

Fitnessify

Introduction

“Fitnessify” is an application made to assist in a person’s fitness routine, helping them get started with healthy habits such as working out, diet options, calculating their BMI, and tips on how to lose weight or stay healthy. Our application’s goal is to streamline the process of fitness by giving people a simple, reliable application that they can open up at any time to see what they need to work on next to improve themselves. By streamlining the process of fitness using only a few reliable workouts that you can do at home, or by recommending effective websites that anyone can search up at any time, we hope that users will continue to repeatedly use the application and recognize it as a useful tool in their life. The rest of this report will go over the application’s functionalities, along with images to showcase each feature. There is a Home page, a Workout page, a Fitness Options page, and a Profile Options page, with each of them being explained below.

App Functionality With Screenshots

Home Page [Fig. 1]

The Home page begins immediately with a button for Workout, along with the number of steps the user has taken, using the inbuilt sensor. Below that are the Fitness Options page, to assist in calculating BMI, dieting, opening up music, and general fitness tips, along with the Profile Options page, which allows the user to create an account to save their data such as weight and height. The other pages will be shown in other sections.

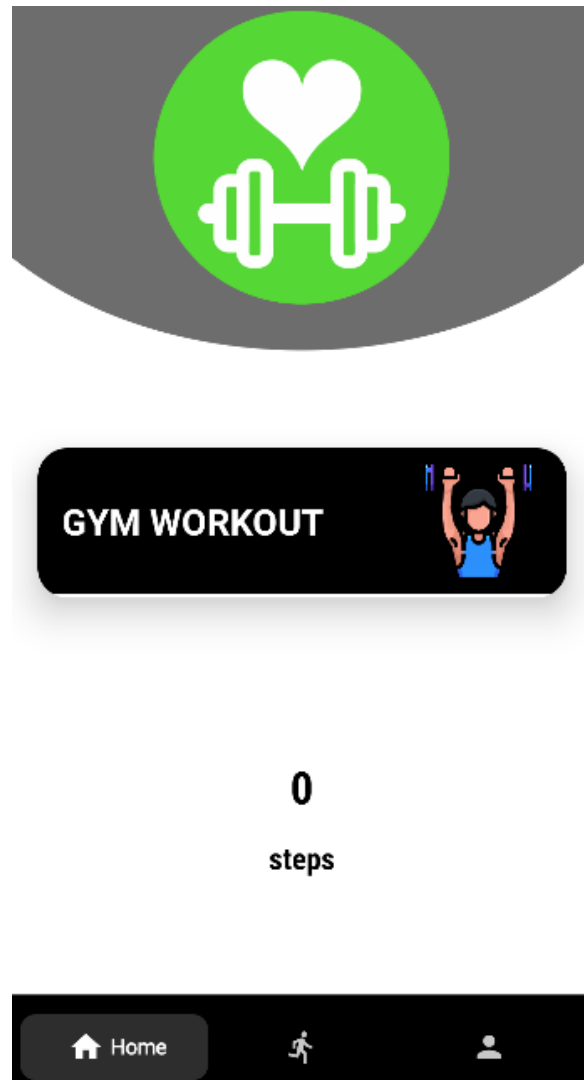


Fig. 1: Home Page

Workout Page [Fig. 2-3]

The Workout page shows a multitude of workouts that the user can do at home, with no need for any special equipment. Clicking on a workout will redirect the user to a YouTube video that showcases how to effectively do each workout. All of the workouts are the following:

- Pushups: A simple and effective downward movement that uses body weight to increase arm strength.
- Pullups: A movement where one pulls the entire body up while suspended by the hands, increasing arm strength.
- Squats: Lowering the body down in a squatting position to increase leg strength.
- T-Plank Hold: Holding the body in a single position in order to increase core strength.
- Deadbug: Laying down with your arms and legs up in order to increase abdominal strength.
- Skiping: Jumping while avoiding a rope to increase stamina.
- Heavy Squats: Using a heavy object while squatting to further increase leg strength.
- Split Jump: Lowering oneself against an object to increase glute and leg strength.

WorkOuts

A year from now you may wish you had started today.



Fig. 2: Workout Page

Fig. 3: Workout Page
Cont.

Fitness Options Page [Fig. 4-6]

The Fitness Options page is meant to help the user by using general fitness or health tips and features. The page showcases four options:

- BMI: A Body Mass Index calculator that will calculate whether or not the user is healthy or unhealthy.
- Diet: Redirects the user to a website that assists in finding healthy recipes to eat more healthily.
- Music: Redirects the user to a Spotify playlist with a bunch of general songs to listen to while working out.
- Tips: Redirects the user to a website that gives tips to correctly do various workouts.

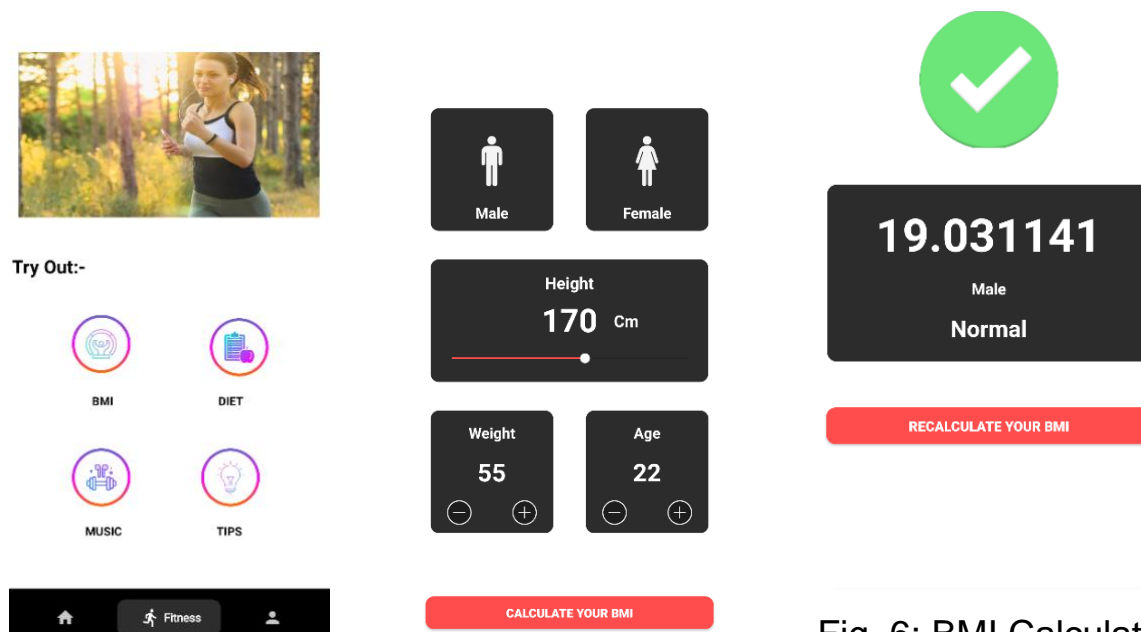


Fig. 4: Fitness Page

Fig. 5: BMI Calculator


Fig. 6: BMI Calculator
Cont.

Profile Options Page [Fig. 7-9]

The Profile Options page first displays as a Log-in page, where the user must input their username and password which are authenticated by retrieving details from firebase database to gain access to the main Profile Options page. If the user does not have an account, they must click on the “Create New Account?” button to make an account to sign-in with.

Clicking the button transitions into a Register page, where the person must input their Name, Contact, Email, and Password which are stored in the Firebase. If an account is already made with a certain email, or if there are other invalid options inserted, registering an account will be considered “invalid”.

After signing in, the user will arrive at the main page. Here, they can adjust their Weight (in kg) and Height (in cm). They also have the option to edit their Full Name, Email, and Contact/phone number. After editing, they must click the "Update" button to save the information. There is also a Sign-Out option to return back to the Sign-In page.



Login

Email

Password

LOGIN

— Create New Account? —

Register

Name


Contact

Email

Password

REGISTER

Already Have Account?



Fitnessify
Member

Weight(kg)

Height(cm)

Full Name
Mark

Email
xnadin12@gmail.com

Contact
1234567890

UPDATE

SIGNOUT

Home

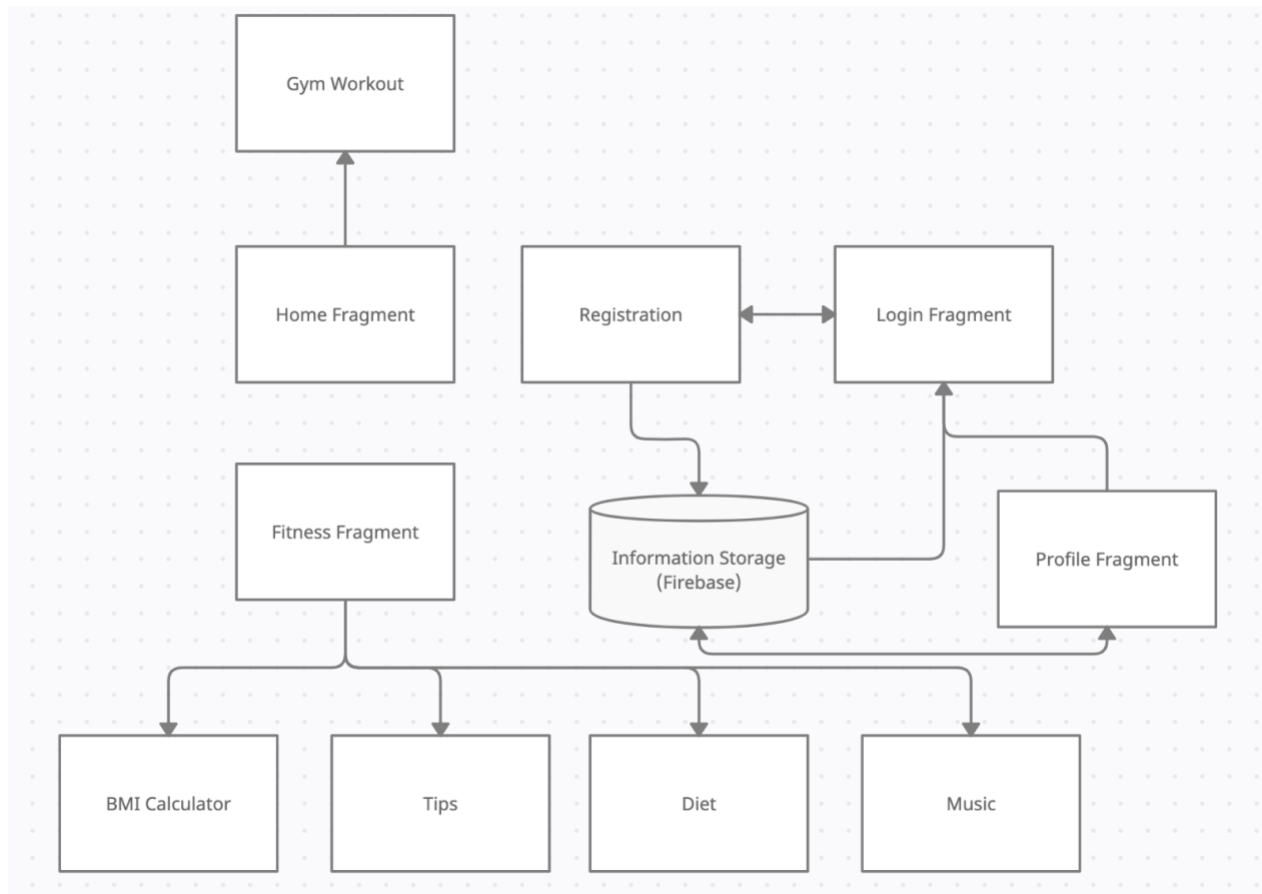
Profile

Fig. 7: Sign-In Page

Fig. 8: Register Page

Fig. 9: Profile Page

Overall Design



Reflection

What did we learn?

We learnt how to manage a team project, assigning various roles to one another to meet deadlines, both set by the course itself, but also team-made deadlines to finish the project in an effective, timely manner. Each one of us had our own roles and purposes, along with different specialities, which was difficult at first to handle. However, throughout working on the application, we began to gain more experience working with other people's unique specialities. One person handles management, another handles coding, then another person handles design, and the last person handles the writing. Overall, it was a great learning experience to help grow in effective teamwork.