

MOBILE APP DEVELOPMENT

Kreton Health App

Table of Contents

Title

1. Introduction
 - 1.1 Health App
 - 1.2 Kreton Health App
2. Objective
3. The App process Flow
 - 3.1 Android Studio Work Flow
 - 3.2 Kreton App Work Flow
4. Technology Used
 - 4.1 Android Studio
 - 4.2 Firebase
5. Implementation
6. Sample Output
7. Code
8. Conclusion

1.INTRODUCTION

1.1 Health App:

Mobile technologies are fast developing and it has completely changed the way we interact and provide healthcare services. The rapid spread of mobile technologies and inventive applications to address health related problems has evolved into a new field known as mobile-Health.

By designing and developing mobile-Health application software, which can be used by patients via an android smartphone that is used to solve their simple problems in home itself rather than visiting the hospitals.

1.2 Kreton Health App:

Kreton is basically a German word which means enlightening. The basic idea of this project is to make life simpler, easier and efficient. This mainly focuses on providing solutions for basic health problems basically like a small 'Physiotherapy App'.

Our modern lifestyle with all perks and benefits has started showing its results on our body by providing neck & back strain and knee pain on every day basis and many more on list but this is just not restricted to adults even kids are affected with our modern lifestyle. This method of healing uses non-surgical methods and involves mostly exercises.

2.OBJECTIVE:

- The objective of this project is to share my experience about rolling growth of mobile health app and my process of creating the Kreton Health app.
- And I implemented few ideas in my app to make people more easier and efficient to use for any age groups and also about the acceptance of health apps by end-users.
- The model will be employed in order to have an effective workflow for the development of the mobile-Health application software.

3.THE APP PROCESS FLOW:

3.1 Android Studio work flow:

The basic steps for developing applications:

1) **Environment Setup:**

During this phase we install and set up your development environment and also can create Android Virtual Devices (AVDs) and connect hardware devices on which you can install your applications.

2) **Project Setup and Development:**

During this you set up and develop your Android Studio project and application modules, which contain all of the source code and resource files for your application.

3) **Building, Debugging and Testing:**

During this phase you build your project into a debuggable .apk package(s) that you can install and run on the emulator or an Android-powered device. Android Studio uses a build system based on Gradle. If you're using another IDE, you can build your project using Gradle and install it on a device using adb.

Next, with Android Studio debug your application with the SDK debugging and logging tools.

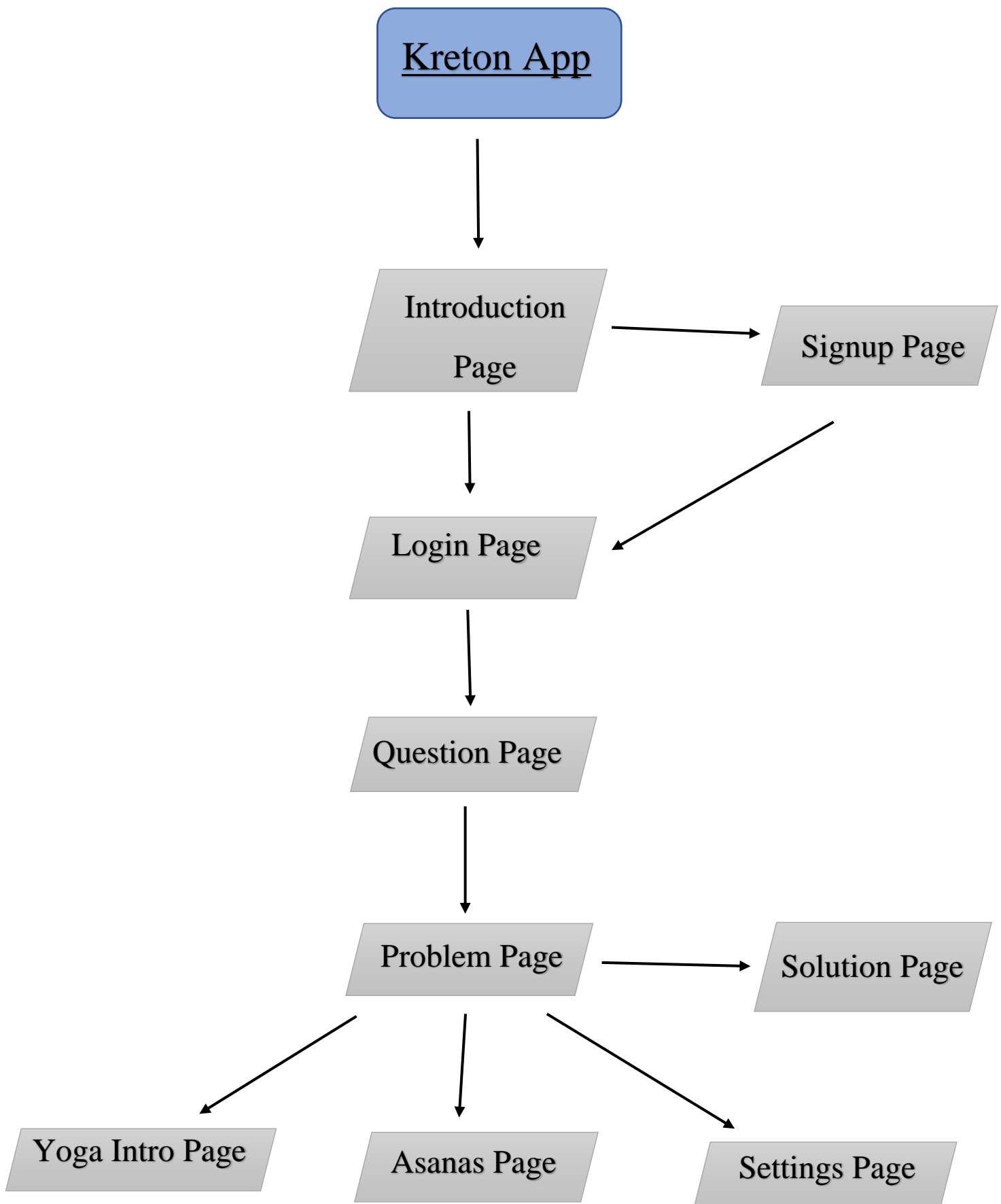
Last it test your application with the testing and instrumentation framework.

4) **Publishing:**

During this phase you configure and build your application for release and distribute your application to users.



3.2 Kreton App work flow:



4. Technology used:

4.1 Android Studio:

- **Android Studio** is the official Integrated Development Environment (IDE) for android application development. Android Studio provides more features that enhance our productivity while building Android apps.
- It provides build-in supports for Google Cloud Platform. It makes it easy to integrate Google Cloud Messaging and App Engine.



The Android Studio project contains one or more modules with resource files and source code files. These include different types of modules:

- i. Android app modules
- ii. Library modules
- iii. Google App Engine modules

Gradle build used as the foundation of the build system in Android Studio. It uses more Android-specific capabilities provided by the Android plugin for Gradle. This build system runs independently from the command line and integrated tool from the Android Studio menu.

Android SDK Build-Tools is a component of the Android SDK required for building Android apps. It's installed in the <sdk>/build-tools/ directory.

4.2 Firebase:

- Firebase is a product of Google which helps developers to build, manage, and grow their apps easily. It helps developers to build their apps faster and in a more secure way.
- No programming is required on the firebase side which makes it easy to use its features more efficiently.
- It provides services to android, ios, web, and unity. It provides cloud storage. It uses NoSQL for the database for the storage of data.
- Firebase Authentication service provides easy to use UI libraries and SDKs to authenticate users to your app. It reduces the manpower and effort required to develop and maintain the user authentication service. It even handles tasks like merging accounts, which if done manually can be hectic.
- The concept of utilizing the space of authentication is to reduce the time and complexity of something which is standardized and not to waste the developers focus on building something.



5.Implementation:

First, I downloaded the Android Studio App from google and run the zip file. It will start the installation meanwhile it will be finding the available SDK components.

5.1 Create an Android project:

- Then Welcome to Android Studio window opens click on Create New Project. If you have a project already just import it.
- In the Select a Project Template window, select Empty Activity and click Next.
- Enter your app name in the name field and enter "com.example.app name" in the package name field. You can also change the project to a different folder and save the location Select either Java or Kotlin from the Language menu.
- Select the lowest version of Android you want your app to support in the Minimum SDK field.
- First, be sure the Project window is open and the Android view is selected from the drop-down list at the top of that window.

You can then see the following files:

app > java > com.example.myfirstapp > MainActivity

This is the main activity. It's the entry point for your app. When you build and run your app, the system launches an instance of this Activity and loads its layout.

app > res > layout > activity_main.xml

This XML file defines the layout for the activity's user interface . It contains a TextView element with the text "Hello, World!"

app > manifests > AndroidManifest.xml

The manifest file describes the fundamental characteristics of the app and defines each of its components.

Gradle Scripts > build.gradle

There are two files with this name: one for the project, "Project: My_First_App," and one for the app module, "Module:

My_First_App.app." Each module has its own build.gradle file, Use each module's build.gradle file to control how the Gradle plugin builds your app.

5.2 To run the app on an emulator:

In Android Studio, create an Android Virtual_Device_ that the emulator can use to install and run your app.

In the toolbar, select your app from the run/debug configurations drop-down menu.

From the target device drop-down menu, select the AVD that you want to run your app on. Click Run .

Android Studio installs the app on the AVD and starts the emulator.

5.3 To create a layout:

Constraint Layout is a layout that defines the position for each view based on constraints to sibling views and the parent layout.

In the Palette panel, click the required design option needed to insert in your page.

1. Drag the design widget into the design editor and drop it near the right side.
2. Create a constraint by locking the dots to sides of the page.

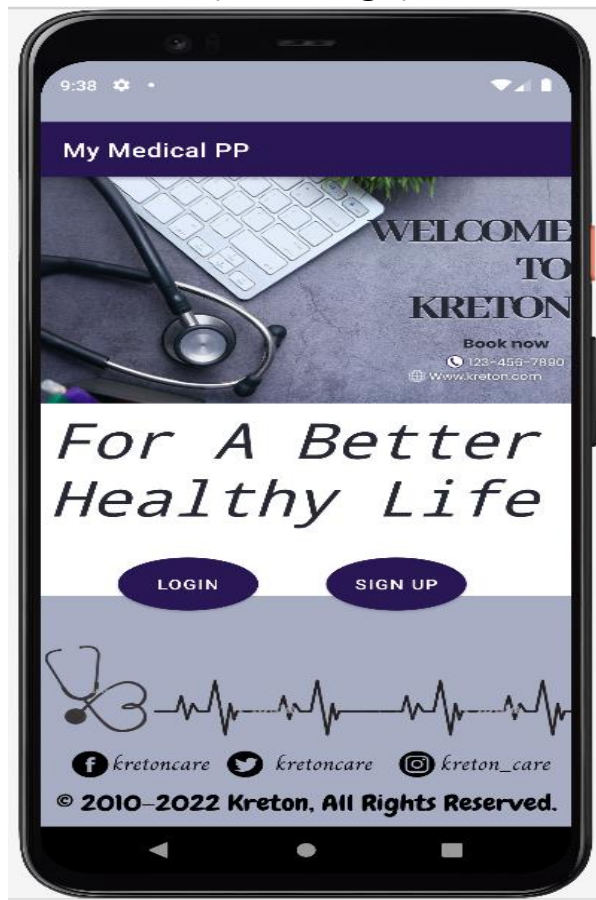
5.4 Start another activity page:

In the **Project** window, right-click the app folder and select **New > Activity > Empty Activity** and name the activity then click finish.

If you run the app and tap the button on the first activity, the second activity starts but is empty. This is because the second activity uses the empty layout provided by the template.

6.Sample Output:

(Intro Page)



(Login Page)

LOGIN

Enter Your Email

Enter Your Password

SUBMIT

A decorative footer with a light blue background. It features an illustration of two healthcare workers in blue scrubs attending to a patient. To the right, there is a speech bubble with a heart icon and the text 'Life is What you Make of it.'. Other medical icons like a stethoscope, a clipboard, a pill bottle, and a first aid kit are also present.

Sign Up

Name:

Phone No:

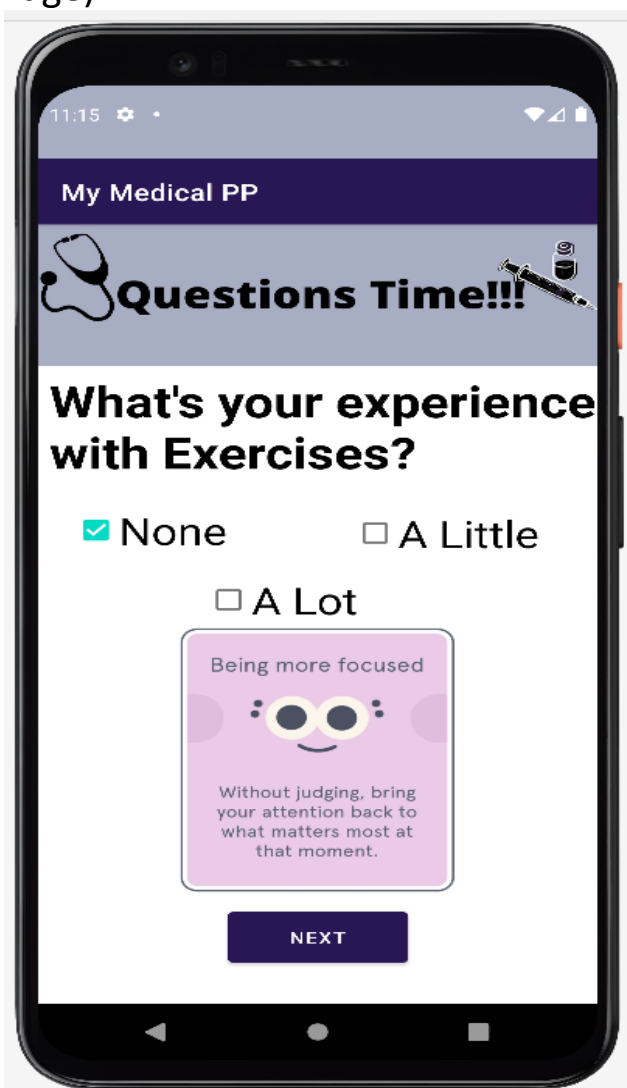
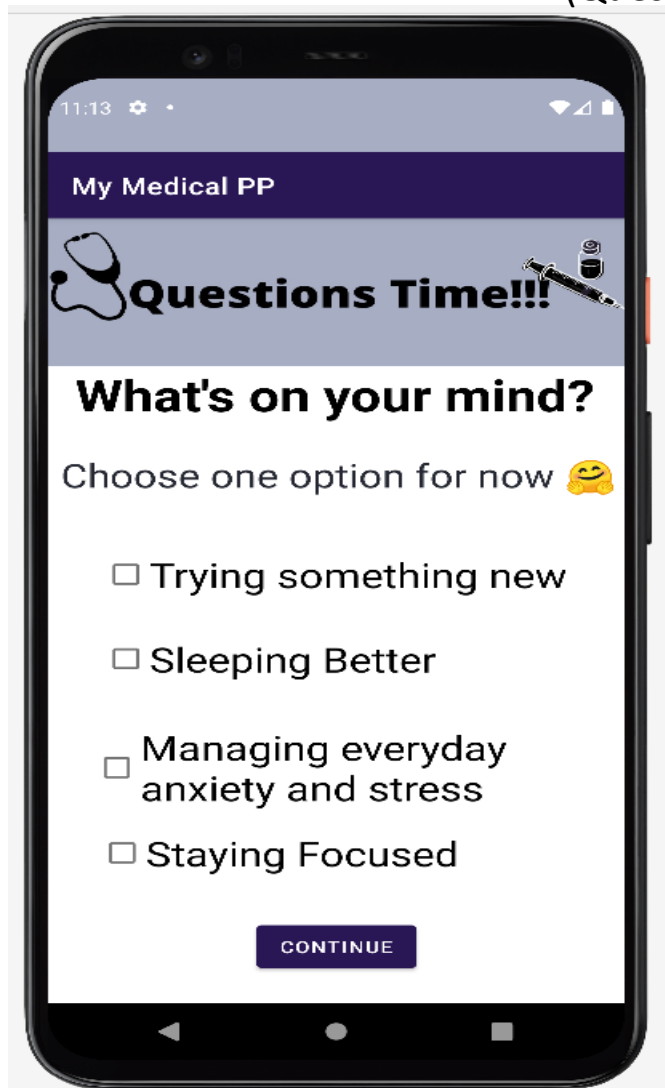
Email:

Password:

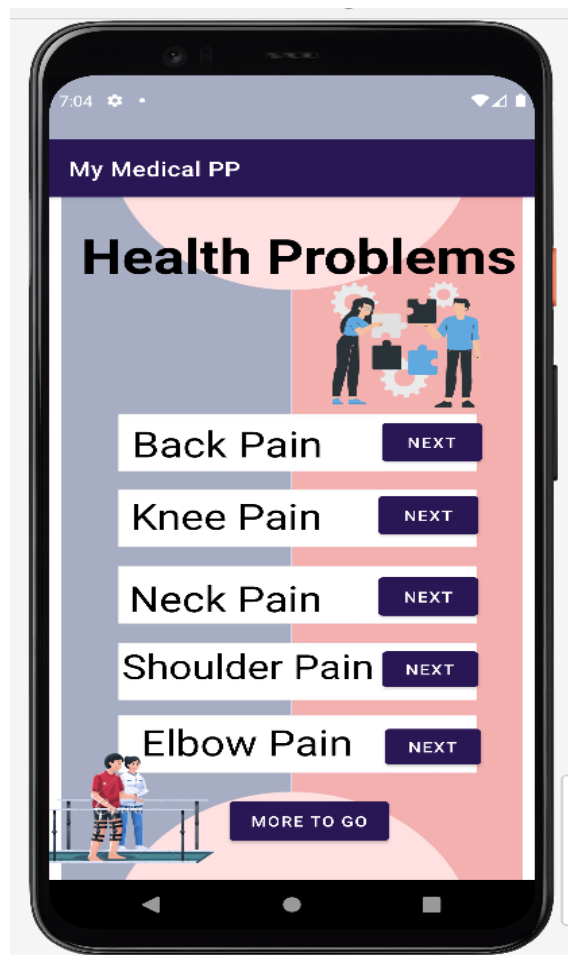
SIGN UP

A decorative footer with a light blue background. It features an illustration of two healthcare workers in blue scrubs attending to a patient. To the right, there is a speech bubble with a heart icon and the text 'Life is What you Make of it.'. Other medical icons like a stethoscope, a clipboard, a pill bottle, and a first aid kit are also present.

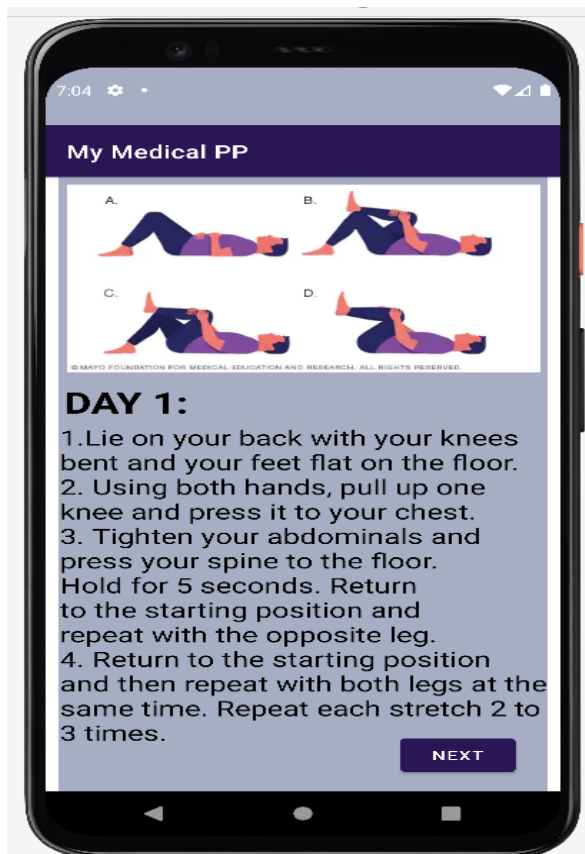
(Sign Up Page)



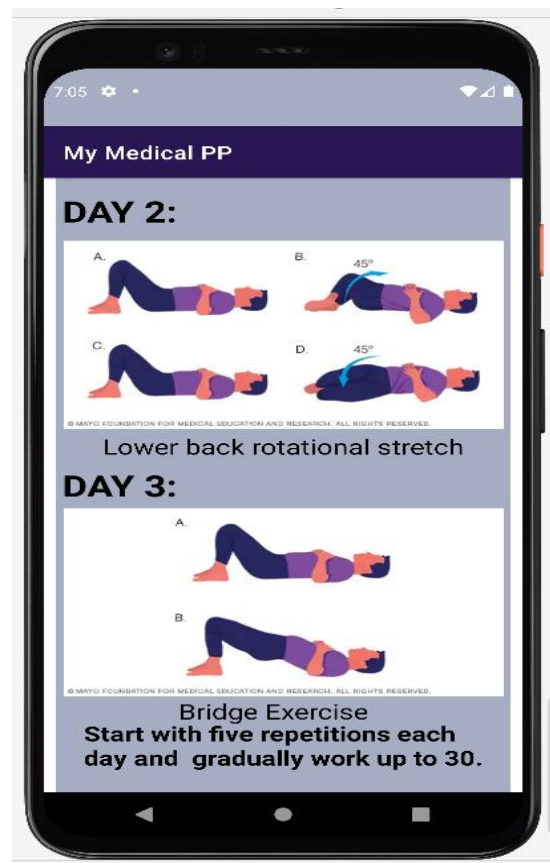
(Problem Page)



(Solutions Page)



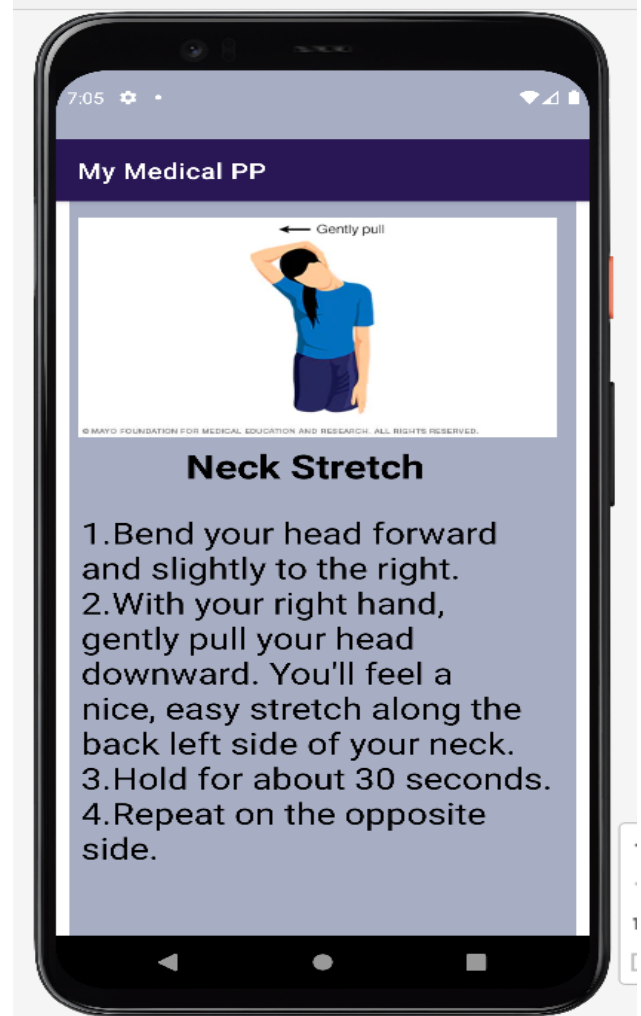
Back Pain



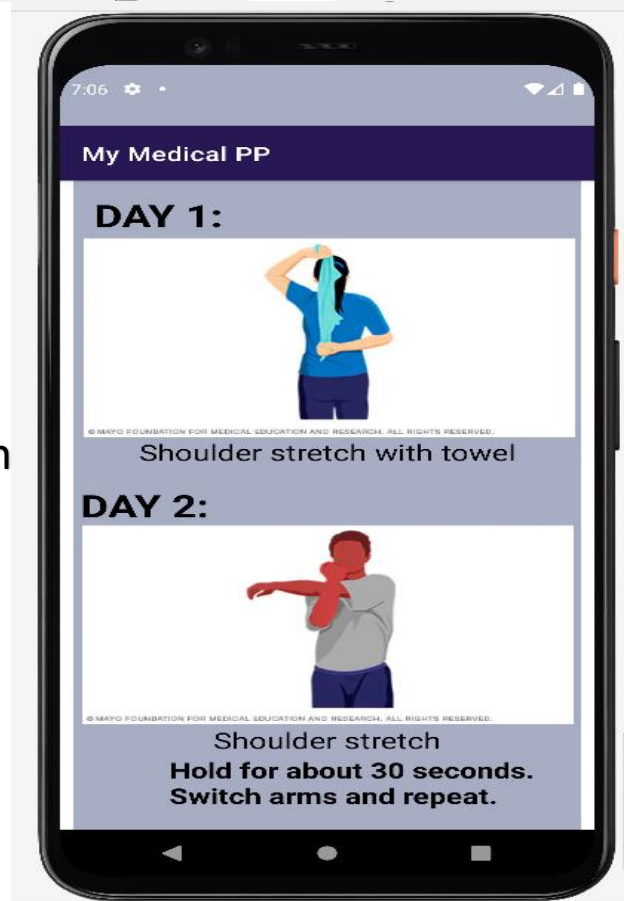
Knee Pain



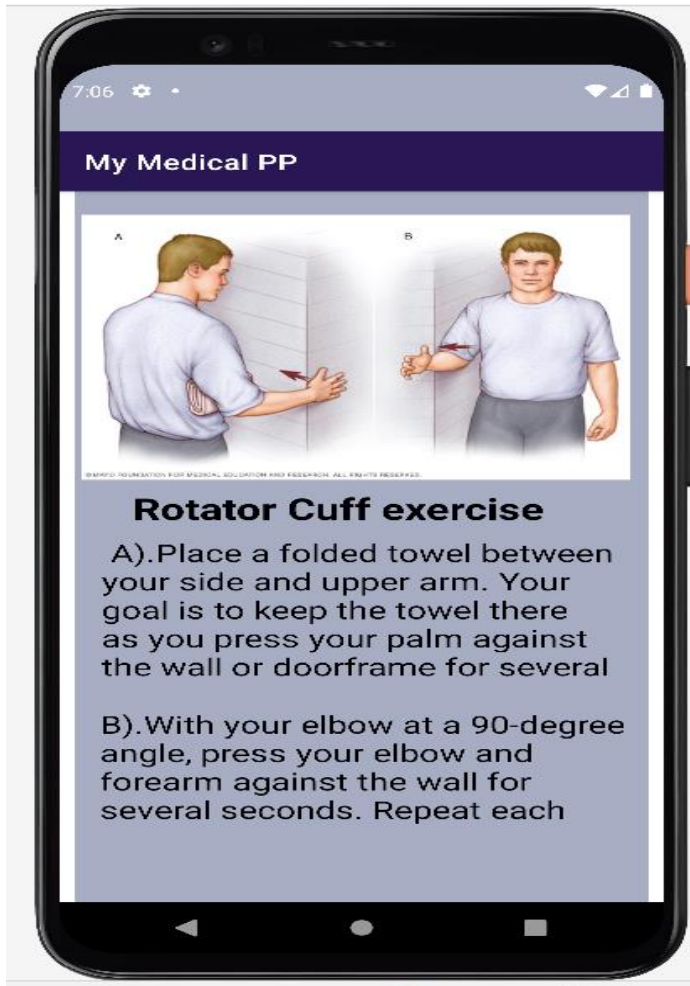
Neck Pain



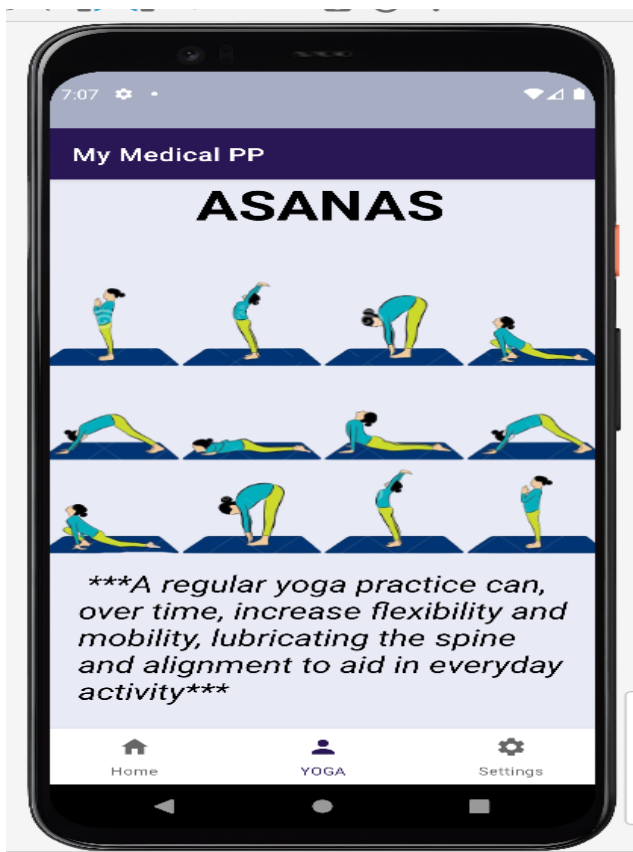
Shoulder Pain



Elbow Pain



(Yoga Intro Page)



(Asanas Page)



(Settings Page)

7.Code:

7.1.build.gradle:

```
android {  
    compileSdk 32  
  
    defaultConfig {  
        applicationId "com.example.mymedicalpp"  
        minSdk 21  
        targetSdk 32  
        versionCode 1  
        versionName "1.0"  
  
        testInstrumentationRunner "androidx.test.runner.AndroidJUnitRunner"  
    }  
  
    buildTypes {  
        release {  
            minifyEnabled false  
            proguardFiles getDefaultProguardFile('proguard-android-  
optimize.txt'), 'proguard-rules.pro'  
        }  
    }  
    buildFeatures{  
        viewBinding true  
    }  
    compileOptions {  
        sourceCompatibility JavaVersion.VERSION_1_8  
        targetCompatibility JavaVersion.VERSION_1_8  
    }  
}  
dependencies {  
    implementation 'androidx.appcompat:appcompat:1.4.2'  
    implementation 'com.google.android.material:material:1.6.1'  
    implementation 'androidx.constraintlayout:constraintlayout:2.1.4'  
    implementation 'androidx.mediarouter:mediarouter:1.3.0'  
    implementation 'androidx.preference:preference:1.2.0'  
    testImplementation 'junit:junit:4.13.2'  
    androidTestImplementation 'androidx.test.ext:junit:1.1.3'  
    androidTestImplementation 'androidx.test.espresso:espresso-core:3.4.0'  
    implementation "com.airbnb.android:lottie:5.2.0"  
    implementation 'com.google.firebase:firebase-analytics:21.1.0'  
    implementation 'com.google.firebase:firebase-auth:21.0.6'  
    implementation 'com.google.firebase:firebase-firestore:24.2.1'  
    implementation 'com.google.firebase:firebase-storage:20.0.1'  
    implementation "androidx.cardview:cardview:1.0.0"
```

```

implementation "androidx.appcompat:appcompat:1.4.2"
implementation "androidx.recyclerview:recyclerview:1.2.1"
}

```

7.2 strings.xml:

```

<resources>
    <string name="app_name">My Medical PP</string>
    <string name="enter_your_email">Enter Your Email</string>
    <string name="login">LOGIN</string>
    <string name="phone_no">Phone No:</string>
    <string name="name">Name</string>
    <string name="Continue">Continue</string>
    <string name="txt2">Refer A Friend</string>
    <string name="txt3">Rate Us</string>
    <string name="txt4">Feedback</string>
    <string name="txt5">Settings</string>
    <!-- TODO: Remove or change this placeholder text -->
    <string name="hello_blank_fragment">Hello blank fragment</string>
</resources>

```

7.3 colors.xml:

```

<?xml version="1.0" encoding="utf-8"?>
<resources>
    <color name="purple_200">#FFBB86FC</color>
    <color name="purple_500">#FF6200EE</color>
    <color name="purple_700">#FF3700B3</color>
    <color name="teal_200">#FF03DAC5</color>
    <color name="teal_700">#FF018786</color>
    <color name="black">#FF000000</color>
    <color name="white">#FFFFFFFF</color>
    <color name="army">#9075A8</color>
</resources>

```

7.4. menu.xml:

```

<?xml version="1.0" encoding="utf-8"?>
<menu xmlns:tools="http://schemas.android.com/tools"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:android="http://schemas.android.com/apk/res/android">
    <item
        android:id="@+id/homee"
        android:icon="@drawable/ic_baseline_home_24"
        android:title="Home" />

```



```

<item
    android:id="@+id/profile"
    android:icon="@drawable/ic_baseline_person_24"
    android:title="YOGA" />
<item
    android:id="@+id/settings"
    android:icon="@drawable/ic_baseline_settings_24_new"
    android:title="Settings" />
</menu>

```

7.5 activity_main.xml(Front Intro Page):

```

<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
    xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    tools:context=".MainActivity">

    <TextView
        android:id="@+id/textView"
        android:layout_width="386dp"
        android:layout_height="260dp"
        android:shadowColor="@color/black"
        android:text="For A Better Healthy Life"
        android:textColor="#262933"
        android:textSize="50sp"
        android:textStyle="italic"
        android:typeface="monospace"
        app:layout_constraintBottom_toBottomOf="parent"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintHorizontal_bias="1.0"
        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toTopOf="parent"
        app:layout_constraintVertical_bias="0.582" />

    <ImageView
        android:id="@+id/imageView2"
        android:layout_width="422dp"
        android:layout_height="231dp"
        app:layout_constraintBottom_toBottomOf="parent"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintHorizontal_bias="0.545"
        app:layout_constraintStart_toStartOf="parent"

```

```
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.0"
app:srcCompat="@drawable/liceria" />
```

<Button

```
android:id="@+id/loginn"
android:layout_width="104dp"
android:layout_height="54dp"
android:background="@drawable/button"
android:text="LOGIN"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.198"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.638" />
```

<Button

```
android:id="@+id/signupp"
android:layout_width="104dp"
android:layout_height="54dp"
android:background="@drawable/button"
android:text="SIGN UP"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.732"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.638" />
```

<ImageView

```
android:id="@+id/imageView3"
android:layout_width="417dp"
android:layout_height="506dp"
android:layout_marginTop="292dp"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:srcCompat="@drawable/co" />
```

</androidx.constraintlayout.widget.ConstraintLayout>

7.6 activity_loginup (loginup page):

```
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
```

```
xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"
android:layout_height="match_parent"
tools:context=".Loginup">
```

<TextView

```
    android:id="@+id/textView3"
    android:layout_width="282dp"
    android:layout_height="96dp"
    android:layout_alignParentStart="true"
    android:layout_alignParentTop="true"
    android:layout_alignParentEnd="true"
    android:layout_alignParentBottom="true"
    android:layout_marginStart="87dp"
    android:layout_marginTop="3dp"
    android:layout_marginEnd="42dp"
    android:layout_marginBottom="632dp"
    android:text="@string/login"
    android:textColor="#262933"
    android:textSize="80sp"
    android:textStyle="bold"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.496"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.025" />
```

<TextView

```
    android:id="@+id/textView6"
    android:layout_width="256dp"
    android:layout_height="65dp"
    android:layout_alignParentEnd="true"
    android:layout_alignParentBottom="true"
    android:text="Enter Your Password"
    android:textColor="@color/black"
    android:textSize="25sp"
    android:textStyle="bold"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.173"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent" />
```

<ImageView

```
android:id="@+id/imageView4"
android:layout_width="414dp"
android:layout_height="236dp"
android:layout_alignParentStart="true"
android:layout_alignParentTop="true"
android:layout_alignParentEnd="true"
android:layout_alignParentBottom="true"
android:layout_marginStart="-10dp"
android:layout_marginEnd="-4dp"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.727"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="1.0"
app:srcCompat="@drawable/rr" />
```

<Button

```
android:id="@+id/submitt"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_alignParentEnd="true"
android:layout_alignParentBottom="true"
android:text="Login"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.269"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.554" />
```

<EditText

```
android:id="@+id/Email"
android:layout_width="241dp"
android:layout_height="47dp"
android:ems="10"
android:inputType="textEmailAddress"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.079"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.198" />
```

<TextView

```
android:id="@+id/textView4"
android:layout_width="wrap_content"
```

```

    android:layout_height="wrap_content"
    android:text="Enter Your Email"
    android:textColor="@color/black"
    android:textSize="25sp"
    android:textStyle="bold"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.129"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.282" />

```

```

<EditText
    android:id="@+id/password"
    android:layout_width="249dp"
    android:layout_height="43dp"
    android:ems="10"
    android:inputType="textPassword"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.079"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.389" />

```

```

<TextView
    android:id="@+id/createText"
    android:layout_width="326dp"
    android:layout_height="65dp"
    android:text="New Here? Create Account"
    android:textColor="@color/black"
    android:textSize="20sp"
    android:textStyle="bold"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.317"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.641" />

```

```

</androidx.constraintlayout.widget.ConstraintLayout>

```

7.7 activity_signup (signup page):

```

<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout

```

```
xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"
android:layout_height="match_parent"
tools:context=".Signup">
```

<ImageView

```
    android:id="@+id/imageView"
    android:layout_width="416dp"
    android:layout_height="238dp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.0"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="1.0"
    app:srcCompat="@drawable/rr" />
```

<TextView

```
    android:id="@+id/textView2"
    android:layout_width="286dp"
    android:layout_height="95dp"
    android:text="Sign Up"
    android:textColor="#262933"
    android:textSize="75sp"
    android:textStyle="bold"
    app:layout_constraintBottom_toTopOf="@+id/imageView"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.584"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.0" />
```

<EditText

```
    android:id="@+id/fullName"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:ems="10"
    android:inputType="textPersonName"
    android:text="@string/name"
    app:layout_constraintBottom_toTopOf="@+id/imageView"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.925"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.261" />
```

```
<EditText
    android:id="@+id/phone"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:ems="10"
    android:inputType="number"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.92"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.284" />
```

```
<EditText
    android:id="@+id/Email"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:ems="10"
    android:inputType="textEmailAddress"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.93"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.411" />
```

```
<EditText
    android:id="@+id/password"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:ems="10"
    android:inputType="textPassword"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.935"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.527" />
```

```
<Button
    android:id="@+id/signuppp"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="Sign Up"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
```

```
app:layout_constraintHorizontal_bias="0.435"  
app:layout_constraintStart_toStartOf="parent"  
app:layout_constraintTop_toTopOf="parent"  
app:layout_constraintVertical_bias="0.614"  
tools:ignore="DuplicateSpeakableTextCheck" />
```

<TextView

```
android:id="@+id/textView7"  
android:layout_width="89dp"  
android:layout_height="38dp"  
android:text="Name:"  
android:textColor="@color/black"  
android:textSize="30sp"  
android:textStyle="bold"  
app:layout_constraintBottom_toBottomOf="parent"  
app:layout_constraintEnd_toEndOf="parent"  
app:layout_constraintHorizontal_bias="0.049"  
app:layout_constraintStart_toStartOf="parent"  
app:layout_constraintTop_toTopOf="parent"  
app:layout_constraintVertical_bias="0.168" />
```

<TextView

```
android:id="@+id/textView8"  
android:layout_width="wrap_content"  
android:layout_height="wrap_content"  
android:text="@string/phone_no"  
android:textColor="@color/black"  
android:textSize="30sp"  
android:textStyle="bold"  
app:layout_constraintBottom_toBottomOf="parent"  
app:layout_constraintEnd_toEndOf="parent"  
app:layout_constraintHorizontal_bias="0.059"  
app:layout_constraintStart_toStartOf="parent"  
app:layout_constraintTop_toTopOf="parent"  
app:layout_constraintVertical_bias="0.282" />
```

<TextView

```
android:id="@+id/textView9"  
android:layout_width="111dp"  
android:layout_height="47dp"  
android:text="Email:"  
android:textColor="@color/black"  
android:textSize="30sp"  
android:textStyle="bold"  
app:layout_constraintBottom_toBottomOf="parent"  
app:layout_constraintEnd_toEndOf="parent"  
app:layout_constraintHorizontal_bias="0.045"
```



```

app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.409" />

```

```

<TextView
    android:id="@+id/textView10"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="Password:"
    android:textColor="@color/black"
    android:textSize="30sp"
    android:textStyle="bold"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.022"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.531" />

```

```

</androidx.constraintlayout.widget.ConstraintLayout>

```

7.8 activity content (question page):

```

<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
    xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    tools:context=".Signup">

```

```

<ImageView
    android:id="@+id/imageView"
    android:layout_width="416dp"
    android:layout_height="238dp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.0"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="1.0"
    app:srcCompat="@drawable/rr" />

```

```

<TextView

```

```
android:id="@+id/textView2"
android:layout_width="286dp"
android:layout_height="95dp"
android:text="Sign Up"
android:textColor="#262933"
android:textSize="75sp"
android:textStyle="bold"
app:layout_constraintBottom_toTopOf="@+id/imageView"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.584"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.0" />
```

<EditText

```
android:id="@+id/fullName"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:ems="10"
android:inputType="textPersonName"
android:text="@string/name"
app:layout_constraintBottom_toTopOf="@+id/imageView"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.925"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.261" />
```

<EditText

```
android:id="@+id/phone"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:ems="10"
android:inputType="number"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.92"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.284" />
```

<EditText

```
android:id="@+id/Email"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:ems="10"
android:inputType="textEmailAddress"
```

```
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.93"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.411" />
```

<EditText

```
android:id="@+id/password"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:ems="10"
android:inputType="textPassword"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.935"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.527" />
```

<Button

```
android:id="@+id/signuppp"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:text="Sign Up"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.435"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.614"
tools:ignore="DuplicateSpeakableTextCheck" />
```

<TextView

```
android:id="@+id/textView7"
android:layout_width="89dp"
android:layout_height="38dp"
android:text="Name:"
android:textColor="@color/black"
android:textSize="30sp"
android:textStyle="bold"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.049"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.168" />
```

```
<TextView
    android:id="@+id/textView8"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="@string/phone_no"
    android:textColor="@color/black"
    android:textSize="30sp"
    android:textStyle="bold"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.059"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.282" />
```

```
<TextView
    android:id="@+id/textView9"
    android:layout_width="111dp"
    android:layout_height="47dp"
    android:text="Email:"
    android:textColor="@color/black"
    android:textSize="30sp"
    android:textStyle="bold"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.045"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.409" />
```

```
<TextView
    android:id="@+id/textView10"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="Password:"
    android:textColor="@color/black"
    android:textSize="30sp"
    android:textStyle="bold"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.022"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.531" />
```

```
</androidx.constraintlayout.widget.ConstraintLayout>
```

7.9 activity_contentnxt(question page):

```
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"
android:layout_height="match_parent"
tools:context=".contentnxt">

<ImageView
    android:id="@+id/imageView6"
    android:layout_width="406dp"
    android:layout_height="266dp"
    android:layout_marginBottom="524dp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.4"
    app:layout_constraintStart_toStartOf="parent"
    app:srcCompat="@drawable/qu" />

<TextView
    android:id="@+id/textView11"
    android:layout_width="386dp"
    android:layout_height="157dp"
    android:layout_marginStart="8dp"
    android:text="What's your experience with Exercises?"
    android:textColor="@color/black"
    android:textSize="37sp"
    android:textStyle="bold"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.247" />

<CheckBox
    android:id="@+id/checkBox5"
    android:layout_width="176dp"
    android:layout_height="55dp"
    android:text="None"
    android:textSize="32sp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.114"
```

```
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.383" />
```

<CheckBox

```
android:id="@+id/checkBox6"
android:layout_width="169dp"
android:layout_height="49dp"
android:text="A Little"
android:textSize="32sp"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.987"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.388" />
```

<CheckBox

```
android:id="@+id/checkBox7"
android:layout_width="157dp"
android:layout_height="57dp"
android:text="A Lot"
android:textSize="32sp"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.48" />
```

<ImageView

```
android:id="@+id/imageView7"
android:layout_width="260dp"
android:layout_height="233dp"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.496"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.785"
app:srcCompat="@drawable/smile" />
```

<Button

```
android:id="@+id/nextt"
android:layout_width="127dp"
android:layout_height="55dp"
android:text="Next"
app:layout_constraintBottom_toBottomOf="parent"
```

```
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.952" />
```

</androidx.constraintlayout.widget.ConstraintLayout>

7.10 activity_explore(explore now page):

```
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"
android:layout_height="match_parent"
tools:context=".explore">
```

```
<ImageView
    android:id="@+id/imageView8"
    android:layout_width="444dp"
    android:layout_height="741dp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:srcCompat="@drawable/life" />
```

```
<Button
    android:id="@+id/neww"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="Explore Kreton"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.89" />
```

</androidx.constraintlayout.widget.ConstraintLayout>

7.11 activity_mainpage(Ex page):

```
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
```

```
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"
android:layout_height="match_parent"
tools:context=".Mainpageeee">
```

```
<ImageView
    android:id="@+id/imageView10"
    android:layout_width="380dp"
    android:layout_height="681dp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:srcCompat="@drawable/ex" />
```

```
<Button
    android:id="@+id/letss"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_marginBottom="196dp"
    android:text="Let's Go"
    app:layout_constraintBottom_toBottomOf="@+id/imageView10"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.498"
    app:layout_constraintStart_toStartOf="parent" />
```

```
</androidx.constraintlayout.widget.ConstraintLayout>
```

7.12 activity_mainpage(Problem page)

```
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
    xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    tools:context=".MainActivity2">
```

```
<Button
    android:id="@+id/act2"
    android:layout_width="129dp"
    android:layout_height="50dp"
    android:text="More To Go"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
```



```
app:layout_constraintHorizontal_bias="0.553"  
app:layout_constraintStart_toStartOf="parent"  
app:layout_constraintTop_toTopOf="parent"  
app:layout_constraintVertical_bias="0.948" />
```

<ImageView

```
android:id="@+id/imageView12"  
android:layout_width="wrap_content"  
android:layout_height="wrap_content"  
app:layout_constraintBottom_toBottomOf="parent"  
app:layout_constraintEnd_toEndOf="parent"  
app:layout_constraintHorizontal_bias="0.0"  
app:layout_constraintStart_toStartOf="parent"  
app:layout_constraintTop_toTopOf="parent"  
app:layout_constraintVertical_bias="0.0"  
app:srcCompat="@drawable/mix" />
```

<TextView

```
android:id="@+id/textView14"  
android:layout_width="wrap_content"  
android:layout_height="wrap_content"  
android:text="Health Problems"  
android:textColor="@color/black"  
android:textSize="47sp"  
android:textStyle="bold"  
app:layout_constraintBottom_toBottomOf="parent"  
app:layout_constraintEnd_toEndOf="parent"  
app:layout_constraintHorizontal_bias="0.635"  
app:layout_constraintStart_toStartOf="parent"  
app:layout_constraintTop_toTopOf="parent"  
app:layout_constraintVertical_bias="0.041" />
```

<TextView

```
android:id="@+id/backpainnn"  
android:layout_width="wrap_content"  
android:layout_height="wrap_content"  
android:text="Back Pain"  
android:textColor="@color/black"  
android:textSize="35sp"  
app:layout_constraintBottom_toBottomOf="parent"  
app:layout_constraintEnd_toEndOf="parent"  
app:layout_constraintHorizontal_bias="0.282"  
app:layout_constraintStart_toStartOf="parent"  
app:layout_constraintTop_toTopOf="parent"  
app:layout_constraintVertical_bias="0.35" />
```

```
<TextView
    android:id="@+id/textView16"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="Knee Pain"
    android:textColor="@color/black"
    android:textSize="35sp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="@+id/imageView12"
    app:layout_constraintHorizontal_bias="0.276"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.464" />
```

```
<TextView
    android:id="@+id/textView17"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="Neck Pain"
    android:textColor="@color/black"
    android:textSize="35sp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.273"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.594" />
```

```
<TextView
    android:id="@+id/textView18"
    android:layout_width="274dp"
    android:layout_height="81dp"
    android:text="Shoulder Pain"
    android:textColor="@color/black"
    android:textSize="33sp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.496"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.744" />
```

```
<TextView
    android:id="@+id/textView20"
    android:layout_width="215dp"
    android:layout_height="81dp"
    android:text="Elbow Pain"
```

```
android:textColor="@color/black"
android:textSize="35sp"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.418"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.869" />
```

<Button

```
android:id="@+id/backkpainn"
android:layout_width="81dp"
android:layout_height="49dp"
android:text="Next"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.863"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.348" />
```

<Button

```
android:id="@+id/kneepainn"
android:layout_width="81dp"
android:layout_height="49dp"
android:text="Next"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.854"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.463" />
```

<Button

```
android:id="@+id/shoupainn"
android:layout_width="78dp"
android:layout_height="46dp"
android:text="Next"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.855"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.706" />
```

<Button

```
android:id="@+id/elbowpainn"
```

```
android:layout_width="78dp"
android:layout_height="46dp"
android:text="Next"
```

```
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.863"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.828" />
```

<Button

```
android:id="@+id/neckpainn"
android:layout_width="81dp"
android:layout_height="49dp"
android:text="Next"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.854"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.592" />
```

<ImageView

```
android:id="@+id/imageView16"
android:layout_width="144dp"
android:layout_height="133dp"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.872"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.145"
app:srcCompat="@drawable/stcc" />
```

<ImageView

```
android:id="@+id/imageView17"
android:layout_width="302dp"
android:layout_height="158dp"
android:layout_marginEnd="184dp"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="1.0"
app:srcCompat="@drawable/pink" />
```

```
</androidx.constraintlayout.widget.ConstraintLayout>
```

7.13 activity backpain:

```
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    tools:context=".backpain">

    <Button
        android:id="@+id/button2"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:text="Next"
        app:layout_constraintBottom_toBottomOf="@+id/imageView19"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintHorizontal_bias="0.888"
        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toTopOf="parent"
        app:layout_constraintVertical_bias="0.976" />

    <ImageView
        android:id="@+id/imageView19"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        app:layout_constraintBottom_toBottomOf="parent"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toTopOf="parent"
        app:srcCompat="@drawable/mainbg" />

    <ImageView
        android:id="@+id/imageView20"
        android:layout_width="361dp"
        android:layout_height="219dp"
        app:layout_constraintBottom_toBottomOf="parent"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toTopOf="parent"
        app:layout_constraintVertical_bias="0.0"
        app:srcCompat="@drawable/bpn" />

    <TextView
```

```

android:id="@+id/textView19"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:text="DAY 1:"
android:textColor="@color/black"
android:textSize="32sp"
android:textStyle="bold"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.047"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.357" />

```

<TextView

```

android:id="@+id/textView21"
android:layout_width="379dp"
android:layout_height="372dp"
android:text="1.Lie on your back with your knees bent and your feet
flat on the floor.      2. Using both hands, pull up one knee and press it to
your chest.      3. Tighten your abdominals and press your spine to the
floor. Hold for 5 seconds. Return to the starting position and repeat with
the opposite leg.
4. Return to the starting position and then repeat with both legs at the
same time. Repeat each stretch 2 to 3 times."
android:textColor="@color/black"
android:textSize="23sp"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="@+id/imageView19"
app:layout_constraintHorizontal_bias="0.781"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.913" />

```

</androidx.constraintlayout.widget.ConstraintLayout>

7.14 activity backpain2:

```

<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"
android:layout_height="match_parent"
tools:context=".backpain2">

```

```
<ImageView
    android:id="@+id/imageView9"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.0"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.0"
    app:srcCompat="@drawable/mainbg" />
```

```
<ImageView
    android:id="@+id/imageView13"
    android:layout_width="361dp"
    android:layout_height="219dp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.134"
    app:srcCompat="@drawable/bpnn" />
```

```
<TextView
    android:id="@+id/textView19"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="DAY 2:"
    android:textColor="@color/black"
    android:textSize="32sp"
    android:textStyle="bold"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.05"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.023" />
```

```
<TextView
    android:id="@+id/textView22"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="Lower back rotational stretch"
    android:textColor="@color/black"
    android:textSize="23sp"
```

```
app:layout_constraintBottom_toBottomOf="@+id/imageView9"  
app:layout_constraintEnd_toEndOf="parent"  
app:layout_constraintStart_toStartOf="parent"  
app:layout_constraintTop_toTopOf="parent"  
app:layout_constraintVertical_bias="0.434" />
```

<TextView

```
android:id="@+id/textView23"  
android:layout_width="wrap_content"  
android:layout_height="wrap_content"  
android:text="DAY 3:"  
android:textColor="@color/black"  
android:textSize="32sp"  
android:textStyle="bold"  
app:layout_constraintBottom_toBottomOf="@+id/imageView9"  
app:layout_constraintEnd_toEndOf="parent"  
app:layout_constraintHorizontal_bias="0.05"  
app:layout_constraintStart_toStartOf="parent"  
app:layout_constraintTop_toTopOf="parent" />
```

<ImageView

```
android:id="@+id/imageView18"  
android:layout_width="361dp"  
android:layout_height="219dp"  
app:layout_constraintBottom_toBottomOf="@+id/imageView9"  
app:layout_constraintEnd_toEndOf="parent"  
app:layout_constraintStart_toStartOf="parent"  
app:layout_constraintTop_toTopOf="parent"  
app:layout_constraintVertical_bias="0.785"  
app:srcCompat="@drawable/ee" />
```

<TextView

```
android:id="@+id/textView24"  
android:layout_width="wrap_content"  
android:layout_height="wrap_content"  
android:text="Bridge Exercise"  
android:textColor="@color/black"  
android:textSize="23sp"  
app:layout_constraintBottom_toBottomOf="@+id/imageView9"  
app:layout_constraintEnd_toEndOf="parent"  
app:layout_constraintHorizontal_bias="0.467"  
app:layout_constraintStart_toStartOf="parent"  
app:layout_constraintTop_toTopOf="parent"  
app:layout_constraintVertical_bias="0.886" />
```

<TextView

```
android:id="@+id/textView25"
```



```

        android:layout_width="360dp"
        android:layout_height="62dp"
        android:text="Start with five repetitions each
                                day and gradually work up to 30."
        android:textColor="@color/black"
        android:textSize="22dp"
        android:textStyle="bold"
        app:layout_constraintBottom_toBottomOf="@+id/imageView9"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintHorizontal_bias="1.0"
        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toTopOf="parent"
        app:layout_constraintVertical_bias="0.973" />
</androidx.constraintlayout.widget.ConstraintLayout>

```

7.15 activity_kneepain:

```

<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
    xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    tools:context=".kneepain">

```

```

    <ImageView
        android:id="@+id/imageView21"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        app:layout_constraintBottom_toBottomOf="parent"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintHorizontal_bias="0.0"
        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toTopOf="parent"
        app:layout_constraintVertical_bias="1.0"
        app:srcCompat="@drawable/mainbg" />

```

```

    <ImageView
        android:id="@+id/imageView22"
        android:layout_width="361dp"
        android:layout_height="219dp"
        app:layout_constraintBottom_toBottomOf="parent"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintHorizontal_bias="0.52"
        app:layout_constraintStart_toStartOf="parent"

```

```
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.115"
app:srcCompat="@drawable/uii" />
```

<TextView

```
android:id="@+id/textView26"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:text="DAY 1:"
android:textColor="@color/black"
android:textSize="32sp"
android:textStyle="bold"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.079"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.023" />
```

<TextView

```
android:id="@+id/textView27"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:text="Hamstring Stretch"
android:textColor="@color/black"
android:textSize="25sp"
app:layout_constraintBottom_toBottomOf="@+id/imageView21"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.41"
app:layout_constraintStart_toStartOf="@+id/imageView21"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.421" />
```

<TextView

```
android:id="@+id/textView28"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:text="DAY 2:"
android:textColor="@color/black"
android:textSize="32sp"
android:textStyle="bold"
app:layout_constraintBottom_toBottomOf="@+id/imageView21"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.082"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent" />
```

```

<ImageView
    android:id="@+id/imageView23"
    android:layout_width="348dp"
    android:layout_height="223dp"
    android:layout_marginStart="24dp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.025"
    app:layout_constraintStart_toStartOf="@+id/imageView21"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.775"
    app:srcCompat="@drawable/qua" />

```

```

<TextView
    android:id="@+id/textView29"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="Quadriceps Stretch"
    android:textColor="@color/black"
    android:textSize="25sp"
    app:layout_constraintBottom_toBottomOf="@+id/imageView21"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.429"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.885" />

```

```

<TextView
    android:id="@+id/textView30"
    android:layout_width="339dp"
    android:layout_height="56dp"
    android:text="Start with five repetitions each
                                day and gradually work up to 30."
    android:textColor="@color/black"
    android:textSize="22dp"
    android:textStyle="bold"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.666"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.976" />

```

```

</androidx.constraintlayout.widget.ConstraintLayout>

```

7.16 activity neckpain:

```
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    tools:context=".neckpain">
```

```
<ImageView
    android:id="@+id/imageView24"
    android:layout_width="wrap_content"
    android:layout_height="match_parent"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="1.0"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.0"
    app:srcCompat="@drawable/mainbg" />
```

```
<ImageView
    android:id="@+id/imageView25"
    android:layout_width="371dp"
    android:layout_height="198dp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.32"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.031"
    app:srcCompat="@drawable/nek" />
```

```
<TextView
    android:id="@+id/textView33"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="Neck Stretch"
    android:textStyle="bold"
    android:textColor="@color/black"
    android:textSize="30sp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.439"
```

```

app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.351" />

```

```

<TextView
    android:id="@+id/textView34"
    android:layout_width="356dp"
    android:layout_height="382dp"
    android:text="1.Bend your head forward and slightly to the right.
                2.With your right hand, gently pull your head downward.
You'll feel a nice, easy stretch along the back left side of your neck.
                3.Hold for about 30 seconds.
                4.Repeat on the opposite side."
    android:textColor="@color/black"
    android:textSize="27sp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="1.0" />

</androidx.constraintlayout.widget.ConstraintLayout>

```

7.17 activity_shoulderpain:

```

<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
    xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    tools:context=".shoulderpain">

    <ImageView
        android:id="@+id/imageView26"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        app:layout_constraintBottom_toBottomOf="parent"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintHorizontal_bias="0.0"
        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toTopOf="parent"
        app:layout_constraintVertical_bias="1.0"
        app:srcCompat="@drawable/mainbg" />

```

<TextView

```
    android:id="@+id/textView31"
    android:layout_width="148dp"
    android:layout_height="57dp"
    android:text="DAY 1:"
    android:textColor="@color/black"
    android:textSize="32sp"
    android:textStyle="bold"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.102"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.023" />
```

<ImageView

```
    android:id="@+id/imageView27"
    android:layout_width="361dp"
    android:layout_height="219dp"
    app:layout_constraintBottom_toBottomOf="@+id/imageView26"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.54"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.115"
    app:srcCompat="@drawable/shou" />
```

<TextView

```
    android:id="@+id/textView32"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="Shoulder stretch with towel"
    android:textColor="@color/black"
    android:textSize="23sp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.414" />
```

<TextView

```
    android:id="@+id/textView35"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="DAY 2:"
    android:textColor="@color/black"
    android:textSize="32sp"
```

```
android:textStyle="bold"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.05"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent" />
```

<ImageView

```
android:id="@+id/imageView28"
android:layout_width="361dp"
android:layout_height="219dp"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.775"
app:srcCompat="@drawable/sho" />
```

<TextView

```
android:id="@+id/textView36"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:text="Shoulder stretch"
android:textColor="@color/black"
android:textSize="23sp"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.88" />
```

<TextView

```
android:id="@+id/textView37"
android:layout_width="299dp"
android:layout_height="76dp"
android:text="Hold for about 30 seconds.
        Switch arms and repeat."
android:textColor="@color/black"
android:textSize="22dp"
android:textStyle="bold"
app:layout_constraintBottom_toBottomOf="parent"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.857"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="1.0" />
```

</androidx.constraintlayout.widget.ConstraintLayout>

7.18 activity elbowpain:

```
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    tools:context=".elbowpain">
```

```
<ImageView
    android:id="@+id/imageView29"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:srcCompat="@drawable/mainbg" />
```

```
<ImageView
    android:id="@+id/imageView30"
    android:layout_width="357dp"
    android:layout_height="264dp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.4"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.034"
    app:srcCompat="@drawable/rotf" />
```

```
<TextView
    android:id="@+id/textView38"
    android:layout_width="345dp"
    android:layout_height="69dp"
    android:text="Rotator Cuff exercise"
    android:textColor="@color/black"
    android:textStyle="bold"
    android:textSize="28sp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="1.0"
    app:layout_constraintStart_toStartOf="parent"
```



```
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.466" />
```

```
<TextView
    android:id="@+id/textView39"
    android:layout_width="342dp"
    android:layout_height="135dp"
    android:text=" A).Place a folded towel between your side and upper
arm. Your goal is to keep the towel there as you press your palm against
the wall or doorframe for several seconds. "
    android:textColor="@color/black"
    android:textSize="23dp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.536"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.609" />
```

```
<TextView
    android:id="@+id/textView40"
    android:layout_width="348dp"
    android:layout_height="111dp"
    android:text="B).With your elbow at a 90-degree angle, press your
elbow and forearm against the wall for several seconds. Repeat each
exercise 10 times for five sets."
    android:textColor="@color/black"
    android:textSize="23dp"
    app:layout_constraintBottom_toBottomOf="@+id/imageView29"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.587"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.872" />
</androidx.constraintlayout.widget.ConstraintLayout>
```

7.19 fragment home:

```
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
    xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    tools:context=".HomeFragment">
```

```
<ImageView
    android:id="@+id/imageView11"
    android:layout_width="477dp"
    android:layout_height="887dp"
    android:src="@drawable/comm"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent" />
```

```
<TextView
    android:id="@+id/textView42"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="Improve health"
    android:textColor="@color/white"
    android:textSize="20dp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.111"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.337" />
```

```
<TextView
    android:id="@+id/textView43"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="Increase body strength"
    android:textColor="@color/white"
    android:textSize="15dp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.071"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.526" />
```

```
<TextView
    android:id="@+id/textView44"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="Improve breathing"
    android:textColor="@color/white"
    android:textSize="17dp"
    app:layout_constraintBottom_toBottomOf="parent"
```

```

app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintHorizontal_bias="0.107"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toTopOf="parent"
app:layout_constraintVertical_bias="0.436" />

```

```

<TextView
    android:id="@+id/textView45"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="Reduce stress"
    android:textColor="@color/white"
    android:textSize="17dp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.943"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.48" />

```

```

<TextView
    android:id="@+id/textView46"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:text="Can lose weight"
    android:textColor="@color/white"
    android:textSize="16dp"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintHorizontal_bias="0.94"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.573" />

```

```

</androidx.constraintlayout.widget.ConstraintLayout>

```

7.20 fragment profile:

```

<?xml version="1.0" encoding="utf-8"?>
<FrameLayout
    xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="#E8EAF6"

```

```
tools:context=".ProfileFragment">
```

```
<androidx.constraintlayout.widget.ConstraintLayout  
    android:layout_width="match_parent"  
    android:layout_height="match_parent">
```

```
<TextView  
    android:id="@+id/textView47"  
    android:layout_width="182dp"  
    android:layout_height="90dp"  
    android:layout_gravity="top"  
    android:text="ASANAS"  
    android:textAlignment="gravity"  
    android:textColor="@color/black"  
    android:textSize="45dp"  
    android:textStyle="bold"  
    app:layout_constraintBottom_toBottomOf="parent"  
    app:layout_constraintEnd_toEndOf="parent"  
    app:layout_constraintHorizontal_bias="0.497"  
    app:layout_constraintStart_toStartOf="parent"  
    app:layout_constraintTop_toTopOf="parent"  
    app:layout_constraintVertical_bias="0.054" />
```

```
<ImageView  
    android:id="@+id/imageView32"  
    android:layout_width="wrap_content"  
    android:layout_height="wrap_content"  
    android:src="@drawable/yogaa"  
    app:layout_constraintBottom_toBottomOf="parent"  
    app:layout_constraintEnd_toEndOf="parent"  
    app:layout_constraintHorizontal_bias="1.0"  
    app:layout_constraintStart_toStartOf="parent"  
    app:layout_constraintTop_toTopOf="parent"  
    app:layout_constraintVertical_bias="0.0" />
```

```
<TextView  
    android:id="@+id/textView48"  
    android:layout_width="353dp"  
    android:layout_height="182dp"  
    android:text=" ***A regular yoga practice can, over time, increase  
flexibility and mobility, lubricating the spine and alignment to aid in  
everyday activity***"  
    android:textColor="@color/black"  
    android:textSize="25dp"  
    android:textStyle="italic"  
    app:layout_constraintBottom_toBottomOf="parent"  
    app:layout_constraintEnd_toEndOf="parent"
```

```

        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toTopOf="parent"
        app:layout_constraintVertical_bias="0.941" />
</androidx.constraintlayout.widget.ConstraintLayout>

```

```
</FrameLayout>
```

7.21 fragment settings:

```

<?xml version="1.0" encoding="utf-8"?>
<FrameLayout
xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="#E8EAF6"
    tools:context=".ProfileFragment">

```

```

    <RelativeLayout
        android:layout_width="match_parent"
        android:layout_height="match_parent"
tools:context=".MainActivityFragment"
        android:id="@+id/container"
        android:layout_marginTop="100dp"
    >

```

```

    <ImageView
        android:layout_width="50dp"
        android:layout_height="50dp"
        android:layout_marginLeft="10dp"
        android:layout_marginTop="60dp"
        android:id="@+id/referIcon"
        android:layout_alignParentStart="true"
        android:layout_alignParentLeft="true"
        android:src="@drawable/icon_friend"/>

```

```

    <TextView
        android:id="@+id/referText"
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_alignTop="@+id/referIcon"
        android:layout_marginLeft="10dp"
        android:layout_toEndOf="@+id/referIcon"
        android:layout_toRightOf="@+id/referIcon"
        android:paddingTop="15dp"

```

```
android:text="@string/txt2"
android:textIsSelectable="true"
android:textSize="22dp" />
```

<ImageView

```
android:layout_width="50dp"
android:layout_height="50dp"
android:layout_marginLeft="10dp"
android:layout_marginTop="20dp"
android:id="@+id/rateIcon"
android:layout_alignParentStart="true"
android:layout_alignParentLeft="true"
android:layout_below="@id/referIcon"
android:src="@drawable/icon_star"/>
```

<TextView

```
android:text="@string/txt3"
android:layout_width="fill_parent"
android:layout_height="wrap_content"
android:id="@+id/rateText"
android:paddingTop="15dp"
android:textSize="22dp"
android:textIsSelectable="true"
android:layout_marginLeft="10dp"
android:layout_alignTop="@+id/rateIcon"
android:layout_toEndOf="@+id/rateIcon"
android:layout_toRightOf="@+id/rateIcon"/>
```

<ImageView

```
android:layout_width="50dp"
android:layout_height="50dp"
android:layout_marginLeft="10dp"
android:layout_marginTop="20dp"
android:id="@+id/feedbackIcon"
android:layout_alignParentStart="true"
android:layout_alignParentLeft="true"
android:layout_below="@id/rateIcon"
android:src="@drawable/icon_feedback"/>
```

<TextView

```
android:id="@+id/feedbackText"
android:layout_width="fill_parent"
android:layout_height="wrap_content"
android:layout_alignTop="@+id/feedbackIcon"
android:layout_marginLeft="10dp"
android:layout_toEndOf="@+id/feedbackIcon"
android:layout_toRightOf="@+id/feedbackIcon"
```

```
android:paddingTop="15dp"
android:text="@string/txt4"
android:textIsSelectable="true"
android:textSize="22dp" />
```

<ImageView

```
android:id="@+id/settingsIcon"
android:layout_width="50dp"
android:layout_height="50dp"
android:layout_below="@id/feedbackIcon"
android:layout_alignParentStart="true"
android:layout_alignParentLeft="true"
android:layout_marginLeft="10dp"
android:layout_marginTop="20dp"
android:src="@drawable/icon_settings" />
```

<TextView

```
android:id="@+id/settingsText"
android:layout_width="fill_parent"
android:layout_height="wrap_content"
android:layout_alignTop="@+id/settingsIcon"
android:layout_marginLeft="10dp"
android:layout_toEndOf="@+id/settingsIcon"
android:layout_toRightOf="@+id/settingsIcon"
android:paddingTop="15dp"
android:text="Change Goal"
android:textIsSelectable="true"
android:textSize="22dp" />
```

<TextView

```
android:id="@+id/textView15"
android:layout_width="442dp"
android:layout_height="160dp"
android:layout_alignTop="@+id/imageView14"
android:layout_alignBottom="@+id/settingsText"
android:layout_alignParentEnd="true"
android:layout_marginTop="-247dp"
android:layout_marginEnd="-111dp"
android:layout_marginBottom="163dp"
android:text="SETTINGS"
android:textColor="@color/black"
android:textSize="45sp"
android:textStyle="bold" />
```

<ImageView

```
android:id="@+id/imageView15"
android:layout_width="wrap_content"
```

```

android:layout_height="wrap_content"
android:layout_alignTop="@+id/referIcon"
android:layout_alignBottom="@+id/feedbackIcon"
android:layout_marginTop="241dp"
android:layout_marginBottom="-344dp"
android:src="@drawable/conew" />

```

```

</RelativeLayout>
</FrameLayout>

```

JAVA Codes

8.1main activity.java:

```

} package com.example.mymedicalpp;
import androidx.appcompat.app.AppCompatActivity;
import android.content.Intent;
import android.os.Bundle;
import android.view.View;
import android.widget.Button;

public class MainActivity extends AppCompatActivity {
    private Button;

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_main);

        button = (Button) findViewById(R.id.loginn);
        button.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                OpenLoginup();
            }
        });
    }
    public void OpenLoginup(){

        Intent = new Intent(this, Loginup.class);
        startActivity(intent);
    }
}

```



```

button = (Button) findViewById(R.id.signupp);
button.setOnClickListener(new View.OnClickListener() {
    @Override
    public void onClick(View view) {
        OpenSignup();
    }
});
}
public void OpenSignup(){

    Intent = new Intent(this, Signup.class);
    startActivity(intent);

}

```

8.2 loginup.java:

```

package com.example.mymedicalpp;
import androidx.annotation.NonNull;
import androidx.appcompat.app.AppCompatActivity;
import android.content.Intent;
import android.os.Bundle;
import android.text.TextUtils;
import android.view.View;
import android.widget.Button;
import android.widget.EditText;
import android.widget.TextView;
import android.widget.Toast;

import com.google.android.gms.tasks.OnCompleteListener;
import com.google.android.gms.tasks.Task;
import com.google.firebase.auth.AuthResult;
import com.google.firebase.auth.FirebaseAuth;

public class Loginup extends AppCompatActivity {

    EditText mEmail, mPassword;
    Button msubmitt;
    TextView mCreateBtn;
    FirebaseAuth fAuth;
    private Button button;

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_loginup);
    }
}

```

```

mEmail = findViewById(R.id.Email);
mPassword = findViewById(R.id.password);
msubmit = findViewById(R.id.submit);
mCreateBtn = findViewById(R.id.createText);
fAuth = FirebaseAuth.getInstance();

msubmit.setOnClickListener(new View.OnClickListener() {
    @Override
    public void onClick(View view) {
        String email = mEmail.getText().toString().trim();
        String password = mPassword.getText().toString().trim();

        if(TextUtils.isEmpty(email)){
            mEmail.setError("Email is Required");
            return;
        }

        if(TextUtils.isEmpty(password)){
            mPassword.setError("Password is Required");
            return;
        }

        if(password.length() < 6) {
            mPassword.setError("Password must be >= 6 Characters");
            return;
        }

        fAuth.signInWithEmailAndPassword(email,
password).addOnCompleteListener(new OnCompleteListener<AuthResult>() {
            @Override
            public void onComplete(@NonNull Task<AuthResult> task) {
                if (task.isSuccessful()) {
                    Toast.makeText(Loginup.this, "Logged in Successfully",
Toast.LENGTH_SHORT).show();
                    startActivity(new Intent(getApplicationContext(),
content.class));
                } else {
                    Toast.makeText(Loginup.this, "Error ! " +
task.getException().getMessage(), Toast.LENGTH_SHORT).show();
                }
            }
        });
    }
});

```

```

        mCreateBtn.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                startActivity(new Intent(getApplicationContext(), Signup.class));
            }
        });
    }
}

```

8.3 signup.java:

```

package com.example.mymedicalpp;
import androidx.annotation.NonNull;
import androidx.appcompat.app.AppCompatActivity;
import android.content.Intent;
import android.os.Bundle;
import android.text.TextUtils;
import android.view.View;
import android.widget.Button;
import android.widget.EditText;
import android.widget.TextView;
import android.widget.Toast;
import com.google.android.gms.tasks.OnCompleteListener;
import com.google.android.gms.tasks.Task;
import com.google.firebase.auth.AuthResult;
import com.google.firebase.auth.FirebaseAuth;

```

```

public class Signup extends AppCompatActivity {
    EditText mFullName, mEmail, mPassword, mPhone;
    Button msignuppp, msubmitt;
    TextView mCreateBtn;
    FirebaseAuth fAuth;

```

```

    @Override

```

```

    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_signup);

```

```

        mFullName = findViewById(R.id.fullName);
        mEmail = findViewById(R.id.Email);
        mPassword = findViewById(R.id.password);
        mPhone = findViewById(R.id.phone);
        msignuppp = findViewById(R.id.signuppp);
        msubmitt = findViewById(R.id.submitt);
        mCreateBtn = findViewById(R.id.createText);

```

```

fAuth = FirebaseAuth.getInstance();

if (fAuth.getCurrentUser() != null){
    startActivity(new Intent(getApplicationContext(), Signup.class));
    finish();
}

msignuppp.setOnClickListener(new View.OnClickListener() {
    @Override
    public void onClick(View view) {
        String email = mEmail.getText().toString().trim();
        String password = mPassword.getText().toString().trim();

        if(TextUtils.isEmpty(email)){
            mEmail.setError("Email is Required");
            return;
        }

        if(TextUtils.isEmpty(password)){
            mPassword.setError("Password is Required");
            return;
        }

        if(password.length() <6) {
            mPassword.setError("Password must be >= 6 Characters");
            return;
        }

        fAuth.createUserWithEmailAndPassword(email,
password).addOnCompleteListener(new OnCompleteListener<AuthResult>() {
            @Override
            public void onComplete(@NonNull Task<AuthResult> task) {
                if (task.isSuccessful()) {
                    Toast.makeText(Signup.this, "User Created",
Toast.LENGTH_SHORT).show();
                    startActivity(new Intent(getApplicationContext(),
Loginup.class));
                } else {
                    Toast.makeText(Signup.this, "Error ! " +
task.getException().getMessage(), Toast.LENGTH_SHORT).show();
                }
            }
        });
    }
});

```

```

    }
}

```

8.4 content.java:

```

package com.example.mymedicalpp;
import androidx.appcompat.app.AppCompatActivity;
import android.content.Intent;
import android.os.Bundle;
import android.view.View;
import android.widget.Button;

public class content extends AppCompatActivity {
    private Button button;

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_content);
        button = (Button) findViewById(R.id.continn);
        button.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {

                Opencontentnxt();
            }
        });
    }
    public void Opencontentnxt(){

        Intent intent = new Intent(this, contentnxt.class);
        startActivity(intent);
    }
}

```

8.5 contentnxt.java:

```

package com.example.mymedicalpp;
import androidx.appcompat.app.AppCompatActivity;
import android.content.Intent;
import android.os.Bundle;
import android.view.View;
import android.widget.Button;

public class contentnxt extends AppCompatActivity {
    private Button button;

```

```

@Override
protected void onCreate(Bundle savedInstanceState) {
    super.onCreate(savedInstanceState);
    setContentView(R.layout.activity_contentnxt);

    button = (Button) findViewById(R.id.nextt);
    button.setOnClickListener(new View.OnClickListener() {
        @Override
        public void onClick(View view) {

            Openexplore();
        }
    });
}
public void Openexplore(){
    Intent intent = new Intent(this, explore.class);
    startActivity(intent);
}
}

```

8.6 mainpage.java:

```

package com.example.mymedicalpp;
import androidx.appcompat.app.AppCompatActivity;
import android.content.Intent;
import android.os.Bundle;
import android.view.View;
import android.widget.Button;

public class Mainpageeee extends AppCompatActivity {

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_mainpageeee);

        Button = (Button) findViewById(R.id.letss);
        button.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {

                OpenMainpageenxt();
            }
        });
    }
}

```

```

public void OpenMainpageenxt(){

    Intent intent = new Intent(this, Mainpageenxt.class);
    startActivity(intent);
}
}

```

8.7 mainpagee.java:

```

package com.example.mymedicalpp;
import androidx.appcompat.app.AppCompatActivity;
import androidx.fragment.app.Fragment;
import androidx.fragment.app.FragmentManager;
import androidx.fragment.app.FragmentTransaction;
import android.content.Intent;
import android.os.Bundle;
import android.view.View;
import android.widget.TextView;
import com.example.mymedicalpp.databinding.ActivityMainpageenxtBinding;

```

```

public class Mainpageenxt extends AppCompatActivity {
    ActivityMainpageenxtBinding binding;

```

```

    @Override

```

```

    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        binding = ActivityMainpageenxtBinding.inflate(getLayoutInflater());
        setContentView(binding.getRoot());
        replaceFragment(new HomeFragment());

```

```

        binding.bottomNavigationView.setOnItemSelectedListener(item ->{

```

```

            switch (item.getItemId()){

```

```

                case R.id.homee:

```

```

                    replaceFragment(new HomeFragment());
                    break;

```

```

                case R.id.profile:

```

```

                    replaceFragment(new ProfileFragment());
                    break;

```

```

                case R.id.settings:

```

```

                    replaceFragment(new SettingsFragment());
                    break;

```

```

            }

```

```

            return true;

```

```

        });

```

```

}
private void replaceFragment(Fragment fragment){

    FragmentManager fragmentManager = getSupportFragmentManager();
    FragmentTransaction fragmentTransaction =
fragmentManager.beginTransaction();
    fragmentTransaction.replace(R.id.frame_layout, fragment);
    fragmentTransaction.commit();
}
}

```

8.8 mainactivity2.java:

```

package com.example.mymedicalpp;
import androidx.appcompat.app.AppCompatActivity;
import android.content.Intent;
import android.os.Bundle;
import android.view.View;
import android.widget.Button;
public class MainActivity2 extends AppCompatActivity {

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_main2);

        defineButtons();
    }
    public void defineButtons() {
        findViewById(R.id.act2).setOnClickListener(buttonClickListener);

        findViewById(R.id.backkpainn).setOnClickListener(buttonClickListener);

        findViewById(R.id.kneepainn).setOnClickListener(buttonClickListener);

        findViewById(R.id.neckpainn).setOnClickListener(buttonClickListener);

        findViewById(R.id.shoupainn).setOnClickListener(buttonClickListener);

        findViewById(R.id.elbowpainn).setOnClickListener(buttonClickListener);
    }
    private View.OnClickListener buttonClickListener = new
View.OnClickListener() {
    @Override
    public void onClick(View view) {
        switch (view.getId()){

```



```

        case R.id.act2:
            startActivity(new Intent(getApplicationContext(),
Mainpageext.class));
            break;
        case R.id.backkpainn:
            startActivity(new Intent(getApplicationContext(),backpain.class));
            break;
        case R.id.kneepainn:
            startActivity(new Intent(getApplicationContext(), kneepain.class));
            break;
        case R.id.neckpainn:
            startActivity(new Intent(getApplicationContext(), neckpain.class));
            break;
        case R.id.shoupainn:
            startActivity(new Intent(getApplicationContext(),
shoulderpain.class));
            break;
        case R.id.elbowpainn:
            startActivity(new Intent(getApplicationContext(),
elbowpain.class));
            break;
    }
}
};}

```

8.9 backpain.java:

```

package com.example.mymedicalpp;
import androidx.appcompat.app.AppCompatActivity;
import android.content.Intent;
import android.os.Bundle;
import android.view.View;
import android.widget.Button;

public class backpain extends AppCompatActivity {

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_backpain);

        Button button = (Button) findViewById(R.id.button2);
        button.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {

```

```

        Openbackpain2();
    }
});
}
public void Openbackpain2(){

    Intent intent = new Intent(this, backpain2.class);
    startActivity(intent);
}
}

```

8.10 backpain2.java:

```

package com.example.mymedicalpp;
import androidx.appcompat.app.AppCompatActivity;
import android.os.Bundle;
public class backpain2 extends AppCompatActivity {

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_backpain2);
    }
}

```

8.11 kneepain.java:

```

package com.example.mymedicalpp;
import androidx.appcompat.app.AppCompatActivity;
import android.os.Bundle;
public class kneepain extends AppCompatActivity {

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_kneepain);
    }
}

```

8.12 neckpain.java:

```

package com.example.mymedicalpp;
import androidx.appcompat.app.AppCompatActivity;
import android.os.Bundle;

public class neckpain extends AppCompatActivity {

```

```

@Override
protected void onCreate(Bundle savedInstanceState) {
    super.onCreate(savedInstanceState);
    setContentView(R.layout.activity_neckpain);
}
}

```

8.13 shoulderpain.java:

```

package com.example.mymedicalpp;
import androidx.appcompat.app.AppCompatActivity;
import android.os.Bundle;
public class shoulderpain extends AppCompatActivity {

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_shoulderpain);
    }
}

```

8.14 elbowpain.java:

```

package com.example.mymedicalpp;
import androidx.appcompat.app.AppCompatActivity;
import android.os.Bundle;
public class elbowpain extends AppCompatActivity {

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_elbowpain);
    }
}

```

8.15 home fragment:

```

package com.example.mymedicalpp;
import android.content.Intent;
import android.os.Bundle;
import androidx.fragment.app.Fragment;
import android.view.LayoutInflater;
import android.view.View;
import android.view.ViewGroup;

```

```

/**
 * A simple {@link Fragment} subclass.
 * Use the {@link HomeFragment#newInstance} factory method to
 * create an instance of this fragment.
 */
public class HomeFragment extends Fragment {

    // TODO: Rename parameter arguments, choose names that match
    // the fragment initialization parameters, e.g. ARG_ITEM_NUMBER
    private static final String ARG_PARAM1 = "param1";
    private static final String ARG_PARAM2 = "param2";

    // TODO: Rename and change types of parameters
    private String mParam1;
    private String mParam2;

    public HomeFragment() {
        // Required empty public constructor
    }

    /**
     * Use this factory method to create a new instance of
     * this fragment using the provided parameters.
     *
     * @param param1 Parameter 1.
     * @param param2 Parameter 2.
     * @return A new instance of fragment HomeFragment.
     */
    // TODO: Rename and change types and number of parameters
    public static HomeFragment newInstance(String param1, String param2) {
        HomeFragment fragment = new HomeFragment();
        Bundle args = new Bundle();
        args.putString(ARG_PARAM1, param1);
        args.putString(ARG_PARAM2, param2);
        fragment.setArguments(args);
        return fragment;
    }

    @Override
    public void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        if (getArguments() != null) {
            mParam1 = getArguments().getString(ARG_PARAM1);
            mParam2 = getArguments().getString(ARG_PARAM2);
        }
    }
}

```

```

@Override
public View onCreateView(LayoutInflater inflater, ViewGroup container,
    Bundle savedInstanceState) {
    // Inflate the layout for this fragment
    return inflater.inflate(R.layout.fragment_home, container, false);
}
}

```

8.16 profile fragment:

```

package com.example.mymedicalpp;
import android.os.Bundle;
import androidx.fragment.app.Fragment;
import android.view.LayoutInflater;
import android.view.View;
import android.view.ViewGroup;

/**
 * A simple {@link Fragment} subclass.
 * Use the {@link ProfileFragment#newInstance} factory method to
 * create an instance of this fragment.
 */
public class ProfileFragment extends Fragment {

    // TODO: Rename parameter arguments, choose names that match
    // the fragment initialization parameters, e.g. ARG_ITEM_NUMBER
    private static final String ARG_PARAM1 = "param1";
    private static final String ARG_PARAM2 = "param2";

    // TODO: Rename and change types of parameters
    private String mParam1;
    private String mParam2;

    public ProfileFragment() {
        // Required empty public constructor
    }

    /**
     * Use this factory method to create a new instance of
     * this fragment using the provided parameters.
     *
     * @param param1 Parameter 1.
     * @param param2 Parameter 2.
     * @return A new instance of fragment ProfileFragment.
     */
}

```

```

// TODO: Rename and change types and number of parameters
public static ProfileFragment newInstance(String param1, String param2) {
    ProfileFragment fragment = new ProfileFragment();
    Bundle args = new Bundle();
    args.putString(ARG_PARAM1, param1);
    args.putString(ARG_PARAM2, param2);
    fragment.setArguments(args);
    return fragment;
}

@Override
public void onCreate(Bundle savedInstanceState) {
    super.onCreate(savedInstanceState);
    if (getArguments() != null) {
        mParam1 = getArguments().getString(ARG_PARAM1);
        mParam2 = getArguments().getString(ARG_PARAM2);
    }
}

@Override
public View onCreateView(LayoutInflater inflater, ViewGroup container,
                           Bundle savedInstanceState) {
    // Inflate the layout for this fragment
    return inflater.inflate(R.layout.fragment_profile, container, false);
}
}

```

8.17 fragment settings:

```

package com.example.mymedicalpp;

import android.os.Bundle;
import androidx.fragment.app.Fragment;
import android.view.LayoutInflater;
import android.view.View;
import android.view.ViewGroup;
/**
 * A simple {@link Fragment} subclass.
 * Use the {@link SettingsFragment#newInstance} factory method to
 * create an instance of this fragment.
 */
public class SettingsFragment extends Fragment {
    // TODO: Rename parameter arguments, choose names that match
    // the fragment initialization parameters, e.g. ARG_ITEM_NUMBER
    private static final String ARG_PARAM1 = "param1";
    private static final String ARG_PARAM2 = "param2";
}

```

```

// TODO: Rename and change types of parameters
private String mParam1;
private String mParam2;
public SettingsFragment() {
    // Required empty public constructor
}
/**
 * Use this factory method to create a new instance of
 * this fragment using the provided parameters.
 *
 * @param param1 Parameter 1.
 * @param param2 Parameter 2.
 * @return A new instance of fragment SettingsFragment.
 */
// TODO: Rename and change types and number of parameters
public static SettingsFragment newInstance(String param1, String param2) {
    SettingsFragment fragment = new SettingsFragment();
    Bundle args = new Bundle();
    args.putString(ARG_PARAM1, param1);
    args.putString(ARG_PARAM2, param2);
    fragment.setArguments(args);
    return fragment;
}
@Override
public void onCreate(Bundle savedInstanceState) {
    super.onCreate(savedInstanceState);
    if (getArguments() != null) {
        mParam1 = getArguments().getString(ARG_PARAM1);
        mParam2 = getArguments().getString(ARG_PARAM2);
    }
}
@Override
public View onCreateView(LayoutInflater inflater, ViewGroup container,
    Bundle savedInstanceState) {
    // Inflate the layout for this fragment
    return inflater.inflate(R.layout.fragment_settings, container, false);
}
}

```

8.Conclusion:

- The internet can support a wide range of application but the success of application depends upon the ease of use and ability to improve the existing process.
- As a result of my work, I developed an app to improve users health by finding solutions to their problems.
- The proposed system is implemented using Java programming language and android development studio which is suitable for the development of mobile-Health application software.