**Fitness app**

**LINKS:**

[**https://github.com/Hussnainzia/Fitness-app.git**](https://github.com/Hussnainzia/Fitness-app.git)

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# PROJECT DESCRIPTION: FITNESS APP

**Project Goal:**

To develop a comprehensive fitness app that empowers users to achieve their health and wellness objectives through personalized workout plans, nutrition tracking, progress monitoring, and a supportive community.

**Target Audience:**

The app will cater to a diverse range of users, including individuals seeking weight loss, muscle gain, improved fitness levels, and overall well-being.

**Key Features:**

* **Personalized Workout Plans:** Generate tailored workout routines based on user fitness goals, experience level, and equipment availability.
* **Exercise Library:** Offer a vast database of exercises with detailed instructions, video demonstrations, and difficulty levels.
* **Nutrition Tracking:** Provide tools for calorie counting, macronutrient tracking, and meal planning to support dietary goals.
* **Progress Tracking:** Monitor user progress through metrics like weight, body measurements, and exercise performance.

**Technologies I worked on**

Front end ( UI)

**Key features/Functionalities/Screens:**

1. **Profile Management**:
   * Creating, selecting, deleting, and renaming profiles.
   * Setting and displaying profile pictures.
2. **Workout Tracking**:
   * Logging and viewing strength training exercises (FontesPagerFragment). o Recording and tracking body weight (WeightFragment).
   * Logging cardio exercises and viewing workout history.
3. **Exercise Data**:
   * Viewing and managing exercise machines (MachineFragment).
   * Accessing and following workout programs (ProgramListFragment).
4. **Progress Tracking**:
   * Tracking body measurements (BodyPartListFragment).
   * Viewing progress pictures (ProgressImagesFragment).
5. **Settings and Preferences**:
   * Customizing app settings (SettingsFragment).
   * Day/night mode selection.
6. **Data Management**:
   * Exporting workout data to CSV format. o Importing workout data from CSV or ZIP files.
   * Database management (deleting and migrating).
7. **Additional Features**:
   * Music control integration.
   * Chronometer for tracking workout duration. o Introduction/tutorial screens for new users.

**Dependencies/Libraries Used**:

1. **Android Support Libraries**: For compatibility and UI elements.
2. **CircularImageView**: For displaying profile pictures in a circular format.
3. **KToast**: For displaying customized toast messages.
4. **SweetAlert**: For displaying customizable alert dialogs.
5. **SQLite**: For database management.
6. **MusicController**: A custom class for music control.
7. **ImageUtil**: A custom class for image handling.
8. **DateConverter**, **FileNameUtil**, **UnitConverter**: Custom utility class

**SCREEN SHOT (UI):**









