**Learning Diary: Developing GymApp (Android App)**

During this project, I developed an Android application called *GymApp*, intended to help users track their workout exercises and repetitions. My goal was not only to build a functional app but also to understand the Android development environment and core app architecture. While I used some AI assistance (Google Gemini) for suggestions, I focused on writing the majority of the code myself to maximize my learning.

**Getting Started**

My first steps involved familiarizing myself with Android Studio and its features. I used Google’s official Android developer documentation extensively to understand project structure, layouts, activities, and UI components. In addition, I watched several YouTube tutorials to see real-world examples of app development workflows and to get practical tips and best practices.

**Initial App Version**

The initial version of *GymApp* was kept intentionally simple. It included a single screen where users could input the name of the exercise and the number of reps performed. This was primarily to get hands-on experience with EditText, Button, and Toast components, as well as handling basic user input and activity lifecycle.

**App Expansion**

After successfully implementing the input functionality, I extended the app by adding:

* **History Page:** A new screen where users could view a list of previously entered exercises and reps. For this, I explored the use of ArrayList, Intent, and ListView components. Implementing this taught me how to pass data between activities and dynamically update UI elements.
* **Credits Page:** I created a simple static page that includes copyright information and mentions the use of external help such as AI tools and online resources. This page was added to give the app a more complete, professional feel.

**Tools & Resources Used**

* **Google Gemini AI:** Used occasionally for code snippets and problem-solving suggestions.
* **YouTube Tutorials:** Helped clarify certain implementation details like setting up navigation between activities and using data structures.
* **Google Android Developer Docs:** My main source for learning Android architecture, UI handling, and best practices.

**Reflection**

This project significantly deepened my understanding of Android development. I learned how to use Android Studio, manage activity navigation, store and display data, and structure a basic multi-page application. While some AI-generated support was helpful, I believe doing the coding myself helped me internalize the logic better. I'm now more confident in building apps from scratch and have a clearer view of how mobile apps are structured under the hood.

In the future, I plan to expand *GymApp* with features such as local database storage (e.g. Room DB), training programs and possibly charts for workout analytics.