Documentation

Problem Statement

The problem is to make fit and healthy society. In the society where people are very conservative in talking about their health and female health so, it's hard for girls to get proper knowledge about their periods and their health.

Here when we come into the game, we have designed an application in which we have added various functions which are gender specific. Like BMI calculator, period tracker for females, basic knowledge about periods with animated videos, exercise routines, diet plans, video assistance for exercises.

Our application is very easy to use and user-friendly, so anyone of any age can use our app without any assistance and become fit by following the routines.

With the help of our period tracker and animated videos teenager girls can understand about their menstrual cycle in very friendly way.

Requirements

- ○ **Hardware required:**
  - ➤ Smart phone
  - ➤ Computer / laptop with minimum specifications:
  - ➤ 64-bit Microsoft® Windows® 8/10/11.
  - ➤ x86_64 CPU architecture; 2nd generation Intel Core or newer, or AMD CPU with support for a Windows Hypervisor.
  - ➤ 8 GB RAM or more.
  - ➤ 8 GB of available disk space minimum (IDE + Android SDK + Android Emulator)
  - ➤ 1280 x 800 minimum screen resolution.

- ○ **Software required:-**
  - ➤ Android studio
  - ➤ Android emulator
  - ➤ Android SDK
  - ➤ Adobe photoshop
  - ➤ Blender

Technologies Used

- ○ **Languages:**
  - ➤ XML
  - ➤ JAVA
  - ➤ Android dependencies
- ○ **Frontend:**
  - ➤ XML
- ○ Backend frameworks:
  - ➤ Java
  - ➤ Android dependencies

Project Description

(Explanation of working of project)

We have developed a dynamic fitness application with gender specific terms like:

For male we have added functions like:

- BMI calculator
- Exercise routines
- Exercise ideas with video assistance.
- Diet ideas

For female we have added functions like:

- BMI calculator
- Period tracker
- Basic knowledge about periods with animated videos.
- Exercise routines
- Diet ideas

By the use these functions provided by us people can maintain their fitness in very user-friendly manner.

- In BMI calculator you have to provide inputs like:
  - Gender
  - Age
  - Height
  - Weight

on the basis of these inputs, it calculates your BMI and shows the result.

- In period tracker you have to provide inputs like:
  - Date of previous period (day and month)
  - menstrual duration (in days)
  - periodic duration (in days)

- on the basis of these inputs, it calculates your next period date and shows the result.

o We have added basic knowledge about periods with animated videos which can help teen girls to understand in very friendly manner.
o In diet plans we have added various diet plans which can keep you healthy.
o In exercise routines we have added different exercises categorized in each section.
o In Exercise ideas with video assistance we have added different videos for assistance in exercises.

Scope

o **Our objective:**
  - We have developed a fitness application to make the society fit by tracking their fitness measures.

  - People can track their fitness and routines and in future we are able to give them their personalized experience for their own routines.

  - We will create a data base by their routines and provide them do's and don't for their fitness.

- **Goals**
  - As our app is based on fitness we can add doctors and we provide Consultancy services if the user choose and if they need.

  - As we know that we have gyms are available nearly everywhere so, we can add gym chain to our network and make our app subscription-based model.

  - We will provide personalized and unique experience for each gym according to their needs we have video assistance tool where any gym trainer can add their video for users.

Challenges Faced

- Development Approach
- Device compatibility and screen size
- Attention
- User review and Experience

__Conclusion__

It's no wonder that, the app development process is exhausting, and overwhelming also. There have been lots of steps and processes to follow, and many decisions making mechanism are involved as well.

But we have tried our best to cover multiple scenarios and possibilities you might encounter. There are still challenges that could be out of the box, but in this app we covered a lot of things which will hopefully help you to maintain your fitness and to be healthy.