Proposal - Personal Health Planer

Specification

The application I propose on making is a weekly reminder for each health related activity (mainly targeted at running) the user plans on doing for that week. The app extends to prior weeks in order for the user to view previous workouts they have done and even into the future for the user to plan ahead. The app aims to provide a solid base for personal fitness analytics.

The user assigns a day and a type as well as any extra notes associated with the workout and if applicable a time (i.e. the time it took to complete).
Types include -
- Track
- Long run
- Gym

These are then distinguished by different groupings on the main page. By having these tags it also allows for faster filtering of the main page.

Notifications will be sent in the morning (8 am, based on users current time zone) as a reminder of the task. A further notification will be sent at 7pm to confirm the task has been completed (assuming sessions will have all been completed by the evening). By tapping this notification it will add a tick to the session name to show that this session is now completed.
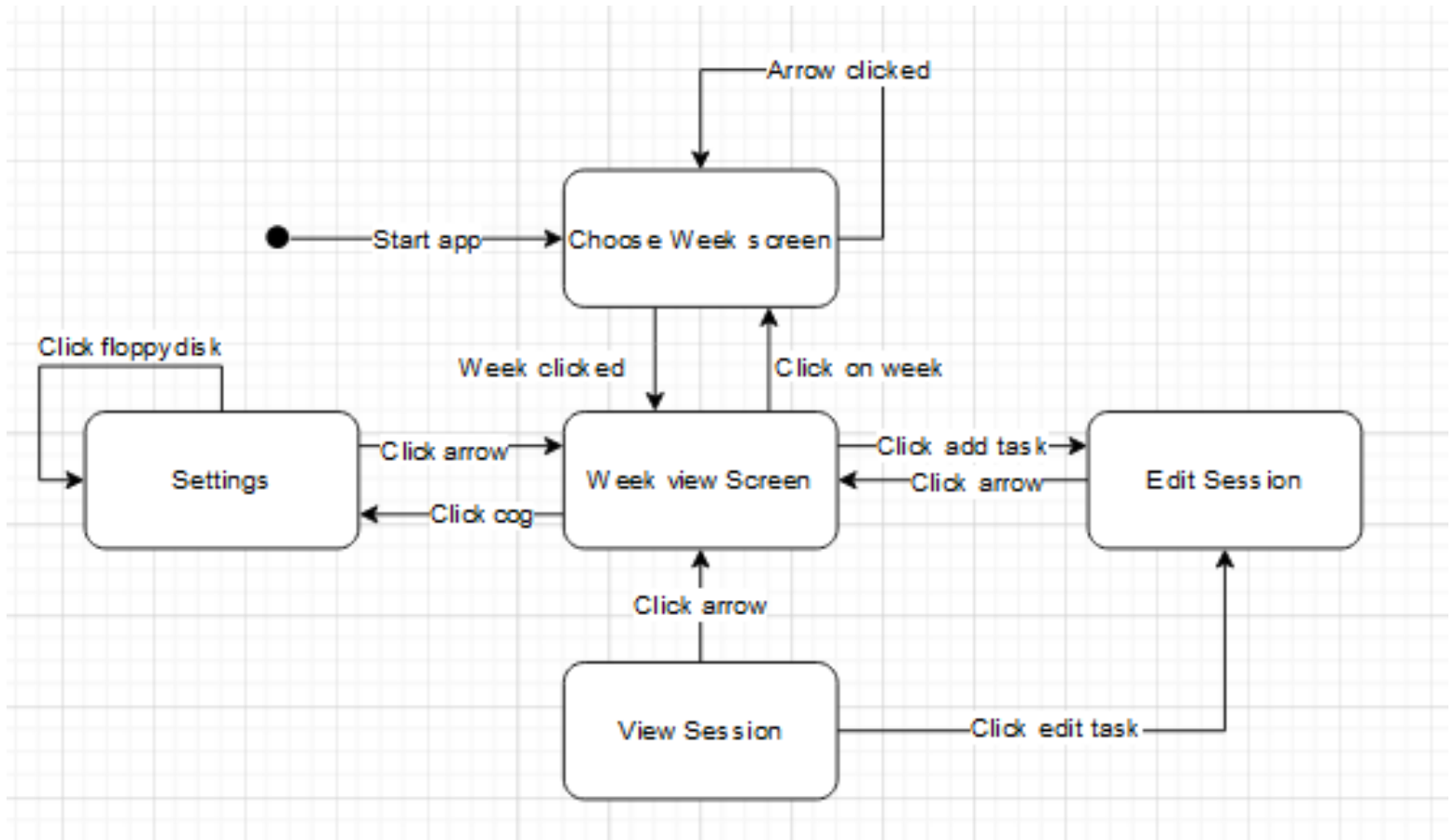
By clicking on any session within the main screen it will give the user the option to view session details which they can decide to share the session to another app, from here we can return or decide to edit said session. The edit session screen is reused in order to create new sessions too.

Finally we have the option to configure the user's view by using the settings page.

Feature overview -

Feature type	Screen	Feature	Implementation
Session	Main	Add sessions	Inserting to database
Session	Main	Delete sessions	Removing record from database
Session	View	View sessions	Selecting from database
Session	Edit	Edit session	Updating record from database
Session	Main	Filter session	Select session name where the name contains input.
Notifications	N/A (mobile)	Get notification reminders for sessions	Using NotificationCompat API when day from database is current day
User Experience	Settings	Light / dark mode	By inheriting the DayNight theme in styles.xml
User Experience	Settings	Brightness	By having a changeWriteSettings Permission override in Manifest.xml so users can change device settings.
Administration	Settings	Remove / add features	Conditions stating if ticked don't display. For unique names use UNIQUE in SQL.
Functional	Week selector	View session / month analytics	Selecting session information from database for weeks in that month
Social	View	Share session	Using Android Sharesheet to send session information to apps such as message

Screen overview (state diagram):

Arrow clicked

● —Start app→ Choose Week screen

Click floppy disk

Week clicked ↓   ↑ Click on week

Settings —Click arrow→ Week view Screen —Click add task→ Edit Session
Settings ←Click cog— Week view Screen ←Click arrow—

Click arrow ↑

View Session —Click edit task→ Edit Session

Weekly sessions screen:

- Click on session name to view details
- Search bar to filter sessions
    - Filter by name as well as tag
- Pressing the cross on any of the sessions will delete session permanently
- Pressing the + icon will take us to the edit session screen
- Click cog to go to settings page

Edit session screen:

Edit Session

Session Name

Enter Session Name...

Day

- Select Day... -

Session Type

- Select Session Type... -

Time

00 : 00 : 00

Pause   Start   Reset

Notes

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- Use session name box to enter name
- Use day to select the day of the week it is
    - Dropdown
- Use Session type to specify which type of session it is
    - Dropdown
- Use the stopwatch to add a time
    - Buttons to control underneath
    - If time recorded it is saved here else 00:00:00
- Use the notes section to add related notes
- Use the tick to apply changes
- Use ← to return to previous screen

View session screen:

- ← to return to week view sessions page
- The button in the bottom right is used to edit the current session
- Click the button in the top left to share the session to other apps

Monthly session view screen:

```
┌─────────────────────────────────────────┐
│               Choose Week                │
├─────────────────────────────────────────┤
│                                          │
│   January 2021                           │
│   ┌───────────────────────────────────┐  │
│   │      [Week Starting DD/MM/YY]      │  │
│   └───────────────────────────────────┘  │
│                                          │
│   ┌───────────────────────────────────┐  │
│   │      [Week Starting DD/MM/YY]      │  │
│   └───────────────────────────────────┘  │
│                                          │
│   ┌───────────────────────────────────┐  │
│   │      [Week Starting DD/MM/YY]      │  │
│   └───────────────────────────────────┘  │
│                                          │
│   ┌───────────────────────────────────┐  │
│   │      [Week Starting DD/MM/YY]      │  │
│   └───────────────────────────────────┘  │
│                                          │
│   January summary                        │
│                                          │
│          4 sessions completed            │
│                                          │
│          3 sessions to-do                │
│                                          │
│     Mainly track running in January      │
│                                          │
│   ←                                  →   │
│                                          │
└─────────────────────────────────────────┘
```
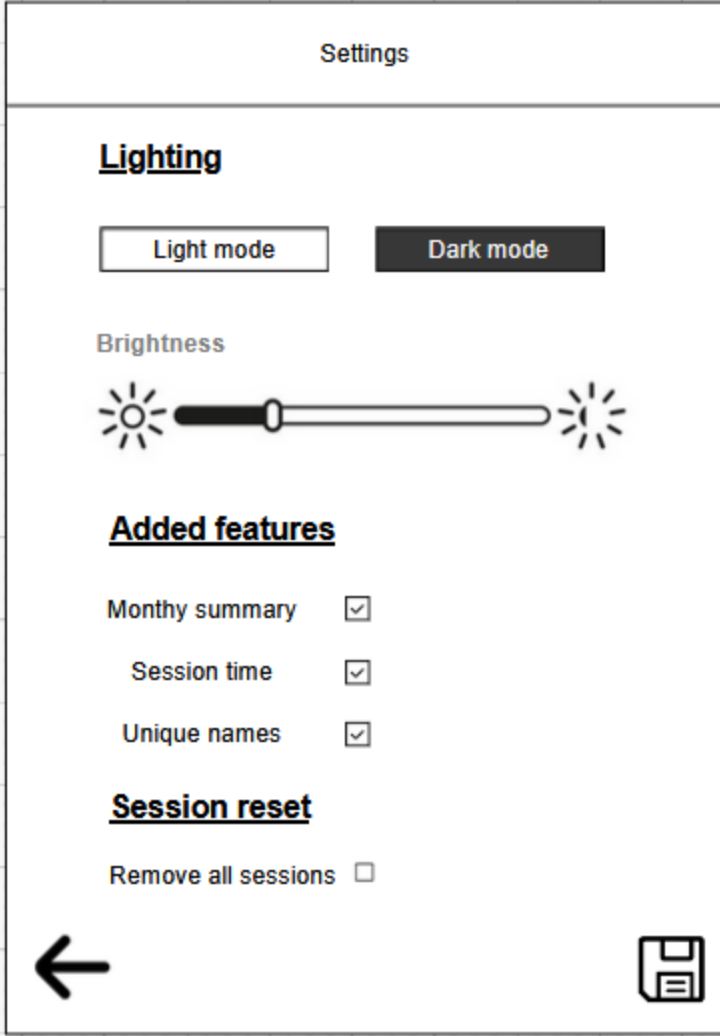
- Click on week in order to show week view screen for the given week
- Use ← to show weeks associated with the previous month
- Use → to show weeks associated with the next month

Settings screen:

- Click light mode in order enable light mode
    - Vice versa for dark mode
- Adjustable bar for brightness of screen
- Tick the box to keep
    - Monthly summary
        - In the month view
    - Session times
        - In the session view
    - Unique names
        - For each session
- Tick *'Remove all sessions'* to remove all sessions save (reset)
- ← to return to the session week view
- Click on the floppy disk to apply setting changes