Team: 2034023, 2034045

Date: 20-04-2022

FITFLEX

AIM:

Fitness application that's used to keep track of your physical fitness data and provide a customized plan to reach the goal. Ultimately the goal of the app is to be a guide to help lead a healthy life.

ABSTRACT:

The pursuit of health and well-being is a significant aspect of modern lifestyle, and fitness applications have emerged as an essential tool to support individuals in achieving their fitness goals. The aim of this paper is to present "Fitflex," a comprehensive fitness application that combines cutting-edge technology with evidence-based fitness principles to provide a holistic approach to improving health and well-being.

The Fitflex application offers a wide range of features, including personalized workout plans, nutrition tracking, goal setting, progress tracking, social networking, and virtual coaching.

The workout plans incorporate various exercise modalities, including strength training, cardio, flexibility, and mindfulness exercises, to ensure a well-rounded fitness routine. The nutrition tracking feature of Fitflex allows users to monitor their daily food intake, set nutritional goals, and receive recommendations for healthy meal choices based on their dietary preferences and goals.

Fitflex 's goal-setting and progress tracking features allow users to set fitness goals, monitor their progress, and receive motivational feedback to stay on track. The social networking component of the application enables users to connect with other fitness enthusiasts, share achievements, exchange workout tips, and provide support and encouragement, fostering a sense of community and motivation.

MODULES:

Java files: It includes main activity, DB helper, track fitness progress.

XML files: It provides the interface for the user login, a major dashboard of calorie tracker, BMI calculator, GPS to track the path while walking along with tutorials for each exercise with Spotify redirect.

<u>GPS:</u>

The app uses the Android Location API to access the GPS location of the user, providing details of nearby gyms and fitness centers. Track the users' path while counting the steps.

<u>NOTIFICATION:</u>

Users can set motivational reminders to go for a run, drink enough water, or take their vitamins. The app can send a notification at a scheduled time to remind the user to complete the task and can inform users of their progress towards their fitness goals. Notifications can also be used to inform users of their friends' progress, comments, or messages. This can help create a sense of community and accountability among users.

<u>DATABASE:</u>

The app is connected to a database which stores users' login information and workout records to provide statistical report on the progress and customized fitness plans.

<u>EMAIL:</u>

When a user wants to sign in to the app, they enter their email address. This triggers the app to send a notification message to the user's email confirming that they have logged in.

<u>MULTI-THREADING:</u>

The application is capable of doing multitasking, it plays music at the same time the users can view the steps of each exercise and count their progress.

CONTENT:

Daily Progress:

The user engaged in a 45-minute cardio session and a 30-minute strength training routine, tracking their progress with a timer and custom workouts. The total calorie burn for the day was 600 calories, with 400 calories burned during exercise and 200 calories from daily activities.

Food and Physical Activity:

The user recorded their daily food intake, consuming a balanced diet with a total calorie intake of 1600 calories. They sought health advice to improve their food habits and achieve their desired body weight. The user also participated in gym sessions with friends, engaging in physical activities and achieving a step count of 10,000 steps.
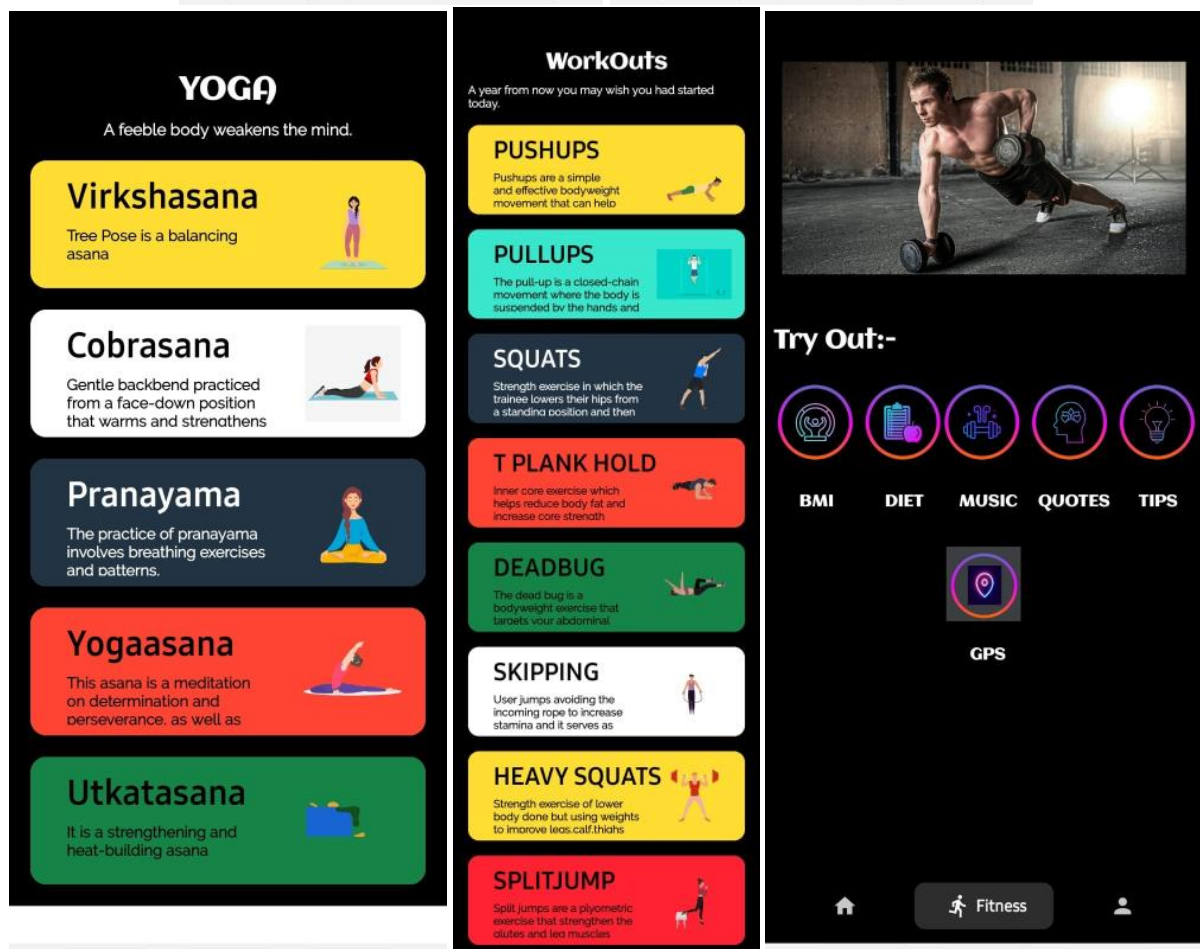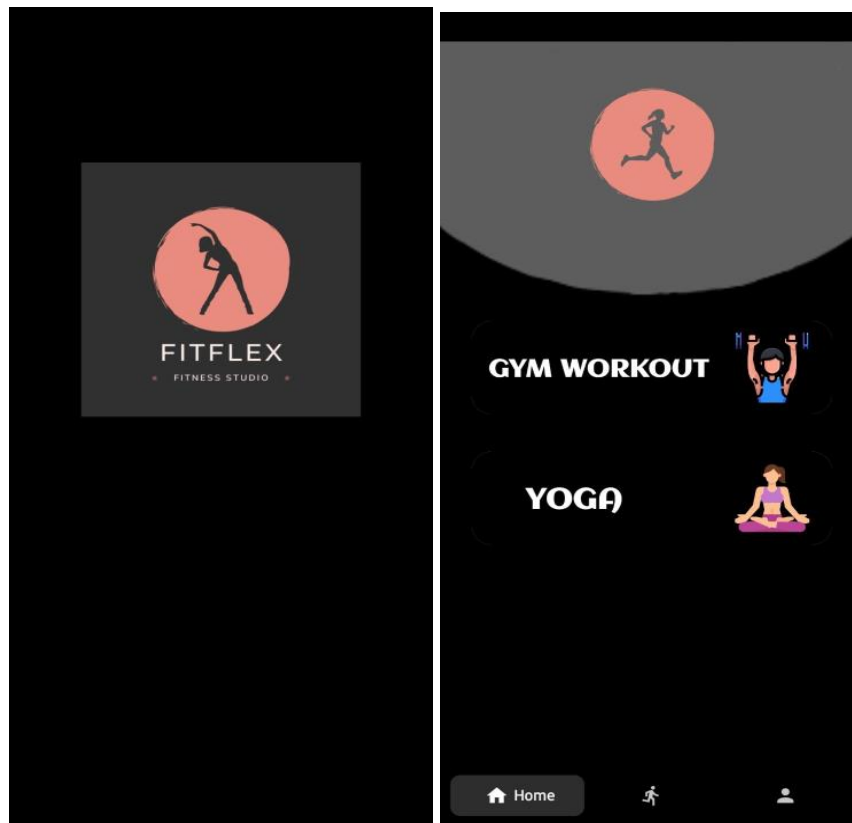
In conclusion, the fitness tracker effectively monitored the user's daily progress, including exercise routines, calorie and step counts, food intake, and health advice. The user's customized workouts, calorie intake, and physical activities were recorded and analyzed to help them achieve their fitness goals. The fitness tracker proved to be a valuable tool for tracking and improving the user's fitness journey.
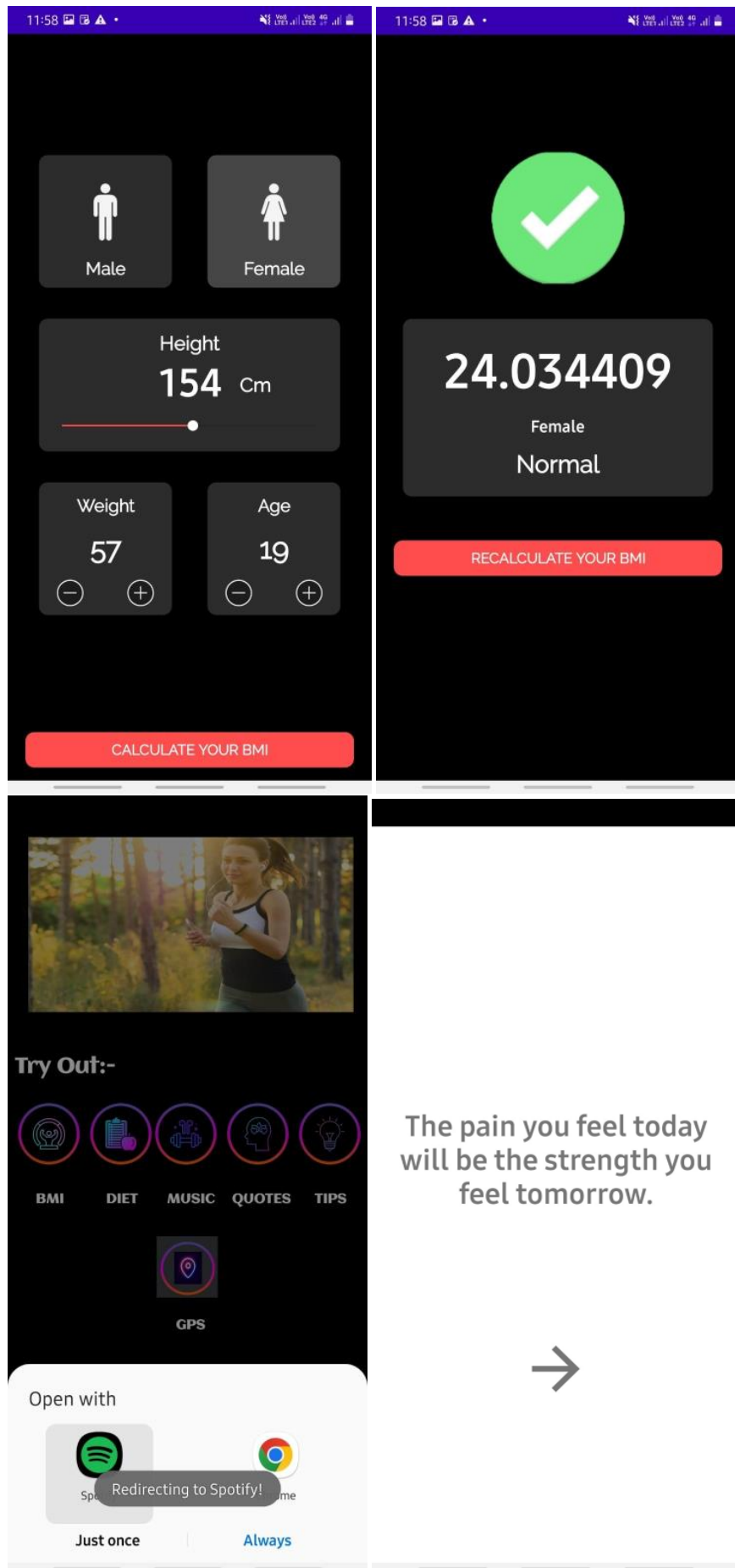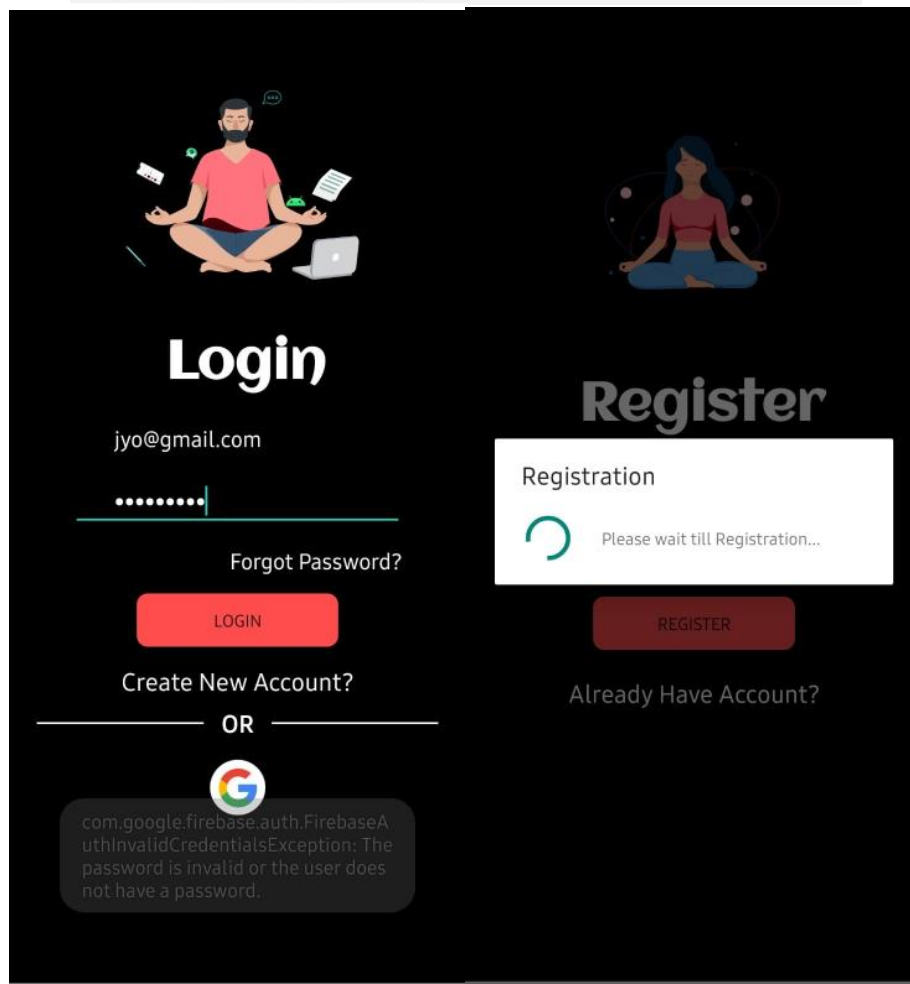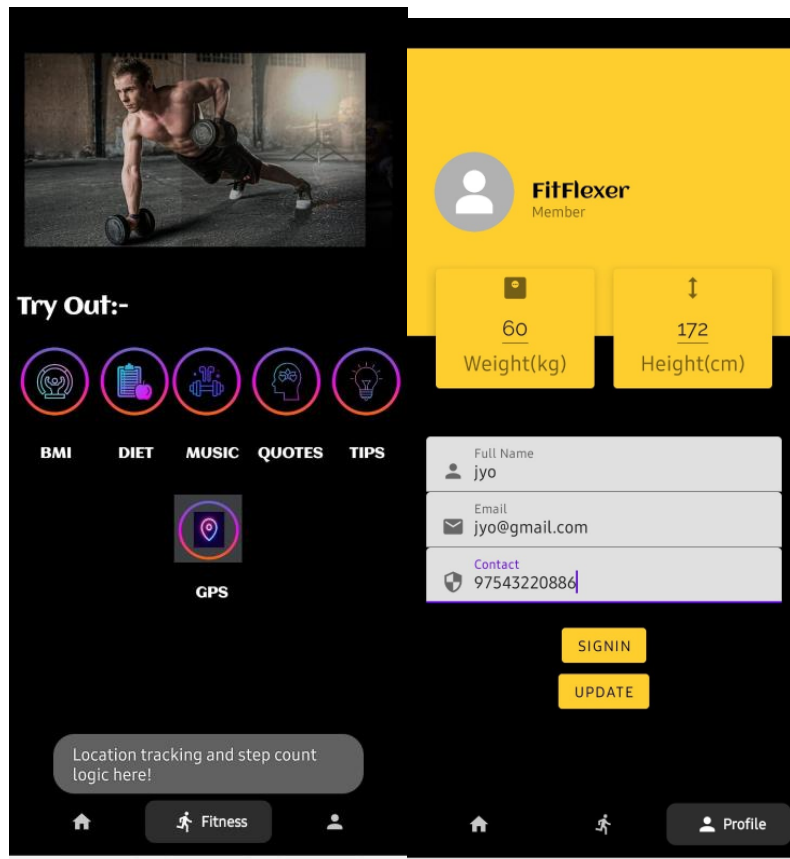
DB DESCRIPTION:
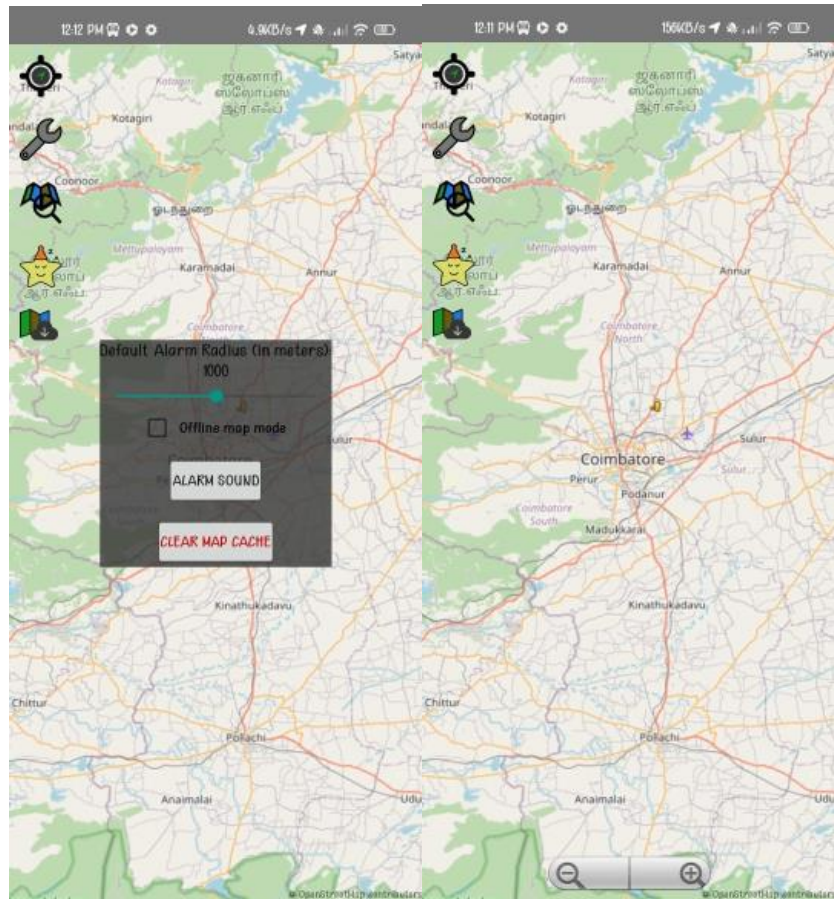
Database is used to store:

- Login details
- Custom alarm notification
- Custom Diet
- BMI progress
- Location step tracker

SAMPLE OUTPUT:

FITFLEX
FITNESS STUDIO

GYM WORKOUT

YOGA

Home

YOGA

A feeble body weakens the mind.

Virkshasana
Tree Pose is a balancing asana

Cobrasana
Gentle backbend practiced from a face-down position that warms and strengthens

Pranayama
The practice of pranayama involves breathing exercises and patterns.

Yogaasana
This asana is a meditation on determination and perseverance. as well as

Utkatasana
It is a strengthening and heat-building asana

WorkOuts
A year from now you may wish you had started today.

PUSHUPS
Pushups are a simple and effective bodyweight movement that can help

PULLUPS
The pull-up is a closed-chain movement where the body is suspended by the hands and

SQUATS
Strength exercise in which the trainee lowers their hips from a standing position and then

T PLANK HOLD
Inner core exercise which helps reduce body fat and increase core strength

DEADBUG
The dead bug is a bodyweight exercise that targets your abdominal

SKIPPING
User jumps avoiding the incoming rope to increase stamina and it serves as

HEAVY SQUATS
Strength exercise of lower body done but using weights to improve legs.calf.thighs

SPLITJUMP
Split jumps are a plyometric exercise that strengthen the glutes and leg muscles

Try Out:-

BMI   DIET   MUSIC   QUOTES   TIPS

GPS

Home   Fitness

Male

Female

Height

154 Cm

Weight

57

Age

19

CALCULATE YOUR BMI

24.034409

Female

Normal

RECALCULATE YOUR BMI

Try Out:-

BMI DIET MUSIC QUOTES TIPS

GPS

Open with

Redirecting to Spotify!

Just once   Always

The pain you feel today will be the strength you feel tomorrow.

→

Try Out:-

BMI   DIET   MUSIC   QUOTES   TIPS

GPS

Location tracking and step count logic here!

🏠   🏃 Fitness   👤

FitFlexer
Member

60
Weight(kg)

172
Height(cm)

Full Name
jyo

Email
jyo@gmail.com

Contact
97543220886

SIGNIN

UPDATE

🏠   🏃   👤 Profile

Login

jyo@gmail.com

••••••••••

Forgot Password?

LOGIN

Create New Account?

OR

G

com.google.firebase.auth.FirebaseA
uthInvalidCredentialsException: The
password is invalid or the user does
not have a password.

Register

Registration

Please wait till Registration...

REGISTER

Already Have Account?

DATABASE