

# My Fitness Friend

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# General Concept

Life is hectic

Health isn't a priority

~72% of US adults are overweight

Over 300,000 deaths per year are caused by obesity in the US



# Technology is the problem...



People spend more time sitting than ever

Technology has made life easy, but also made us sedentary

The average person looks at their phone for 3.25 hours a day

And 6.3 hours looking at screens in general.



## ... and the answer!

There is an app for everything

Fitness is no exception

There are plenty of calorie and weight tracking apps, but many are shallow

None offer an in depth exploration of fitness and nutrition.



# MyFitnessFriend

- Registers with the application
- Tracks food consumption per day
- Provides with ability to store nutritional value of different foods
- Logs user weight



# Basic overview

Over 10 activities/ screens

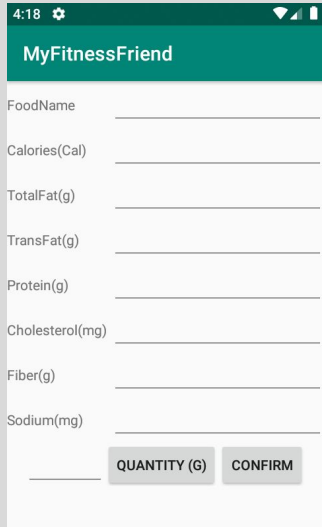
Utilizes both SQLite and Firebase

Recyclerview

Reusable activity screens



# Clean UI Layout



4:18

MyFitnessFriend

FoodName

Calories(Cal)

TotalFat(g)

TransFat(g)

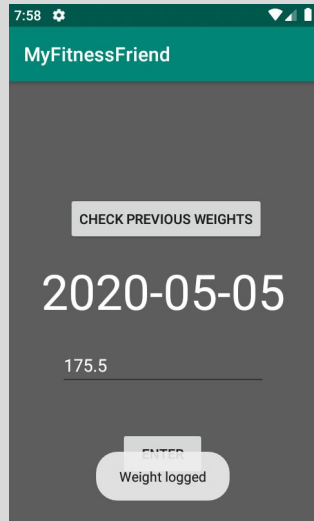
Protein(g)

Cholesterol(mg)

Fiber(g)

Sodium(mg)

QUANTITY (G) CONFIRM



7:58

MyFitnessFriend

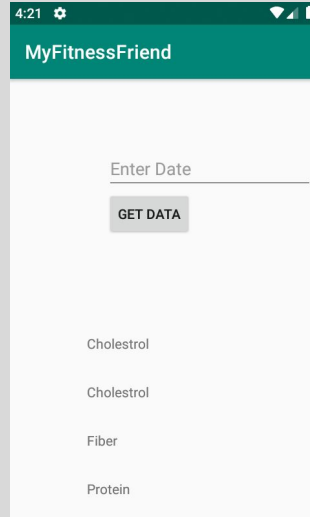
CHECK PREVIOUS WEIGHTS

2020-05-05

175.5

ENTER

Weight logged



4:21

MyFitnessFriend

Enter Date

GET DATA

Cholestrol

Cholestrol

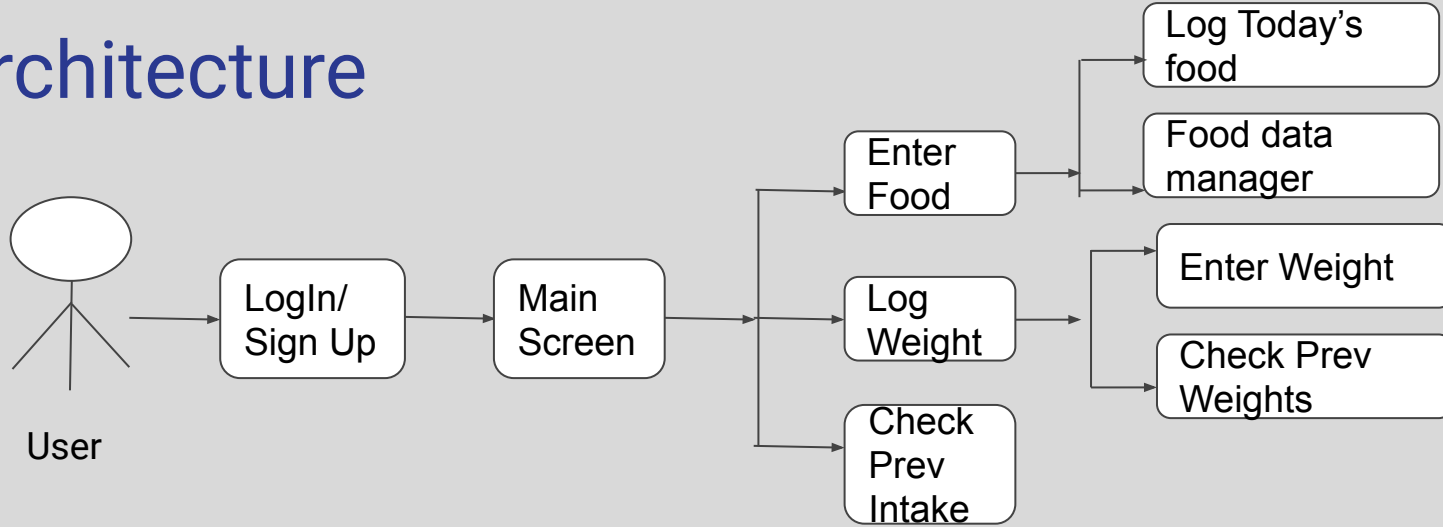
Fiber

Protein

Simple to follow, visually pleasing UI

App layout flows naturally.

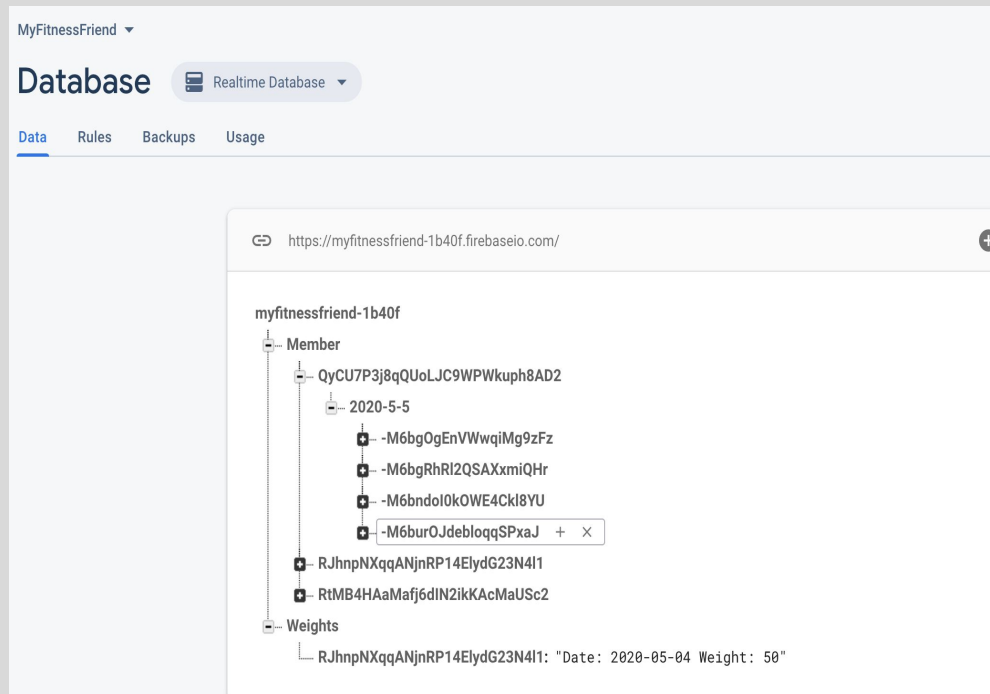
# Architecture





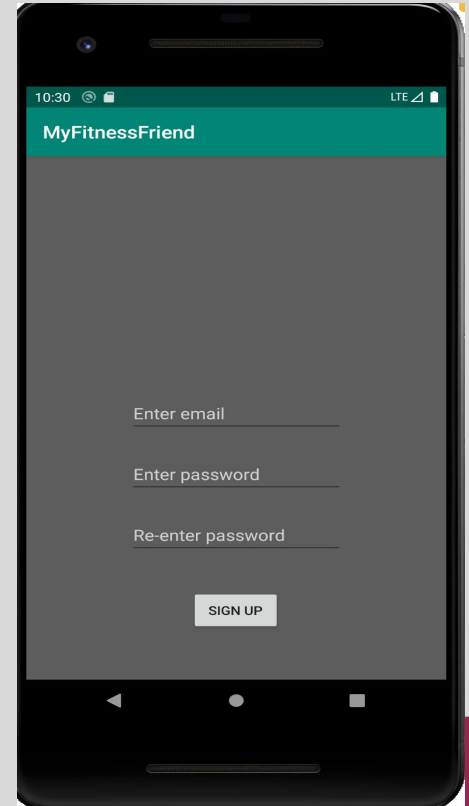
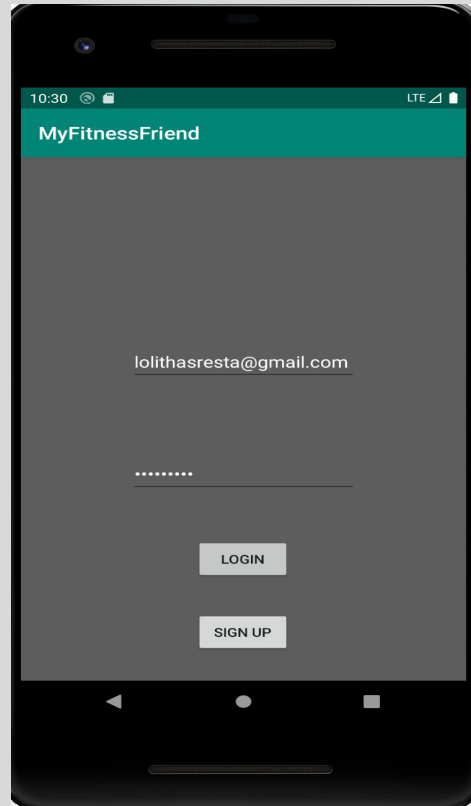
# Firestore

- To perform user login
- To store user's details



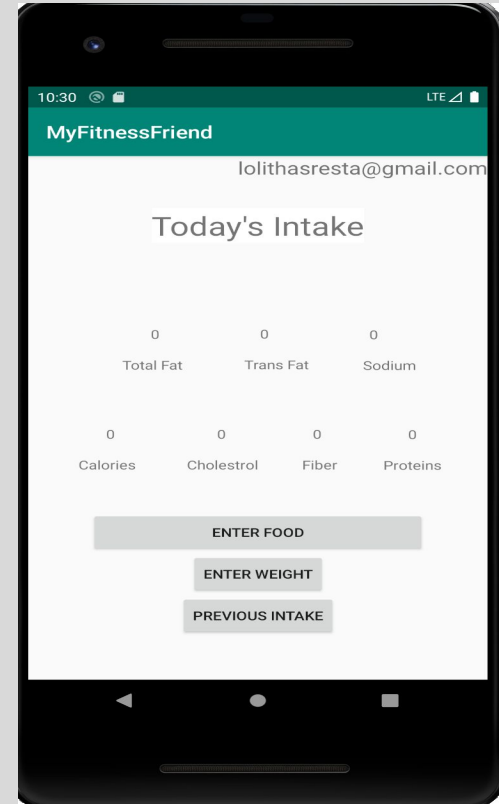
# Login/SignUp Screen

- Implemented with Firebase
- Login details are not stored on device for security



# Main Screen

- Displays present day's food intake of user
- Main Screen to navigate to all other screens



User  
Account

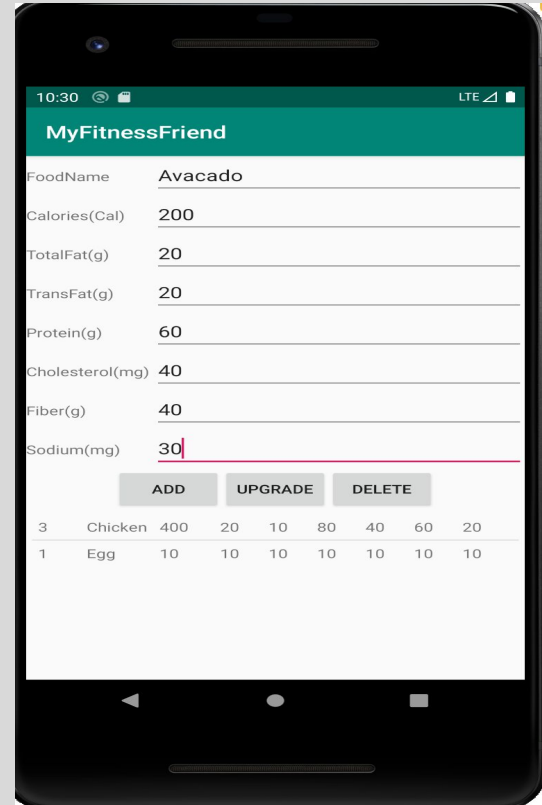
# Enter Food Activity

- Log today's food intake
- Navigate to Food data manager



# Food Data Manager Activity

- Enter details about each food item
- Enter once, use anytime
- Uses SQLite to store this data



# Food Data Manager

## Operation

.Creation

.Update

.Delete

.Read

MyFitnessFriend

FoodName

Calories(Cal)

TotalFat(g)

TransFat(g)

Protein(g)

Cholesterol(mg)

Fiber(g)

Sodium(mg)

**ADD** **UPGRADE** **DELETE**

2	Apple	55	0	0	0	0	3	0
3	Banana	105	1	0	0	0	3	0
1	Beef	230	45	0	30	120	0	95
4	Chicken	165	32	0	31	85	0	74

# Food Enter

Adjust:

For example ,

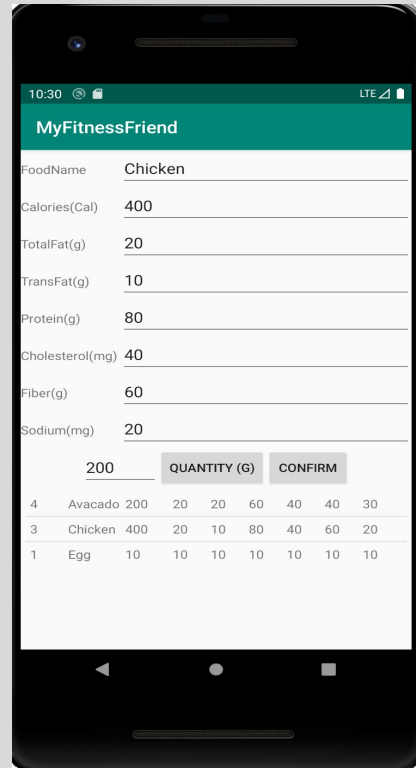
When the beef is very salty, we can adjust the number of sodium from 285 to 800, or other number.

Then click Confirm the numbers will be sent to Main Screen.

	FoodName	Calories(Cal)	TotalFat(g)	TransFat(g)	Protein(g)	Cholesterol(mg)	Fiber(g)	Sodium(mg)
2	Apple	55	0	0	0	0	3	0
3	Banana	105	1	0	0	0	3	0
1	Beef	230	45	0	30	120	0	95
4	Chicken	165	32	0	31	85	0	74

# Food Consumption Activity

- Details from SQLite db are retrieved and displayed here in listView
- User can enter quantity in grams on clicking confirm, nutritional value is added to today's intake



10:30 MyFitnessFriend

FoodName: Chicken

Calories(Cal): 400

TotalFat(g): 20

TransFat(g): 10

Protein(g): 80

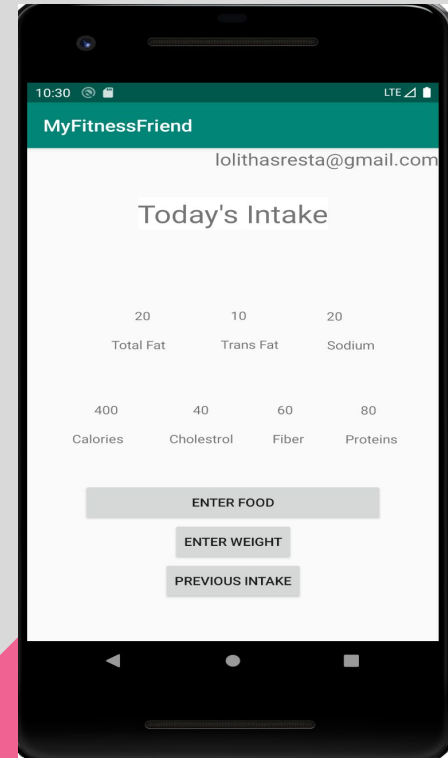
Cholesterol(mg): 40

Fiber(g): 60

Sodium(mg): 20

200 QUANTITY (G) CONFIRM

4	Avacado	200	20	20	60	40	40	30
3	Chicken	400	20	10	80	40	60	20
1	Egg	10	10	10	10	10	10	10



10:30 MyFitnessFriend lolithasresta@gmail.com

Today's Intake

20	10	20	
Total Fat	Trans Fat	Sodium	
400	40	60	80
Calories	Cholesterol	Fiber	Proteins

ENTER FOOD

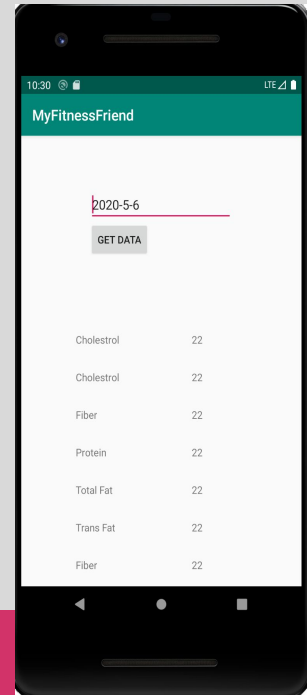
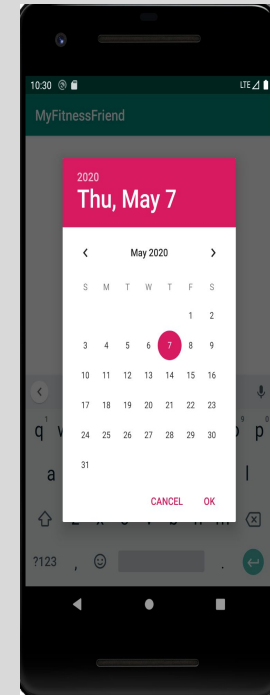
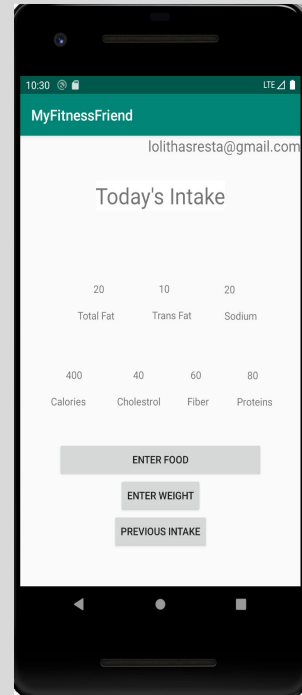
ENTER WEIGHT

PREVIOUS INTAKE



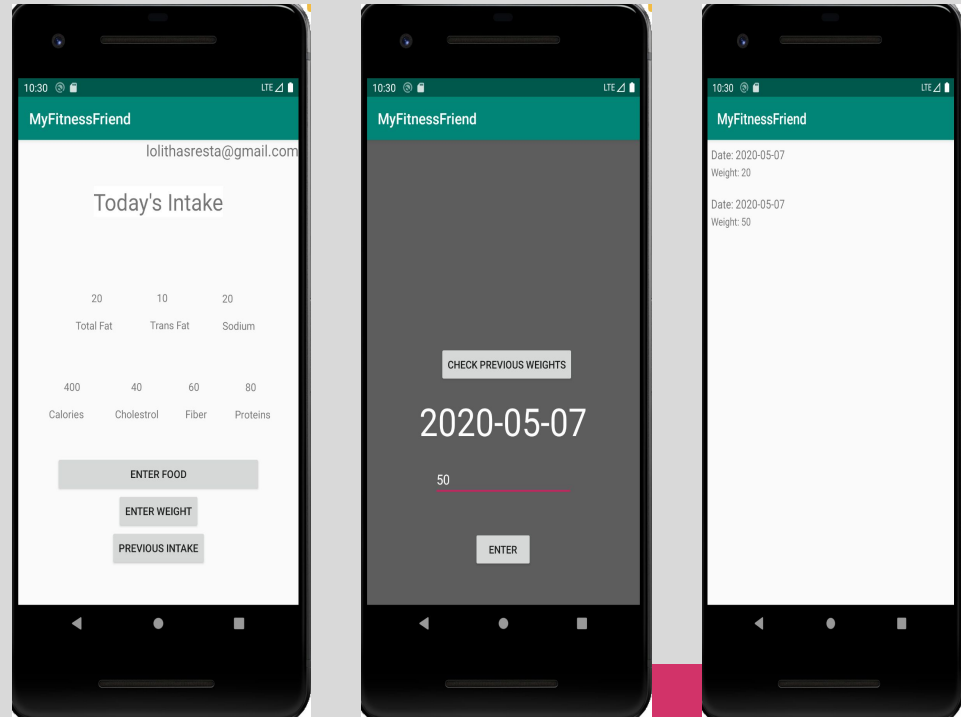
# Previous Intake Activity

- Uses DatePicker to choose date
- Retrieve data from SQLite db and display
- If no data is present for that date, show 0



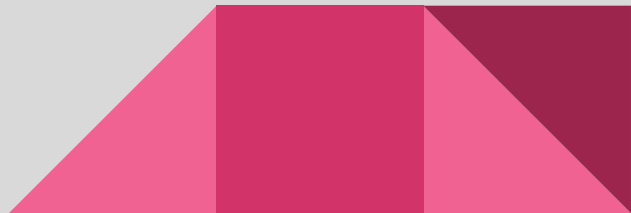
# Log Weight Activity

- User can enter his weight on particular day
- On click of Check Prev Weights, all logged in weights are retrieved and displayed in recyclerview



# Challenges Encountered

- Creating simple UI
- Firebase
- DataFlow between Activities



# Conclusion & Future Work

- Designed application that meets our initial goals
- Calculate BMR of user and suggest about food intake
- Track fitness activity of user

