### [Lab 5: Exploring SwiftUI Sliders, Toggles, and TabView](https://bbhosted.cuny.edu/webapps/assignment/uploadAssignment?content_id=_81550426_1&course_id=_2286381_1&group_id=&mode=view)

## Lab Assignment

**Objective:** The objective of this lab is to introduce you to SwiftUI and its components, specifically sliders, toggles, and TabView. You will create a simple iOS application that utilizes these UI elements.

### Task Description:

You are required to build a basic fitness tracking app with the following features:

1. **Sliders:**
   * Implement a slider to allow the user to set their daily water intake goal.
   * Display the selected value dynamically on the screen.
2. **Toggle:**
   * Add a toggle to enable or disable a reminder for the user to drink water.
   * Adjust the UI based on the toggle state (e.g., show/hide reminder details).
3. **TabView:**
   * Implement a TabView with two tabs:
     + **Daily Progress Tab:** Display the user's daily water intake progress using a progress bar.
     + **Settings Tab:** Allow the user to adjust the water intake goal and reminder settings.
4. **Documentation:**
   * Include comments within your code to explain the purpose of each SwiftUI component and modifier.

*Source code:*

**ContentView.swift**

//

// ContentView.swift

// Lab5

//

// Created by Ivan Chukharev on 11/23/23.

//

import SwiftUI

struct ContentView: View {

@State private var waterIntakeGoal: Double = 8.0

@State private var isReminderEnabled: Bool = false

@State private var dailyIntake: Double = 0.0

@State private var manualIntakeAdjustment: Double = 0.0

var body: some View {

TabView {

VStack {

ProgressView(value: dailyIntake + manualIntakeAdjustment, total: waterIntakeGoal)

.padding()

Stepper("Adjust Intake:", value: $manualIntakeAdjustment, in: 0...waterIntakeGoal, step: 1.0)

.padding()

Text("Daily Progress: \(Int(dailyIntake + manualIntakeAdjustment))/\(Int(waterIntakeGoal)) cups")

.padding()

}

.tabItem {

Image(systemName: "chart.bar.fill")

Text("Daily Progress")

}

VStack {

Slider(value: $waterIntakeGoal, in: 1.0...15.0, step: 1.0)

.padding()

Text("Set Your Daily Water Intake Goal: \(Int(waterIntakeGoal)) cups")

.padding()

Toggle("Enable Reminder", isOn: $isReminderEnabled)

.padding()

if isReminderEnabled {

Text("Reminder Details: \n\nDont foget your water!!! ")

.padding()

}

}

.tabItem {

Image(systemName: "gear")

Text("Settings")

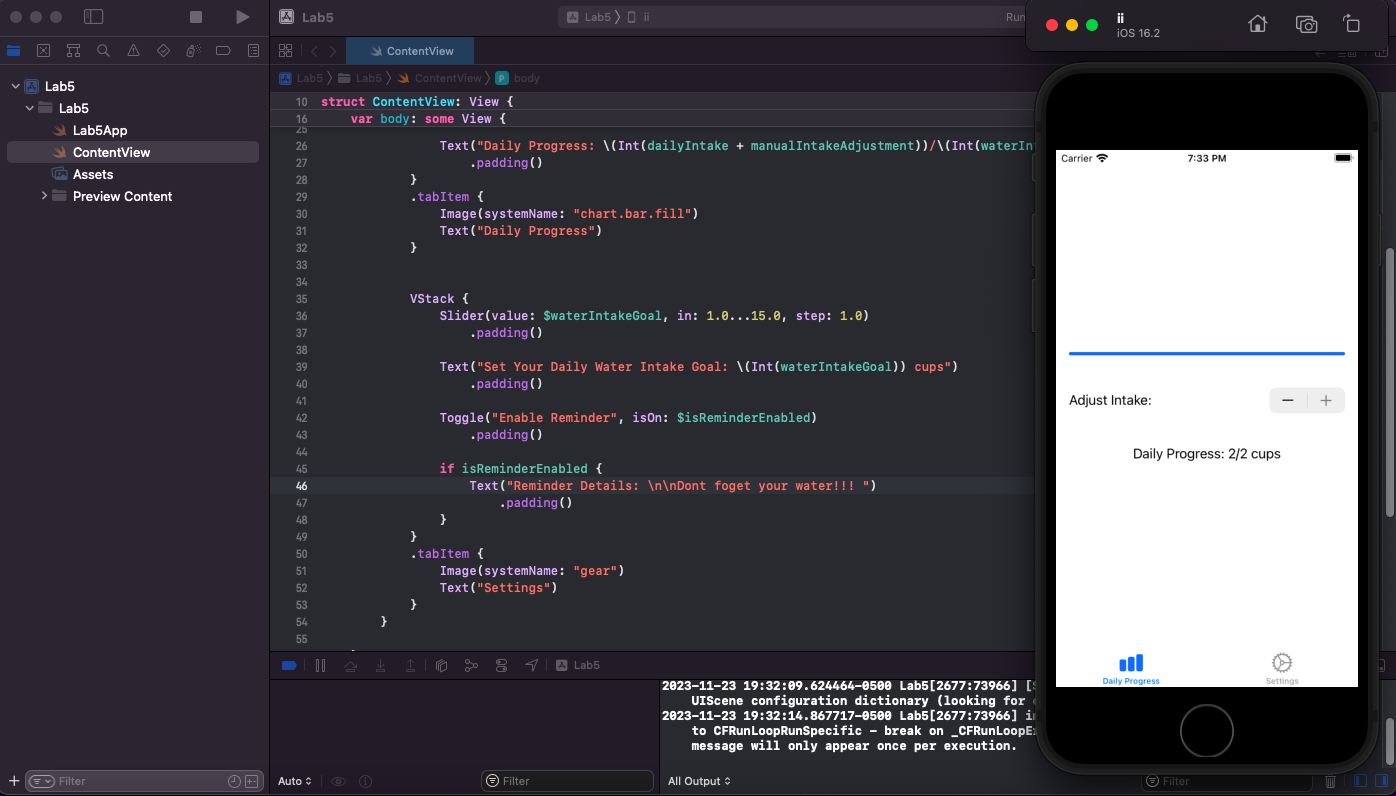
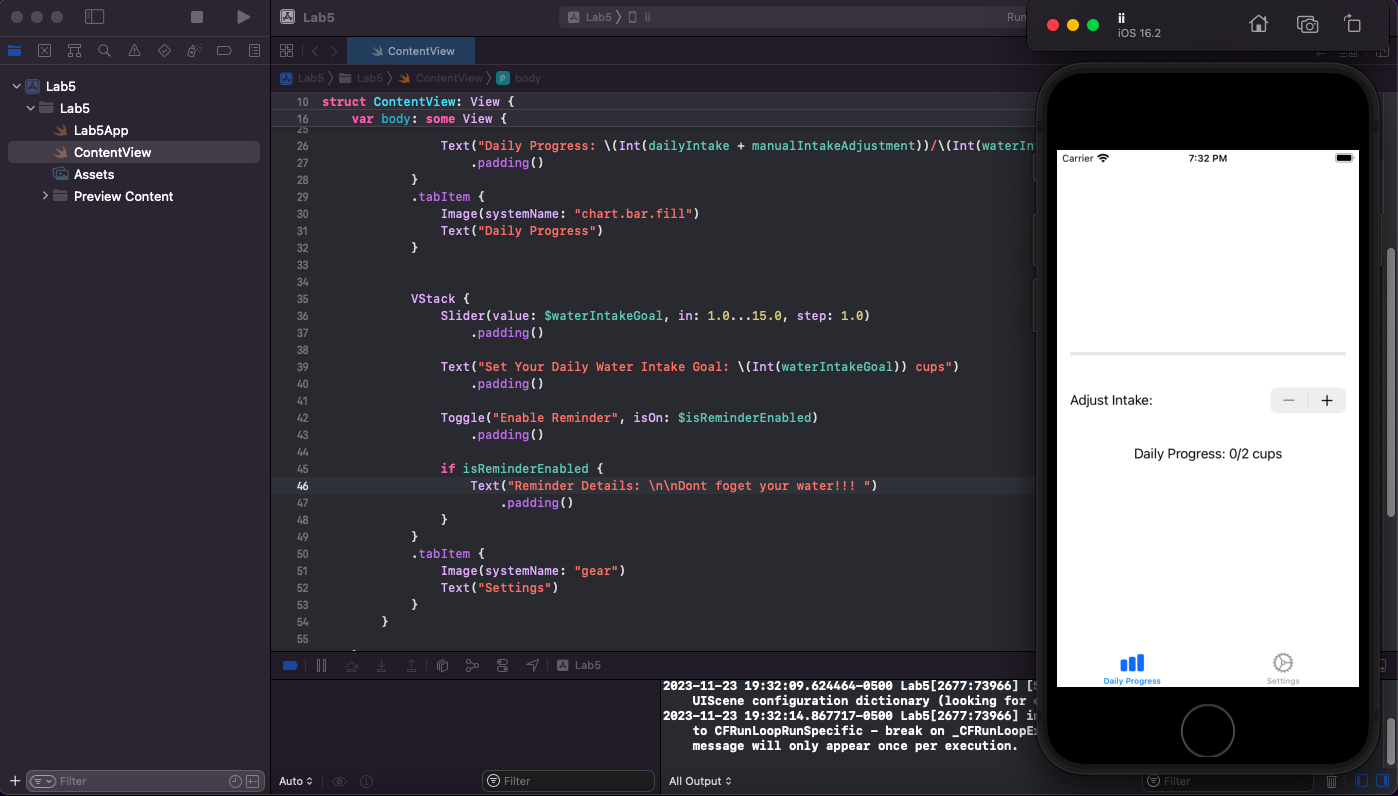
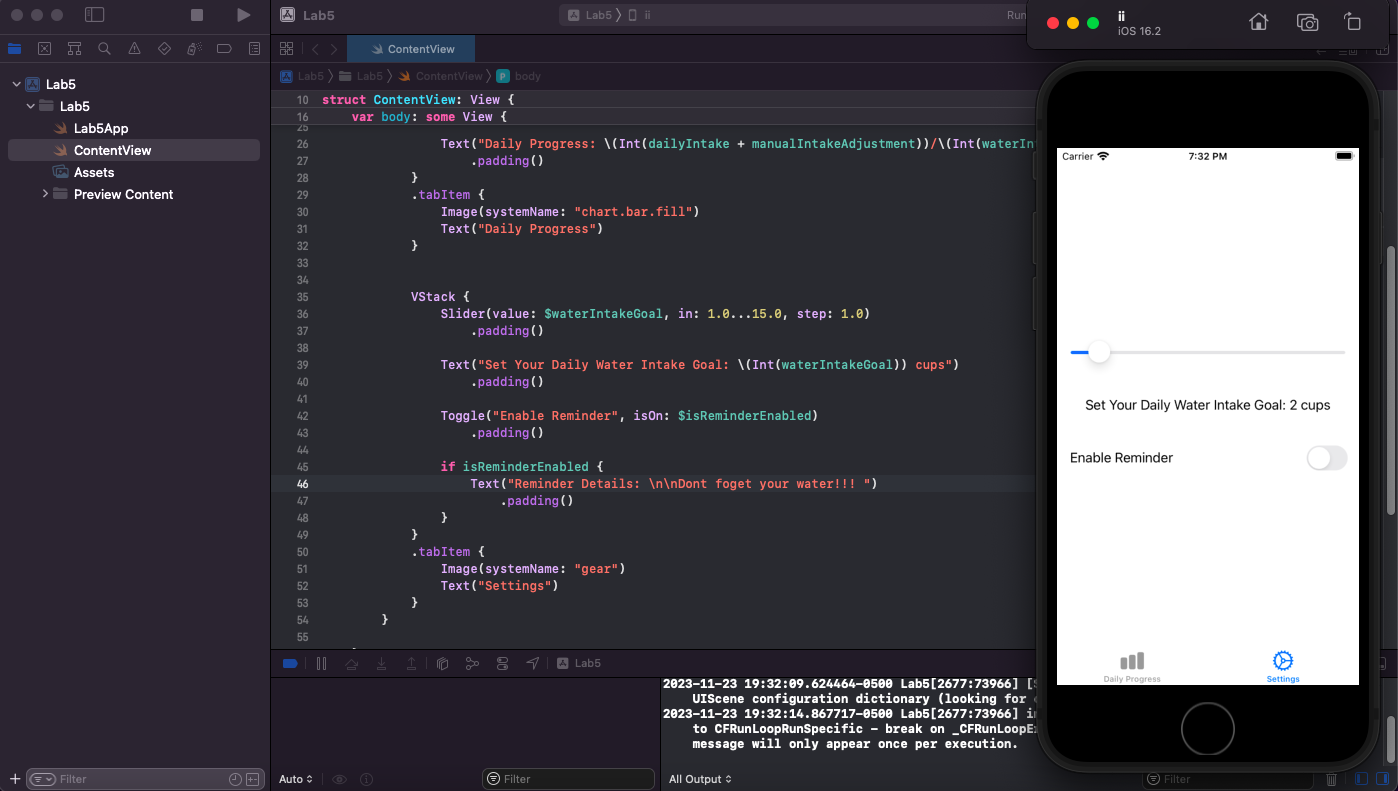
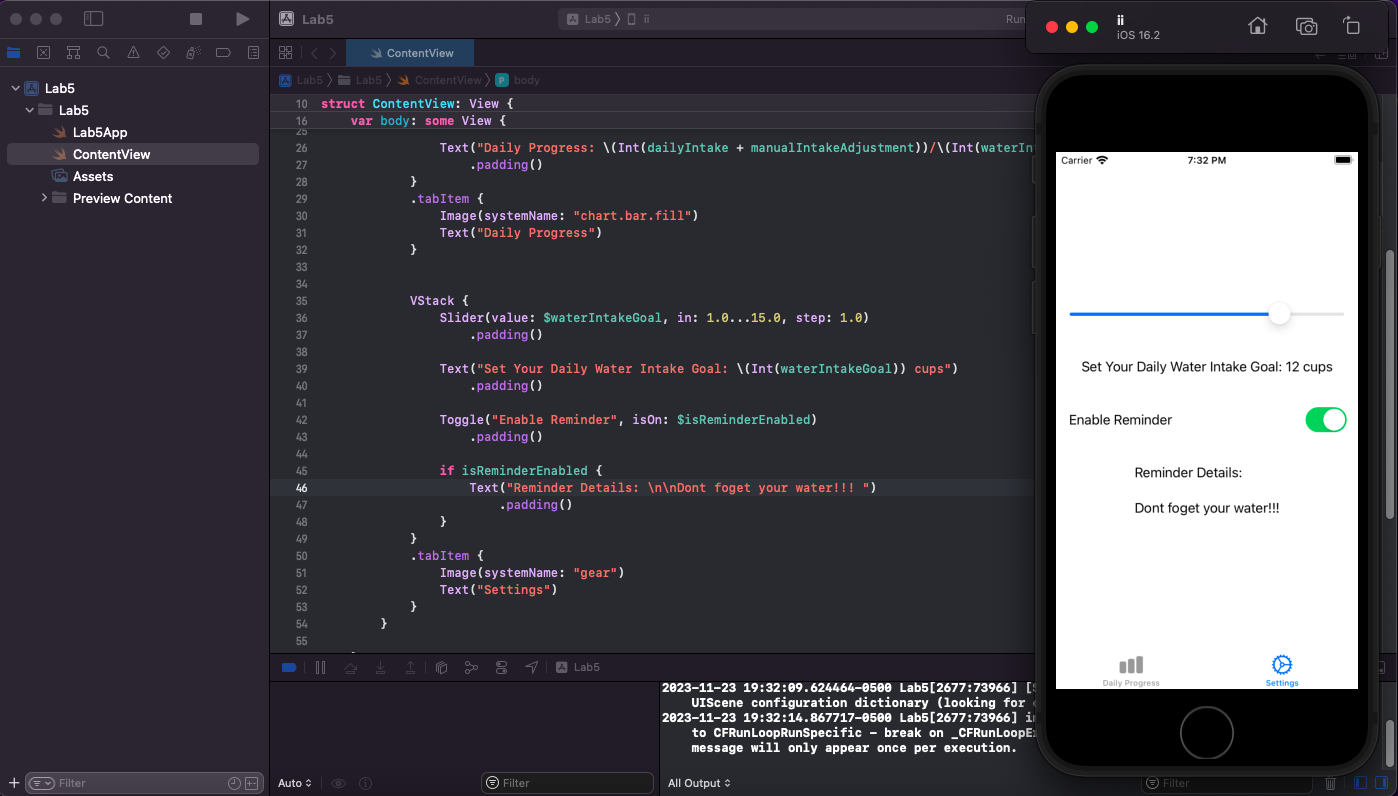
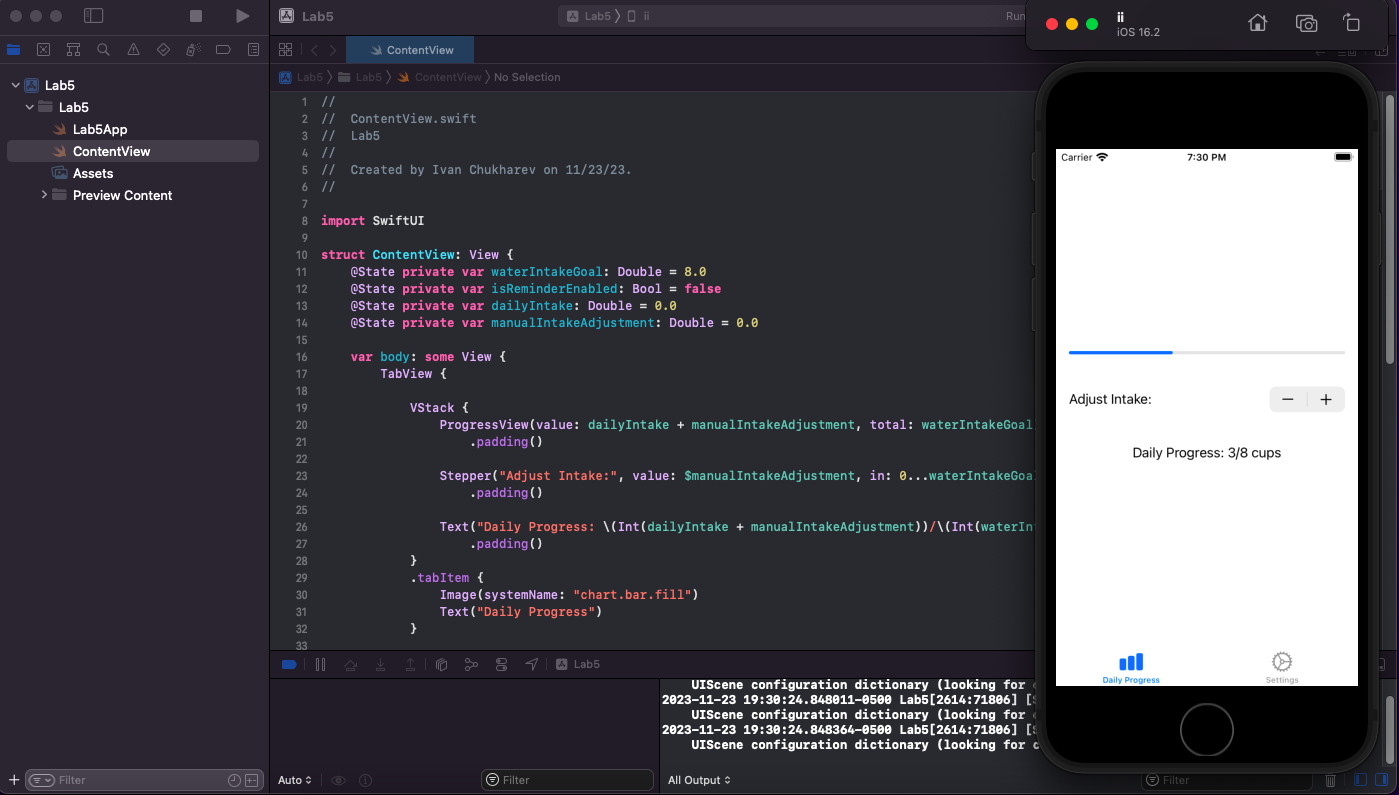
}

}

}

}

*Screenshots:*

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