Welcome to the demonstration of our as yet untitled Fitness Application.

This prototype has been built in Java.

On opening the app as is standard, the first options presented are account creation and login.

The account creation is fairly straightforward and simply asks for Name, weight, height and age.

Once the account has been created you have access to a number of resources to help you on your journey.

The food diary allows you to keep track of your dietary intake, with fields for each meal and total calories.

The Workout program shows you your day’s exercises, with a choice of Cardio, strength and mixed exercises depending on what type of exercise you would like to focus on.

The progress tracker is currently in development, but will allow for input of changes in a number of metrics, and will allow for photo records to visually keep track of your improvements.

The Education modules are yet to be implemented but will include information regarding nutrition, calorie and portion control, and some more specific information regarding types of exercises and how best to perform them.