences is not a good idea

* **Database Storage**

**Pros** – Storing structured data such as storing the breaks, events and monthly schedule will be easier

**Cons** – Data would be lost on app removal

* **Cloud Storage**

**Pros** – Will store the data to be accessed in different devices with login. It will not completely wipe the data in case of un-installation. If the user re-installs the app, the data can be easily accessible.

**Cons** – Not a good option if the user decides to skip the login and use the app offline