



Health Driven App Report 1

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Write ahead

Android Studio project I have submitted in the first step is runnable and some features have been tested successfully.

What I did ?

In current phase, i designed and implemented the UI for app. Most of activities are constructed by nested `LinearLayout(horizontal)` and `LinearLayout(vertical)`. Nested linear layouts allow the modules and widgets being managed in a proper way. Activities as follows are created:

- LoginActivity
 - MainActivity
 - CalorieCounterActivity
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How do they work ?

Login Activity

This page is designed to become the initial page for new users once they open the application for the first time, and this page used to collect user's basic information, such as name, height, weight, phone(optional), etc. These data will be processed and passed to other pages.

- Info collection form
 - `EditText: FirstName`
 - `EditText: LastName`
 - `EditText: Weight`
 - `EditText: Height`
 - `EditText: Phone(Optional)`
 - `EditText: E-mail(Optional)`
- Go next button
 - `Button: Next` → Process data and redirect to Main activity

Main Activity

This page is the main function module and it contains few functional buttons and card shaped interactive widgets. Buttons allow users jumping to other corresponding activities. The rest widgets used to track user's health index, such as water intake, BMI(Body Mass Index), daily foot steps and etc.

- Welcome Banner
 - `EditText: Name` → Used to display user's name, for example, Welcome John Doe.
- Nav Bar
 - `Button: Calorie` → Used to redirected to Calorie Counter Activity
 - `Button: Water` → Used to redirected to Water Intake Activity
 - `Button: Sleep` → Used to redirected to Sleep Track Activity
- Widgets Field

There are some widgets which I acquire inspiration from Apple design and they are used to display health index in this section while few of them are interactive and rest are not. For example:

- weight and height: users can modified their height and weight here, these data could have small changes and the user would update them periodically.
- foot steps: the foot steps is a static value, usually it is gathered by the third party API. Generally, users can not modify it.

Calorie Counter Activity

Users will be redirected into this activity after they push the Calorie button in Main Activity.

- Calorie Intake Display Field
 - `CircularProgressBar: DailyCalorieIntake` → Used to display the percentage, calculated by daily calorie intake in total / daily calorie intake target. This module is imported from a third party library on Github,
<https://github.com/lopspower/CircularProgressBar>
 - `EditText: DailyCalorieIntakeTarget` → display the calorie intake by text
- Others
 - `Button: AddRecord` → add and update new calorie intake

Compared with proposal

Exercise and Workout Guidance

- A variety of pre-designed workout plans are listed on the app
- Customizable workout routines based on user preferences

Calorie Counter and Diet Management

- ~~Daily calorie intake calculator~~
- ~~Customize daily calorie intake~~
- Generate reports weekly based on daily calorie intake in past 7 days

Activity Tracking

- Step counter and pedometer for monitoring daily physical activity
- Rewards system to motivate users to reach activity goals
- Generate reports weekly based on daily steps in past 7 days

Daily Water Intake

- Track daily water consumption
- Customizable reminders and notifications to stay hydrated
- Statistics of daily water intake

Physical Health Indicators

- ~~Record user's height and weight~~
- ~~Judging whether the user is healthy or not based on BMI~~

Sleeping Schedule Tracker

- Customize when and how long to start sleeping and add notifications
 - Generate reports for sleep schedule monthly
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What will be removed ?

According to current development, I am planning to remove all reports generator in the future. Because, the app will only be tested on emulator, i am not able to collect enough data to support a weekly or monthly report.

Screenshots

2:48 123

First Name
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Last Name
Mei

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177 60

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Next



