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CS-360

3-3 Project One

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**Option 3: Weight-Tracking App**

**Goals**

The goal of Weight Tracker Pro is to give users a simple, secure way to monitor their weight over time while working toward a specific target. Whether someone is trying to lose weight, gain muscle, maintain a healthy range, or prepare for a competition, the app helps them stay focused and consistent. It’s designed to be easy to use, with clear feedback and minimal distractions, so users can quickly log their progress and see how close they are to reaching their goal. By supporting multiple users and offering personalized summaries, Weight Tracker Pro stands out as a practical tool for anyone serious about tracking their weight in a meaningful way.

**Users**

The user of the Weight Tracker Pro app is anyone who wants to monitor their weight with a specific goal in mind. This includes athletes who need to reach a target weight for competition, individuals working on personal health goals like losing or gaining weight, and medical patients who must track their weight regularly for treatment. These users rely on the app to provide a simple, secure, and goal-focused experience that helps them stay consistent and motivated throughout their journey.

UI Design

The user interface design of Weight Tracker Pro is built to be simple, clear, and easy to navigate. Every screen is laid out in a way that avoids clutter and keeps the focus on what matters most tracking progress. The app uses consistent colors and fonts that are easy to read, and the buttons are placed where users naturally expect them to be. Input fields are straightforward and quick to use, making it easy to log new entries. On the dashboard, weight history is shown in a clean table format, and progress toward goals is displayed in a way that’s easy to understand briefly. The overall design helps users spend less time figuring out how to use the app and more time staying on track with their goals.

Weight Tracker Pro uses Kotlin code to connect to a secure local or cloud-based database, allowing for dynamic progress calculation based on user goals. The dashboard retrieves data and displays notifications based on milestone thresholds and goals. Navigation between screens is handled using Android's Jetpack Navigation component, ensuring smooth transitions and consistent user experience. Each UI component is scripted with its own data source, allowing real-time updates and personalized feedback throughout the app. The app's dashboard monitors thresholds and displays celebratory messages when goals are reached.

A screenshot of a mobile phone

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Weight Tracker Pro is designed to fully support your 6-month weight loss journey ranging from 310 lbs. to 250 lbs. with smart, user-focused features. The app includes a progress tracker that shows how much weight you’ve lost and how far you have left to go, keeping your goal front and center. Weekly check-ins remind you to lose weight every seven days, helping you stay consistent. As you hit milestones like every 10 lbs. lost, you’ll receive motivational alerts to celebrate your progress.

A group of cell phones with blue and white text

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A built-in goal countdown tracks how many days remain in your plan, while visual graphs let you see your weight trend over time, keeping you encouraged. This plan is seamlessly built into the app so you can follow it step-by-step, stay accountable, and reach your goal with confidence. Whether you're just starting or already making progress, Weight Tracker Pro keeps you focused, informed, and inspired.