Hypertrophy

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Project Overview

The application is an exercise and nutrition tracker. It also has a calculator page to get relevant information such as TDEE (Total Daily Energy Expenditure), One Rep Max, and Macronutrient-split calculations. The app opens to the homepage and from here the user can choose where they would like to go between ExerciseLog, NutritionLog, and Calculator. In ExerciseLog and Nutrition Log, popups are used to add Exercise or Food objects.

This application was created using Xamarin and C#. Xamarin CommunityToolkit was installed using NuGet Package Manager in order to use popups in Xamarin.

UML Diagram

Diagram

Description automatically generated

Text

Description automatically generated with low confidenceTable

Description automatically generated with medium confidence

Work Assignment

Due to unforeseen circumstances, 2 out of 3 group members were no longer available to assist with the project. As a result, all work on the project was done by me.

References

[c# - Update ObservableCollection from another page/window in UWP - Stack Overflow](https://stackoverflow.com/questions/41520487/update-observablecollection-from-another-page-window-in-uwp) – Idea for Popup

[One-Rep Max Calculator (omnicalculator.com)](https://www.omnicalculator.com/sports/one-rep-max#:~:text=The%20equation%20is%20as%20follows,than%20your%20bench%20press%20maximum.) – One Rep Max formula

[Physical Activity and Controlling Weight (k-state.edu)](https://www.k-state.edu/paccats/Contents/PA/PDF/Physical%20Activity%20and%20Controlling%20Weight.pdf) – TDEE formula