

WALK-IN-WELLNESS

(A FITNESS APP)

PROJECT NO- 17

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Project Guide:

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Introduction

It designed to help individuals track their exercise routines, set fitness goals, and monitor their progress.

various features (such as workout plans exercise videos, calorie trackers, and nutrition)

customize own fitness plans (such as weight loss, muscle gain, or overall fitness).

RELATED WORKS



**HOME
WORKOUT**



**NIKE
FITNESS**



**LOSS
WEIGHT**



**ARM
WORKPIT**

Objectives:

1. Motivate
2. Track progress
3. Competition
4. Nutrition Tracking
5. Workout Variety

Values and Aims:

1. Health
2. Wellness

3. Personalization
4. Healthy behavior change
5. consistency

6. Convenience
7. Education

Technologies & Software Used

FLUTTER (frame work)

DART (language)

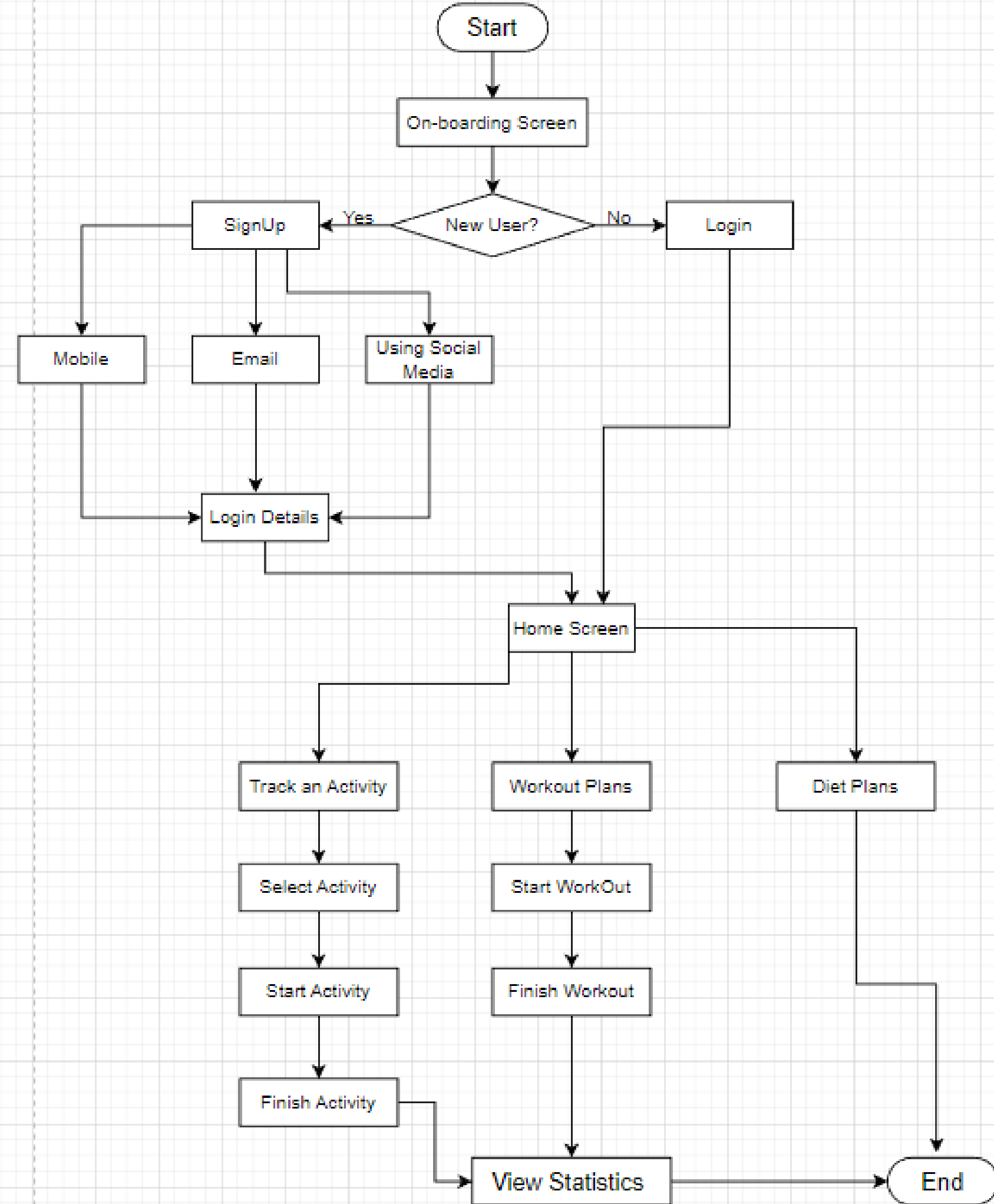
FIGMA (design the screen)

Firebase (Backend)

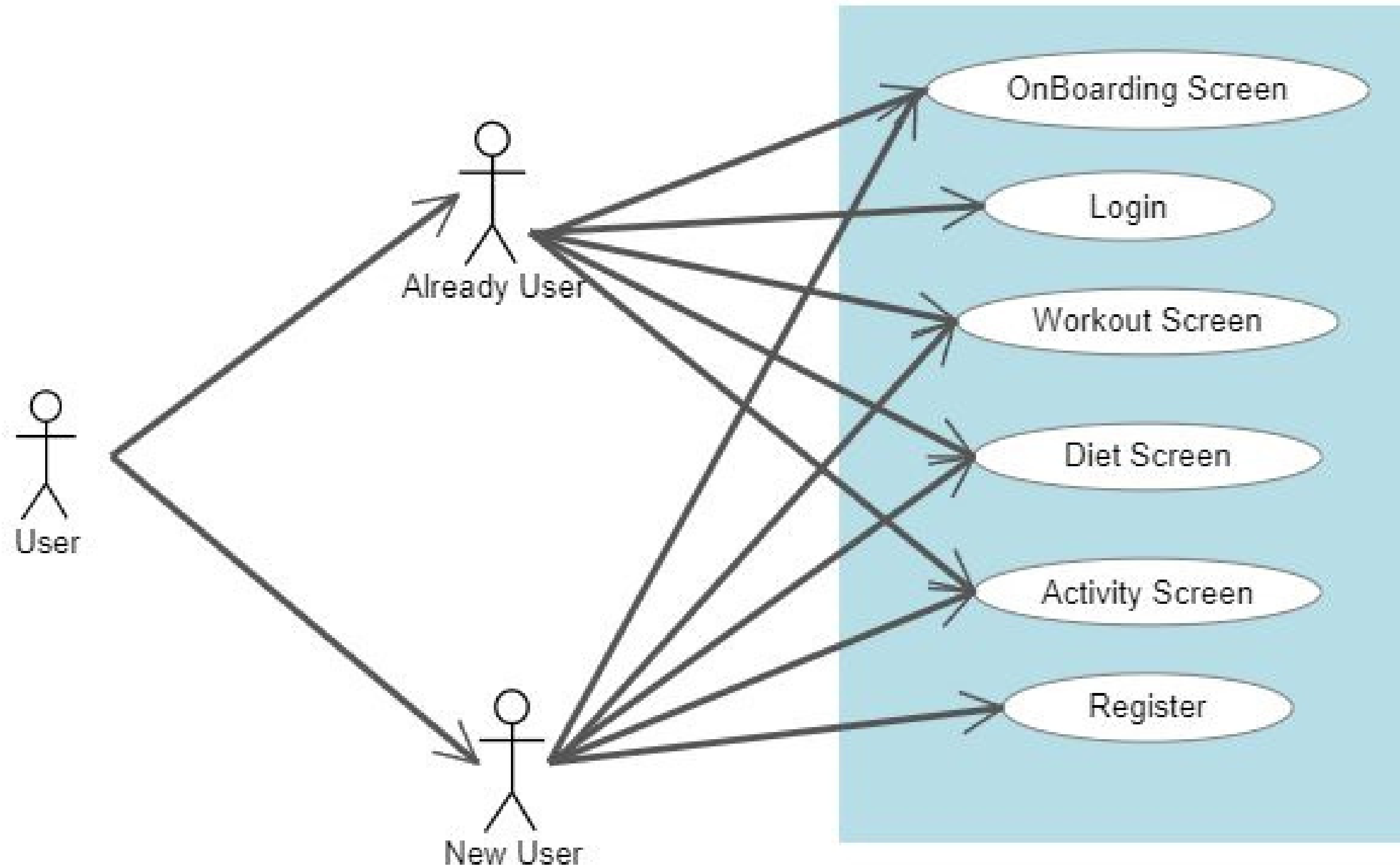
Android studio

vs-code

FLOW CHART



USE-CASE



OUTCOMES :

- Better overall health
- Improved mental
- Better sleep quality
- Stronger immune system
- Improved self-esteem
- Enhanced social support

Future Scope of the Project :

- (1).Gamification (make fitness more fun and engaging).
- (2).Voice command (hands-free use during workouts).
- (3). Augmented and virtual reality for immersive fitness experiences.

References:



<https://docs.flutter.dev/> (for documentation)



Flutter for Beginners (guide to learning Flutter and Dart 2.X)

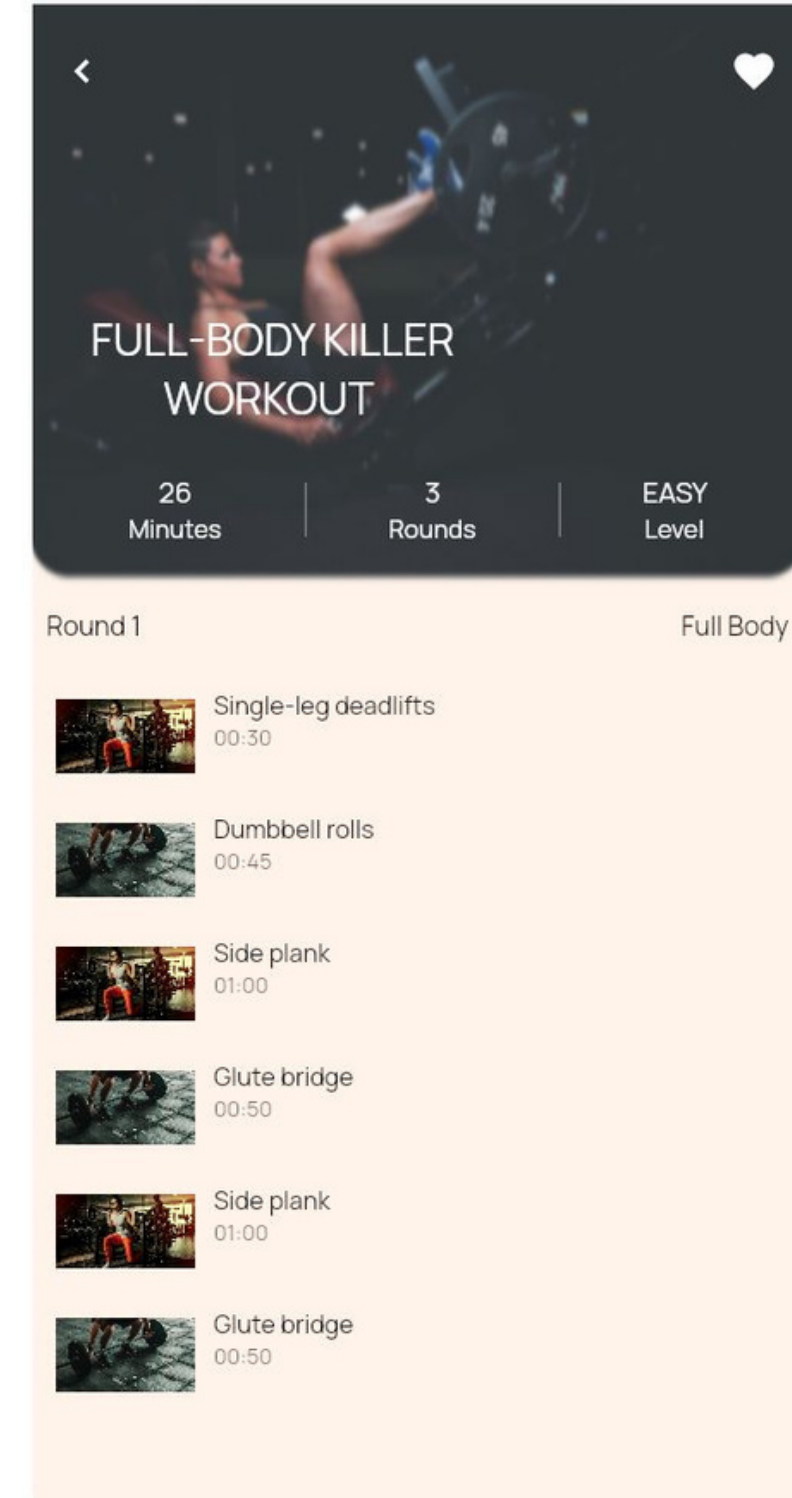
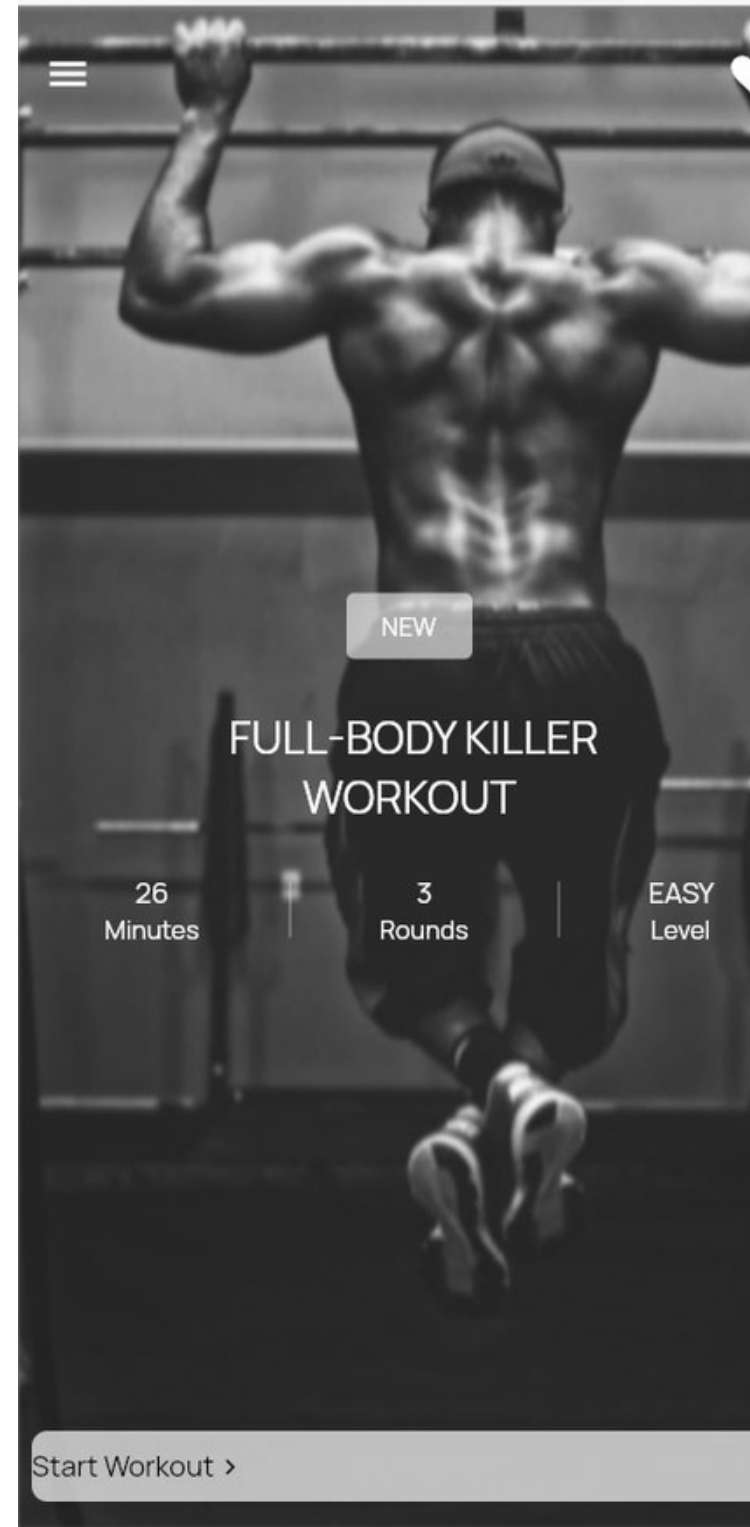
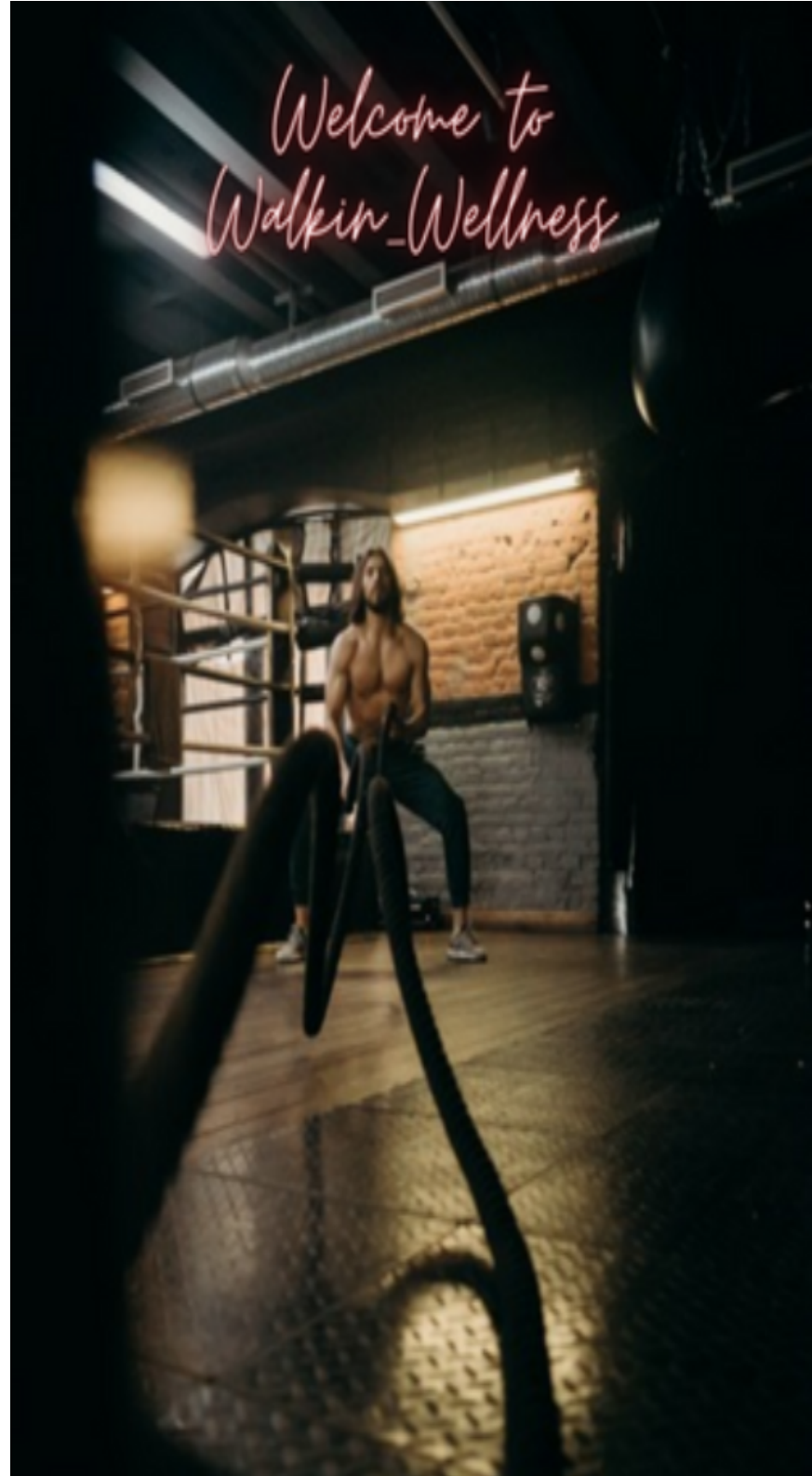


Beginning Flutter (Guide to App DevelopFirebase Essentials

- Android Edition: Simplified guide to develop real-time, scalable, and cloud-enabled Android apps (Firebase Essentials) by Neil Smythmentby Marco L. Napoli)

Work After P1

Workouts




```

import ...

class OnBoardingPage extends StatefulWidget {
  const OnBoardingPage({Key? key}) : super(key: key);

  @override
  State<OnBoardingPage> createState() => _OnBoardingPageState();
}

class _OnBoardingPageState extends State<OnBoardingPage> {
  int currentPage = 0;
  PageController _pageController = PageController(initialPage: 0);
  AnimatedContainer dotIndicator(index) {
    return AnimatedContainer(
      margin: EdgeInsets.only(right: 5),
      duration: Duration(milliseconds: 400),
      height: 12,
      width: 12,
      decoration: BoxDecoration(
        color: currentPage == index ? kPrimaryColor : kSecondaryColor,
        shape: BoxShape.circle,
      ), // BoxDecoration
    ); // AnimatedContainer
  }

  Future setSeenonboard() async {
    SharedPreferences prefs = await SharedPreferences.getInstance();
    seenOnboard = await prefs.setBool('seenOnboard', true);
    // this will set seenOnboard to true when running onboard page for first time
  }

  @override
  void initState() {
    super.initState();
    setSeenonboard();
  }

  @override
  Widget build(BuildContext context) {
    SizeConfig().init(context);
    double sizeH = SizeConfig.blockSizeH!;
    double sizeV = SizeConfig.blockSizeV!;
    return Scaffold(

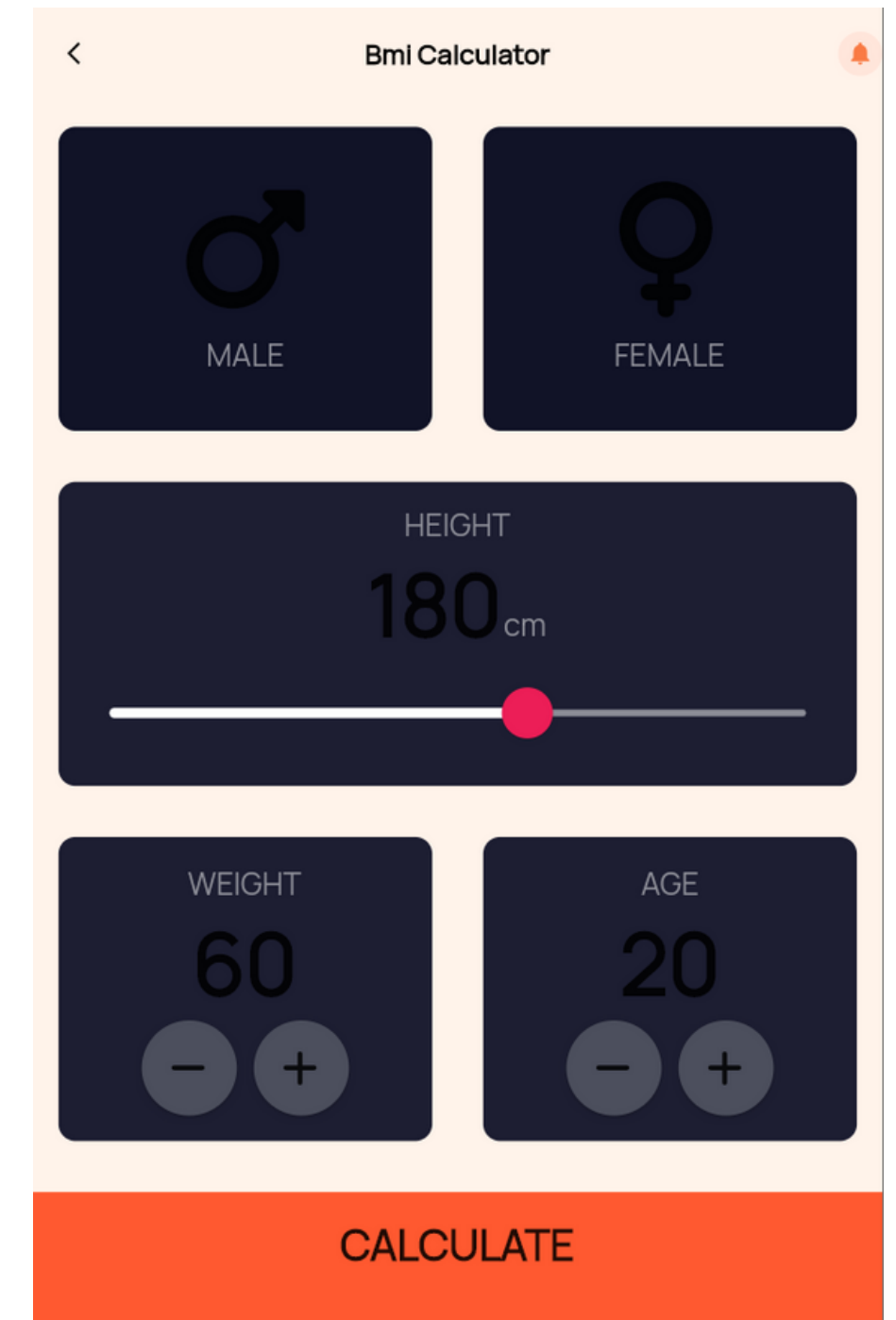
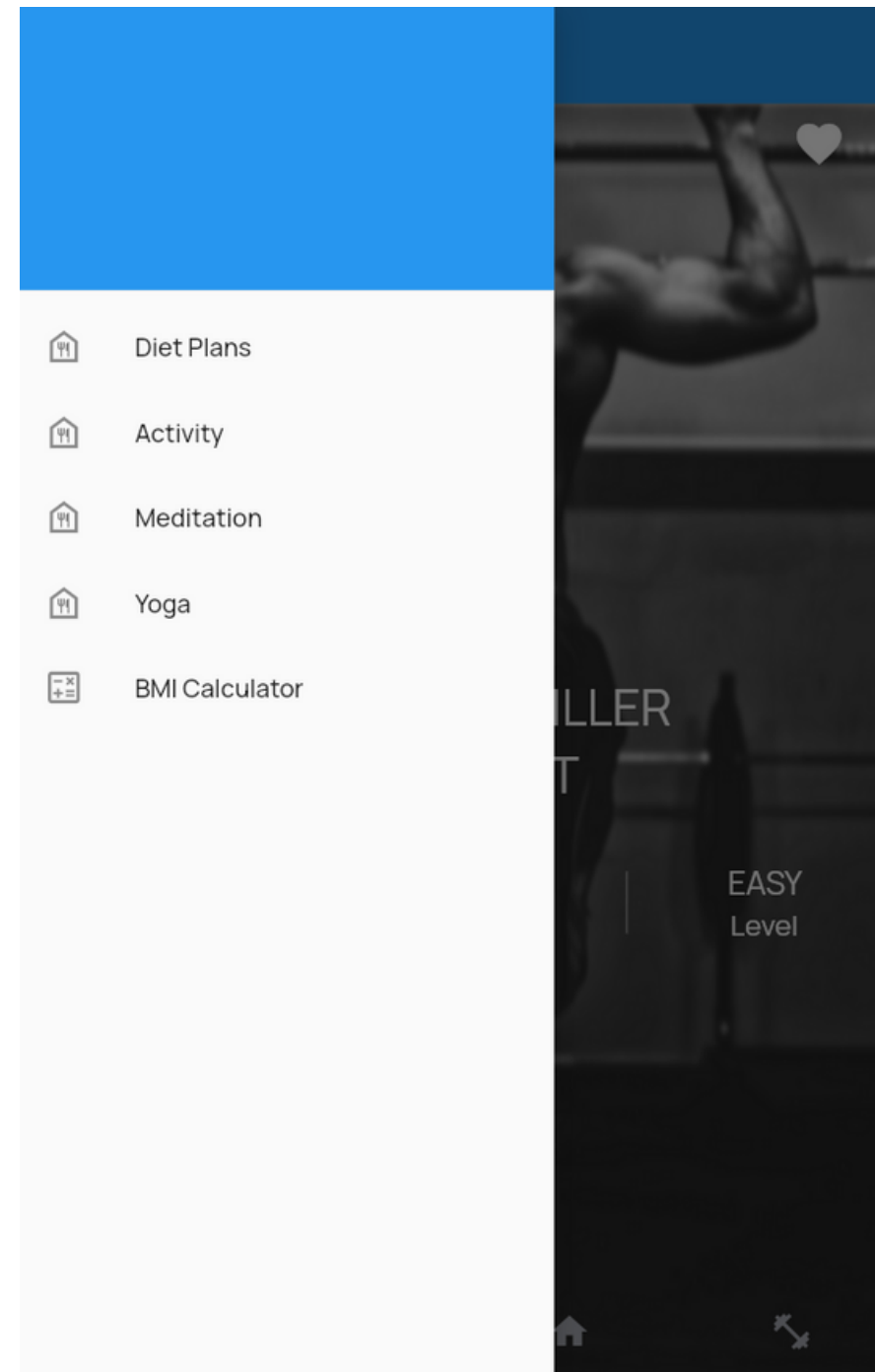
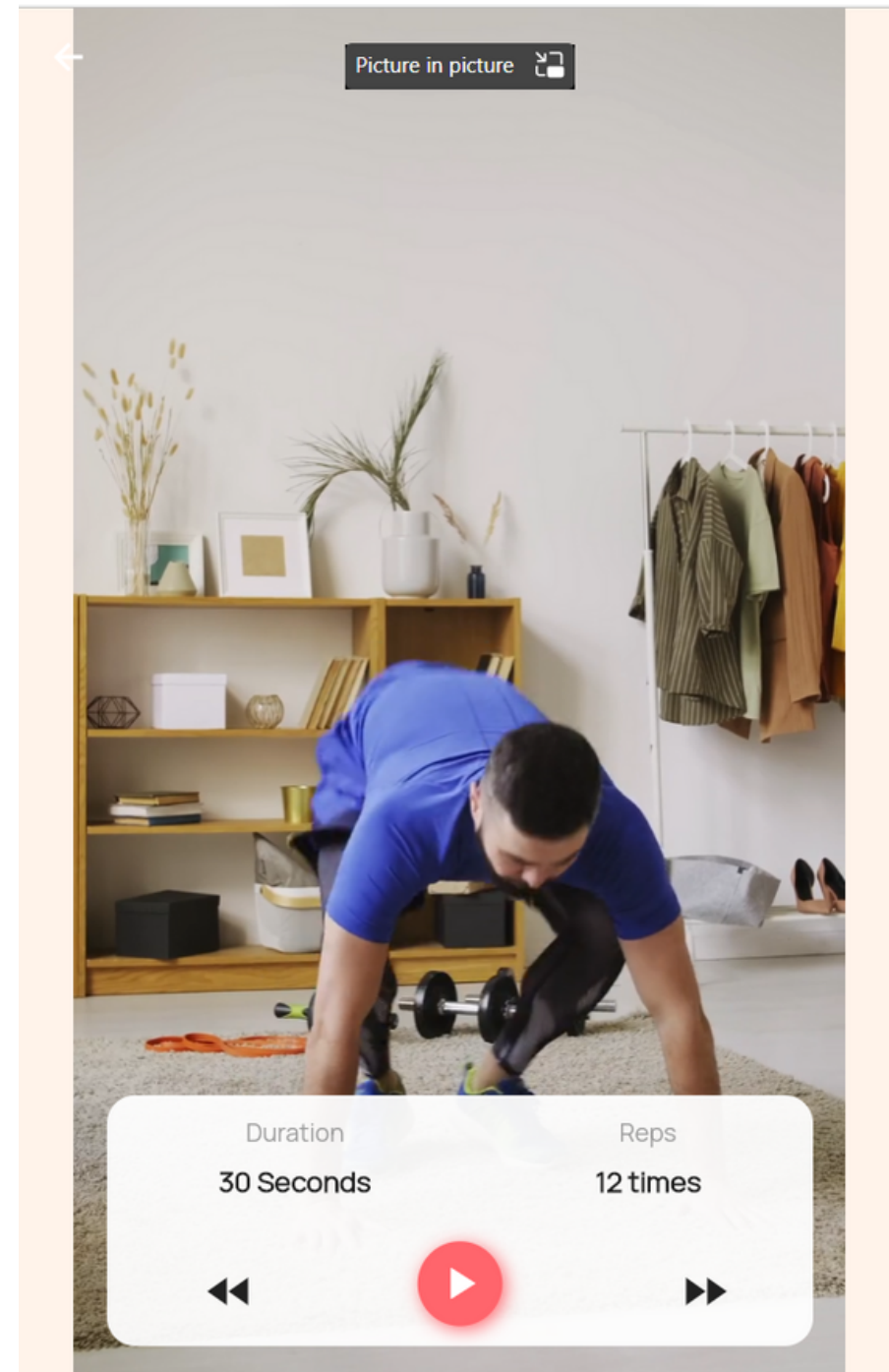
```

```

    children: [
      Stack(
        children: [
          Container(
            height: 370,
            decoration: BoxDecoration(
              image: DecorationImage(
                image: AssetImage('assets/images/workout1.jpg'),
                fit: BoxFit.cover,
                alignment: Alignment.center), // DecorationImage
              borderRadius: BorderRadius.only(
                bottomLeft: Radius.circular(25.0),
                bottomRight: Radius.circular(25.0),
              ), // BorderRadius.only, BoxDecoration
            child: BackdropFilter(
              filter: ImageFilter.blur(sigmaX: 1, sigmaY: 2),
            child: Container(
              color: Colors.white.withOpacity(.123),
            ), // Container
          ), // BackdropFilter
        ), // Container
      Positioned(
        top: 20,
        left: 10,
        right: 10,
        child: Row(
          mainAxisAlignment: MainAxisAlignment.spaceBetween,
          children: [
            IconButton(
              onPressed: () => Navigator.pop(context),
              icon: Icon(Icons.chevron_left),
              iconSize: 30,
              color: Colors.white,
            ), // IconButton
            IconButton(
              onPressed: () {},
              icon: Icon(Icons.favorite),
              iconSize: 30,
              color: Colors.white,
            ), // IconButton
          ],
        ), // Row

```

Video Clip, Menu, BMI




```
import ...

bool? seenOnboard;
Future<void> main() async {
  WidgetsFlutterBinding.ensureInitialized();
  SystemChrome.setEnabledSystemUIMode(SystemUiMode.manual,
    overlays: [SystemUiOverlay.bottom, SystemUiOverlay.top]);
  SharedPreferences pref = await SharedPreferences.getInstance();
  seenOnboard = pref.getBool('seenOnboard') ?? false; //if null set to false
  runApp(const MyApp());
}

class MyApp extends StatelessWidget {
  const MyApp({super.key});
  @override
  Widget build(BuildContext context) {
    return MaterialApp(
      title: 'Walk_in Wellness',
      debugShowCheckedModeBanner: false,
      theme: ThemeData(
        textTheme: GoogleFonts.manropeTextTheme(
          Theme.of(context).textTheme,
        ), // textTheme: GoogleFonts,
        primarySwatch: Colors.blue,
        scaffoldBackgroundColor: kScaffoldBackground,
      ), // ThemeData
      home: seenOnboard == true ? SignUpPage() : OnBoardingPage(),
    ); // MaterialApp
  }
}

// this is dart file
```

```
children: [
  Stack(
    children: [
      Container(
        height: 370,
        decoration: BoxDecoration(
          image: DecorationImage(
            image: AssetImage('assets/images/workout1.jpg'),
            fit: BoxFit.cover,
            alignment: Alignment.center), // DecorationImage
          borderRadius: BorderRadius.only(
            bottomLeft: Radius.circular(25.0),
            bottomRight: Radius.circular(25.0),
          ), // BorderRadius.only, BoxDecoration
        ),
        child: BackdropFilter(
          filter: ImageFilter.blur(sigmaX: 1, sigmaY: 2),
          child: Container(
            color: Colors.white.withOpacity(.123),
          ), // Container
        ), // BackdropFilter
      ), // Container
      Positioned(
        top: 20,
        left: 10,
        right: 10,
        child: Row(
          mainAxisAlignment: MainAxisAlignment.spaceBetween,
          children: [
            IconButton(
              onPressed: () => Navigator.pop(context),
              icon: Icon(Icons.chevron_left),
              iconSize: 30,
              color: Colors.white,
            ), // IconButton
            IconButton(
              onPressed: () {},
              icon: Icon(Icons.favorite),
              iconSize: 30,
              color: Colors.white,
            ), // IconButton
          ],
        ), // Row
      ),
    ],
  ),
```

```
@override
_LoginPageState createState() => _LoginPageState();
}

class _LoginPageState extends State<LoginPage> {
  final _loginKey = GlobalKey<FormState>();
  void onSubmit() {...}
  List<FocusNode> _loginFocusNodes = [...];
  @override
  void initState() {...}
  @override
  Widget build(BuildContext context) {
    double height = SizeConfig.blockSizeV!;
    return Stack(
      children: [
        Positioned(
          bottom: height * 3,
          child: Container(
            child: Text("Hyy"),
          ), // Container
        ), // Positioned
        Scaffold(
          backgroundColor: Colors.transparent,
          body: CustomScrollView(
            slivers: [
              SliverFillRemaining(
                hasScrollBody: false,
                child: Column(
                  children: [
                    Expanded(...), // Expanded
                    Expanded(...), // Expanded
                  ],
                ), // Column
            ], // SliverFillRemaining
          ), // CustomScrollView
        ), // Scaffold
      ],
    );
```

Thank
You

