

MPL Experiment 3

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AIM- To include images, fonts in flutter app.

Theory:

Images are an essential part of UI design, and Flutter supports adding both local and network images.

A) Local images can be stored in the project directory and loaded into the app.

Steps to add Local images:

- Create an assets folder in the root directory.
- Store images inside the assets folder.
- Declare assets in pubspec.yaml under the flutter section: flutter:
assets:
 - assets/image1.png
 - assets/images/image2.jpg

B) Network Images

Flutter allows displaying images from the internet using Image.network():

Image.network('https://example.com/image.jpg')

Font Awesome provides a vast collection of scalable vector icons that behave like fonts. These icons can be used in Flutter via the font_awesome_flutter package, which integrates Font Awesome's font-based icons seamlessly into the app.

SYNTAX

1) Create an assets folder for Local images.

Declare assets in pubspec.yaml file.

flutter: assets:

- assets/image1.png
- assets/images/image2.jpg

Image.asset('assets/image1.png')

2) If using network Images

```
Image.network('https://example.com/image.jpg')
```

3) Install fontawesome package in flutter

Add this dependency in pubspec.yaml file

```
dependencies: font_awesome_flutter:
```

```
^10.7.0
```

Run flutter pub get

```
Falcon(FontAwesomeIcons.heart, size: 50, color: Colors.red)
```

Widget properties

1) image

- width: Sets image width.
- height: Sets image height.
- fit: Controls how image fits (e.g., BoxFit.cover, BoxFit.fill).
- alignment: Aligns the image inside the container.
- color: Applies a color filter.
- opacity: Controls image transparency.
- loadingBuilder: Handles loading states.
- errorBuilder: Handles image load errors.

Example

```
Image.network(  
  'https://example.com/image.jpg', width: 100, height: 100,  
  fit: BoxFit.contain, loadingBuilder: (context, child, progress) {  
    return progress == null ? child : CircularProgressIndicator();  
  },  
  errorBuilder: (context, error, stackTrace) {  
    return Icon(Icons.error);  
  },  
)
```

2) font

- size: Adjusts icon size.
- color: Sets icon color.
- semanticLabel: Adds an accessibility label for screen readers.

Example:

```
Falcon(  
  FontAwesomeIcons.heart,  
  size: 50,      // Sets icon size  color: Colors.red, // Sets  
  icon color  semanticLabel: 'Heart Icon', // Provides  
  accessibility label  
)
```

Code:

pubspec.yaml Fonts Dependencies:

fonts:

- family: Poppins
- fonts:
 - asset: assets/font/Poppins-Regular.ttf
 - asset: assets/font/Poppins-Medium.ttf
 - weight: 500
 - asset: assets/font/Poppins-Light.ttf
 - weight: 300
 - asset: assets/font/Poppins-SemiBold.ttf
 - weight: 600
 - asset: assets/font/Poppins-Bold.ttf
 - weight: 700

namescreen.dart

```
import 'package:flutter/material.dart';  
import 'package:healtho_gym/common/color_extension.dart';  
import 'package:healtho_gym/common_widget/round_button.dart';  
import 'package:healtho_gym/common_widget/round_text_field.dart';  
import 'package:healtho_gym/screen/login/goal_screen.dart';
```

```
class NameScreen extends StatefulWidget {  
  const NameScreen({super.key});  
  
  @override  
  State<NameScreen> createState() => _NameScreenState();  
}
```

```
class _NameScreenState extends State<NameScreen> {
```

```

@override
Widget build(BuildContext context) {
  return Scaffold(
    body: SafeArea(
      child: Padding(
        padding: const EdgeInsets.symmetric(horizontal: 30),
        child: Column(
          crossAxisAlignment: CrossAxisAlignment.start,
          children: [
            const SizedBox(
              height: 30,
            ),
            Text(
              "Enter Your Name",
              style: TextStyle(
                color: TColor.primaryText,
                fontSize: 15,
                fontWeight: FontWeight.w600,
              ),
            ),
            const SizedBox(
              height: 20,
            ),
            const RoundTextField(
              hintText: "i.e code for any",
            ),
            const SizedBox(
              height: 40,
            ),
            RoundButton(
              title: "NEXT",
              isPadding: false,
              onPressed: () {
                context.push(const GoalScreen());
              },
            ),
            const Spacer()
          ],
        ),
      ),
    ),
  );
}

```

goalscreen.dart:

```
import 'package:flutter/material.dart';
import 'package:healtho_gym/common/color_extension.dart';
import 'package:healtho_gym/common_widget/round_button.dart';
import 'package:healtho_gym/screen/home/setting/setting_screen.dart';
import
'package:healtho_gym/screen/home/top_tab_view/top_tab_view_screen.dart';
import 'package:healtho_gym/screen/login/physique_screen.dart';
```

```
class GoalScreen extends StatefulWidget {
  const GoalScreen({super.key});

  @override
  State<GoalScreen> createState() => _GoalScreenState();
}
```

```
class _GoalScreenState extends State<GoalScreen> {
```

```
  String selectName = "";
```

```
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      body: SafeArea(
        child: Padding(
          padding: const EdgeInsets.symmetric(horizontal: 30),
          child: Column(
            crossAxisAlignment: CrossAxisAlignment.start,
            children: [
              const SizedBox(
                height: 30,
              ),
              Text(
                "Select Your Goal",
                style: TextStyle(
                  color: TColor.primaryText,
                  fontSize: 15,
                  fontWeight: FontWeight.w600,
                ),
              ),
              const SizedBox(
```

```

        height: 20,
      ),
      Column(
        children: ["Fat Loss", "Weight Gain", "Muscle Gain", "Others"]
          .map((name) {
            return Padding(
              padding: const EdgeInsets.symmetric(vertical: 8),
              child: RoundSelectButton(title: name, type:
RoundButtonType.line, isPadding: false,
                image: selectName == name ? "assets/img/radio_select.png" :
"assets/img/radio_unselect.png" ,
                onPressed: (){

                  setState(() {
                    selectName = name;
                  });

                }),
              );
            }).toList(),
      ),
      const SizedBox(
        height: 20,
      ),
      RoundButton(title: "DONE", isPadding: false, onPressed: () {
        context.push(const PhysiqueScreen());
      }),
      const Spacer()
    ],
  ),
),
),
);
}
}

```

selectage_screen.dart:

```

import 'package:flutter/cupertino.dart';
import 'package:flutter/material.dart';
import 'package:healtho_gym/common/color_extension.dart';

```

```

class SelectAgeScreen extends StatefulWidget {
  final Function(dynamic) didChange;

```

```
const SelectAgeScreen({super.key, required this.didChange});
```

```
@override  
State<SelectAgeScreen> createState() => _SelectAgeScreenState();  
}
```

```
class _SelectAgeScreenState extends State<SelectAgeScreen> {  
  List valueArr = [];
```

```
@override  
void initState() {  
  // TODO: implement initState  
  super.initState();
```

```
  for (var i = 1; i < 120; i++) {  
    valueArr.add({"name": "$i", "value": i});  
  }  
}
```

```
@override  
Widget build(BuildContext context) {  
  return Container(  
    width: context.width,  
    height: context.height,  
    color: Colors.black45,  
    alignment: Alignment.center,  
    child: Container(  
      width: context.width * 0.6,  
      decoration: BoxDecoration(  
        color: Colors.white,  
        borderRadius: BorderRadius.circular(  
          20,  
        ),  
      ),  
      padding: const EdgeInsets.symmetric(horizontal: 20, vertical: 20),  
      child: Column(  
        mainAxisAlignment: MainAxisAlignment.min,  
        crossAxisAlignment: CrossAxisAlignment.center,  
        children: [  
          Text(  
            "Select your Age",  
            style: TextStyle(  
              color: TColor.primaryText,  
              fontSize: 15,
```

```

        fontWeight: FontWeight.w600,
      ),
    ),
    const SizedBox(
      height: 25,
    ),
    SizedBox(
      height: 200,
      child: Row(
        children: [
          Expanded(
            child: CupertinoPicker(
              itemExtent: 32,
              onSelectedItemChanged: (value) {
                widget.didChange(valueArr[value]["name"]);
              },
              children: List<Widget>.generate(valueArr.length, (index) {
                var obj = valueArr[index];

                return Text("${obj["name"]}");
              },
            ),
          ),
        ],
      ),
    ),
  ],
),
),
);
}
}

```



Output:

← Week			
Mon	Total Exercise	10	
	Major Exercise	7	>
	Minor Exercise	3	
Tue	Total Exercise	10	
	Major Exercise	7	>
	Minor Exercise	3	
Wed	REST		>
	For The Muscle Recovery		
Thu	Total Exercise	10	
	Major Exercise	7	>
	Minor Exercise	3	
Fri	Total Exercise	10	
	Major Exercise	7	>
	Minor Exercise	3	

← Week			
Wed	REST		>
	For The Muscle Recovery		
Thu	Total Exercise	10	
	Major Exercise	7	>
	Minor Exercise	3	
Fri	Total Exercise	10	
	Major Exercise	7	>
	Minor Exercise	3	
Sat	REST		>
	For The Muscle Recovery		
Sat	Total Exercise	10	
	Major Exercise	7	>
	Minor Exercise	3	


Healtho

PlanChallengesTrainersDietician




Ashish Chutake
Fitness and Physiotherapy
★★★★★

Mumbai




Ann Mathewys
Weight Loss
★★★★★

Nagpur




Lalit Kalambe
Fitness and Physiotherapy
★★★★★

Mumbai



Aditya Khobragade
power gaining
★★★★★

Bangalore




Ashish Chutake
Fitness and Physiotherapy
★★★★★

Chennai


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Ashish Chutake
Fitness and Physiotherapy
★★★★★

Mumbai




Ann Mathewys
Weight Loss
★★★★★

Nagpur




Lalit Kalambe
Fitness and Physiotherapy
★★★★★

Mumbai



Aditya Khobragade
power gaining
★★★★★

Bangalore





Ashish Chutake
Fitness and Physiotherapy
★★★★★

Chennai

←

Bench Press

Bench Press

1) Lie back on a flat bench. Using a medium width grip, lift the bar from the rack and hold it straight over you with your arms locked. This will be your starting position.
2) From the starting position, breathe in and begin coming down slowly until the bar touches your middle chest.
3) After a brief pause, push the bar back to the starting position as you breathe out.

Equipment Required

Barbell, Bench , Plate, Lock

Target Muscle

Chest, Shoulder, Triceps

