Project Report

Project Name: FANF

Course Title: Android Programming

Course Code: SWE2008

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Programme: Integrated M.tech Software Engineering

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1. Introduction

The FNAF fitness application is designed to cater to the diverse needs of fitness enthusiasts by providing a range of features to track and manage their workouts, exercises, body measurements, and progress images. This report will delve into the various modules and functionalities of the FNAF app, discussing each in detail.

2. User Profile Module

Functionality:

Users can create and manage their profiles.

Submodules include:

Name: Users input their name.

Gender: Users specify their gender.

Birthday: Optional field for users to enter their birthdate.

The User Profile Module serves as the foundation for personalization within the FNAF app, allowing users to input essential information to tailor their fitness experience.

3. Main Screen

The main screen serves as the central hub for users, providing access to various sections and functionalities of the app.

Sections:

Workout

Exercise

Program List

Weight Track

Body Track

Progress Images

Settings

The Main Screen offers a seamless navigation experience, allowing users to easily access the features they need to manage their fitness journey effectively.

4. Workout Module

Functionality:

Add Exercise: Users can create new exercises by specifying exercise details.

Rest Countdown: Includes a countdown timer for rest intervals.

Date-Time: Users log the date and time of their workout.

The Workout Module empowers users to create and track their workout routines with precision, enhancing the overall efficiency of their fitness regimen.

5. Program Page

Functionality:

Create New Program: Users design custom exercise programs.

Activate Programs: Allows users to activate specific exercise routines.

The Program Page enables users to structure their workout plans according to their goals and preferences, fostering a tailored fitness experience.

6. History Page

Functionality:

Workout History: Users review their workout history by selecting a specific date and time.

The History Page provides users with valuable insights into their fitness journey, allowing them to track their progress over time.

7. Exercise Page

Functionality:

Categorization: Exercises grouped into three categories: cardio, isometric, and strength.

Exercise Details: Displays exercise information and history.

Photo Upload: Users can add photos related to specific exercises.

The Exercise Page offers comprehensive details about each exercise, enabling users to understand and optimize their workout routines effectively.

8. Program List Page

Functionality:

Choose Routine: Users select and add exercise routines to their program.

The Program List Page streamlines the process of managing workout programs, offering users a convenient way to organize their fitness plans.

9. Weight Track Module

Functionality:

Body Weight Entry: Users input their body weight.

The Weight Track Module allows users to monitor their weight fluctuations over time, helping them stay on track towards their fitness goals.

10. Body Track Module

Functionality:

Body Part Measurements: Tracks measurements for various body parts.

The Body Track Module provides users with a holistic view of their body composition, facilitating targeted progress tracking and analysis.

11. Body Images Module

Functionality:

Image Capture: Users take and store images of their body.

Image History: Allows viewing of older and newer body images.

The Body Images Module enables users to visually track their physical transformation, serving as a motivational tool throughout their fitness journey.

12. Settings Page

Functionality:

Unit Conversion: Users switch between weight units and distance units.

Theme Customization: Change the app's theme.

Automatic Backup: Enable automatic data backup.

The Settings Page offers users the flexibility to customize their FNAF experience according to their preferences, enhancing overall usability and convenience.

13. Design Considerations

User Interface (UI): FNAF employs a clean and intuitive design with easy navigation, ensuring a seamless user experience.

Database: The app utilizes a relational database for efficient data retrieval, storing user profiles, exercise data, and progress images securely.

14. Advantages

Comprehensive Tracking: FNAF offers a wide range of tracking features including workouts, exercises, body measurements, and progress images, providing users with a holistic view of their fitness journey.

Customization: Users can create personalized workout programs and tailor the app settings to their preferences, enhancing the flexibility and adaptability of their fitness routine.

User-Friendly Interface: With its intuitive design and easy navigation, FNAF ensures a seamless user experience, making it accessible to users of all fitness levels.

Motivational Tools: The ability to track progress through history logs and visual progress images serves as a motivational tool, encouraging users to stay committed to their fitness goals.

15. Output & Design

Design:

→ Create Profile :-

Create Profile

Name

name _____

Gender

| male |
| Female |
| other |

Birthday (optional)

Birthday (optional) _____

| Create |

≡ FNAF

| workout | Program | History |

Name of Exercise

| sets | reps | weight |

| APD |

Last records:

○

| workout |
| Exercise |
| Program list |
| weight Track |
| Body Track |
| Image image |
| Setting |

≡ Progress image

| I m g |

| New | | Old |

◉

≡ Setting

weight

Distance

Body measurment

UI → select theme

Automatic Backup
setting

Ouput:

Main Screen:
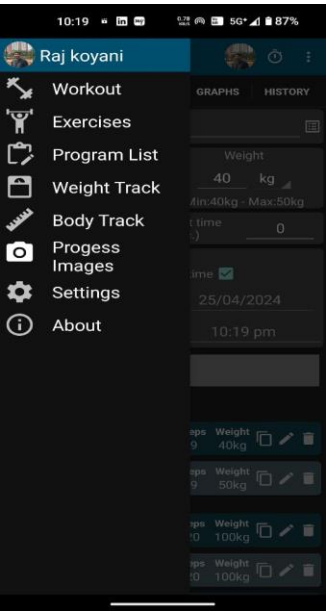
Workout page:

Program:
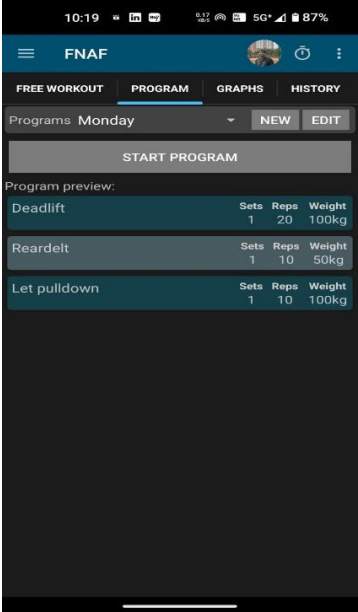
Graphs:

History:
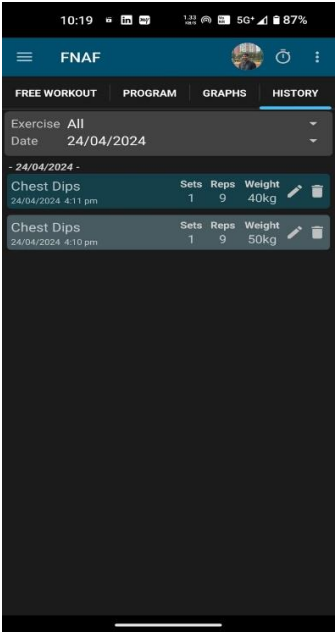
Profile Option:
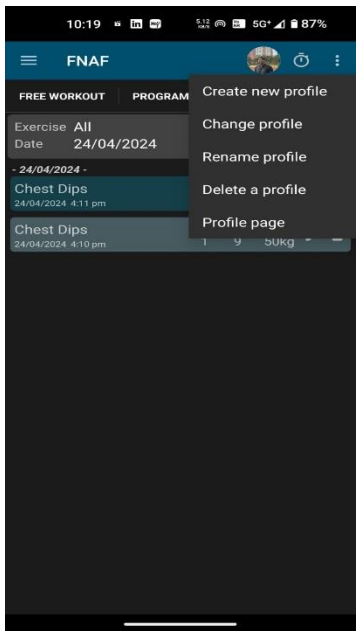
Exercise:
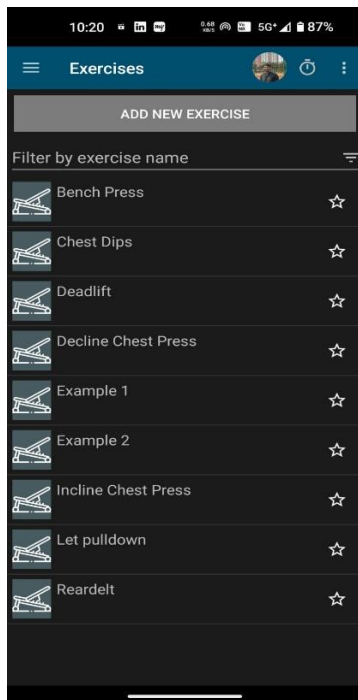
Program List:
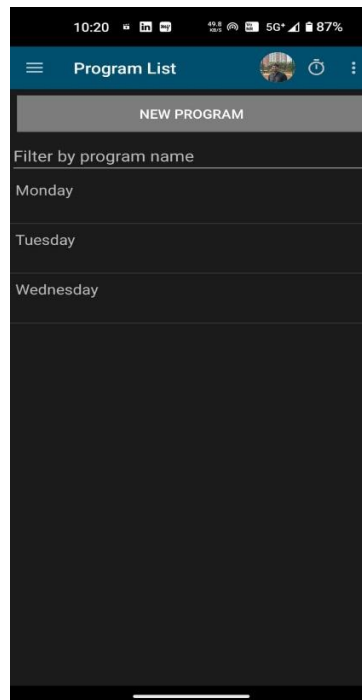
Weight Track:
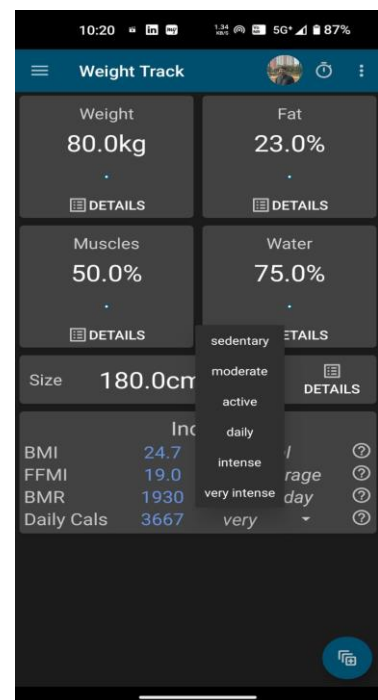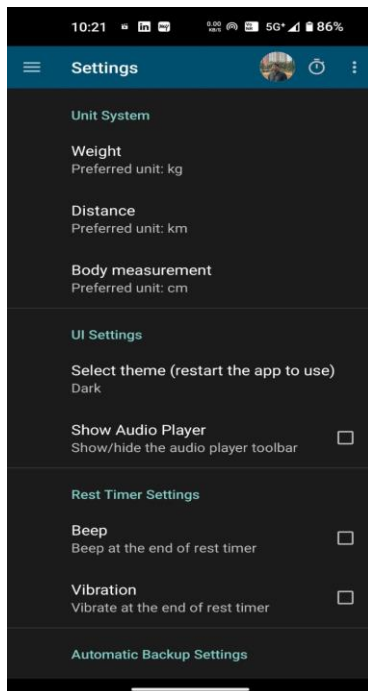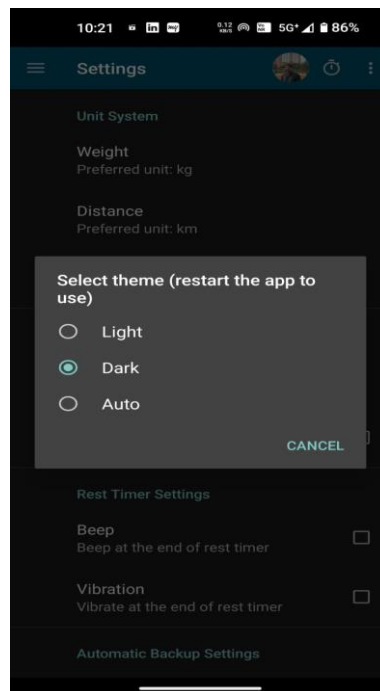

Body Track:

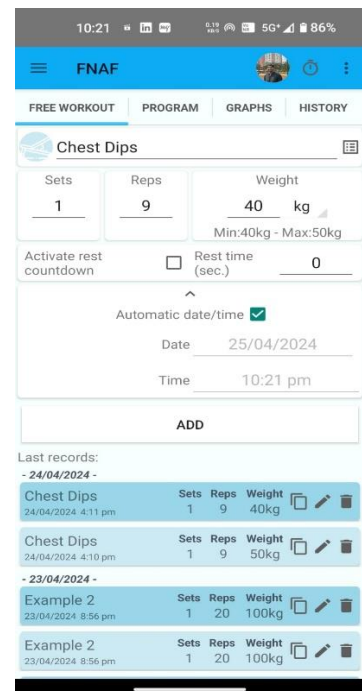## Body Track Graph:
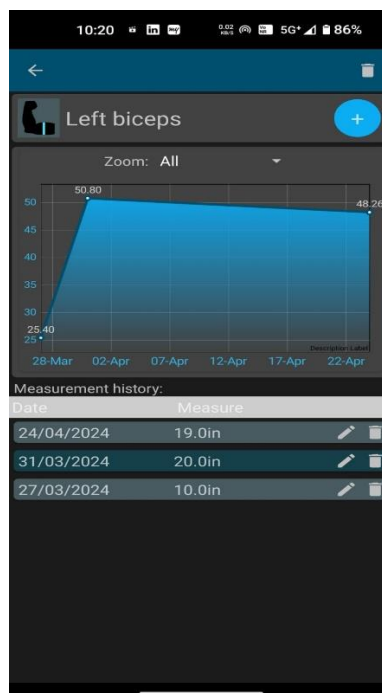
Progress Image:
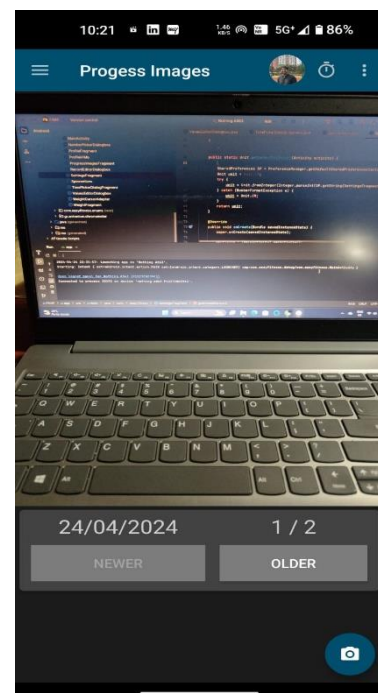
Settings: **Theme Option:** **–Light Theme:**

16. Conclusion

In conclusion, the FNAF fitness application offers a comprehensive solution for users to track and manage their fitness journey effectively. With its modular structure, intuitive design, and robust functionalities, FNAF stands out as a versatile tool for individuals looking to achieve their fitness goals.