Home Workout App

(Android Development)

Synopsis

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Introduction

The application is aimed at developing a workout model for people who needed to perform exercises in a conformable procedure. It is a mobile application designed with Android technology. Regular exercise has health and physical benefits which are hard to ignore. Health and physical fitness are the fundamental targets for the Application. It is designed to contain the built-in categories of workouts. The collection of workouts is meant to contain descriptions and procedures on how the workouts should be performed. The project is an Android Application targeted at people who like to keeps fit and keep track of their workout tasks and sets of workouts done at regular interval. A huge number of people work out without any workout plans, some do have plans but not well documented.

Reason

In the 21st Century life people don't get time to go to gym for workout or eat healthy food tht results in deteriorating health conditions. And in the current pandemic situation keeping ourselves healthy is very essential.. The lockdown situation has increased obesity and unhealthy eating habits especially among youth. So this apps provides the solution at one place

Problem Statement

In the modern era there has been an increasing amount of interest in physical fitness and health with the most people, there are people who have a full desire for that, but it may force them time or place conditions on the sometimes unsteadiness on a specific date for the exercise. Based on that project provided a mobile application for the exercise of fitness in every place and at any time, thus facilitated a lot trouble discipline on a specific place or a specific time in the day and helped them to calculate calories that are burned through sport exercise and eat healthy food. There are lot of applications that are interested in health, fitness and nutrition, but the user needs one application combines between them to facilitate the deal and user does not distract.

Objectives of the project

- Provide guidelines to workout for different age groups
- Provide guidelines for healthy eating habits
- Helps in monitoring the exercise pattern
- To manage the health life system in health fitness and nutrition
- To motivate the interest of health and physical fitness and nutrition.

Future Scope

The health and fitness field in growing rapidly. But the now health and fitness apps available lack in one thing or the other. The app can provide a one way solution to track the health of family and store data. It will prescribe diet according to the body type, age and exercise one is engaging in.The system provides a dashboard enabling to access the data of each individual further with the categories of exercise and diet. It will contribute in making an individual or a family healthier.

Literature Survey

Currently there are 23 app categories to allow customers to more easily find what they are looking for. Games are the largest category comprising upto 16% of all available apps; their sales amount to 50% of all app sales. The category "medicine" and "fitness" are comparatively small with a volume of 2% approx. There are appoximately 1000 apps being added in this category every month so the customer can be overwhelmed by the quickly expanding market and is particularly difficult to differentiate whether an app satisfies his needs as well as professional demands for a safe and secure usage in medical context.

Requirements

A) Hardware Requirements(Minimum):

i5 processor-based computer
4GB Ram
500 GB Hard Disk Space

B) Software Requirements(Minimum):

Windows 7
Android Studio
- SDK
- Android Oreo gradle

Datebase- Firebox
Language- Kotlin

Technology Used:

A. Android Development

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Contribution

The significance of this project it's importance in helping anyone want to be healthy or want to have fitness. It will help the people have a way to monitor the healthy food they are consuming. People will get everything at a single place without engaging in different applications. This project adds values in the areas of health and fitness by add active application on mobile devices aimed to have the same functionality. The market needs an applications facilitate people save and archive with their data which this application designed to do it.

Methodology

This workout app has two main sections exercise and nutrition. Both of the sections are further divided into two three categories based on age of the individual as child, adult and senior citizen. First module is to register then you have to select the categories you want to continue with. There will be a dashboard showing how many exercise you performed and the time you gave on that. It will also have a track of the number of days you have exercised. It will all be displayed on a single screen.

Scope of turning into a major project

The following project can be converted into a major project by adding features that will help in monitoring the medicine and other supplement intake or setting alarms for them. It can also have a shopping category where an individual can buy health and fitness equipments. It can also connect trainers and trainees. It can have a medical category too where the patients will be able to consult with the doctors. It will be a one stop for all the fitness requirements.

Conclusion

The output of the following process will be an app that will not only feature the health issue as well as the nutritional diet issue that is generally ignored by most of the apps. The app will contribute in making a healthy nation. People will have a better access to a healthy routine as everyone can not afford to have a gym subscription or hire a trainer. s