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**FA20-BCS-078**

**MAD Theory Assignment**

**Dated: 2nd June, 2023**

**Code**

import \* as React from "react";

import { Text, View, Button, StyleSheet, TouchableOpacity, TextInput } from "react-native";

import { NavigationContainer } from "@react-navigation/native";

import { createBottomTabNavigator } from "@react-navigation/bottom-tabs";

import { createDrawerNavigator } from "@react-navigation/drawer";

import { createNativeStackNavigator } from "@react-navigation/native-stack";

const DrawerScreen = () => {

  return (

    <View style={styles.container}>

      <Text>User Profile Screen</Text>

    </View>

  );

};

const SettingsScreen = () => {

  return (

    <View style={styles.container}>

      <Text>Settings Screen</Text>

    </View>

  );

};

const TabScreen1 = () => {

  return (

    <View style={styles.container}>

      <Text style={styles.heading}>Welcome to Exercise App</Text>

      <Text style={styles.subheading}>Today's Workout:</Text>

      <Text style={styles.workoutText}>- Warm up: 5 minutes of light jogging</Text>

      <Text style={styles.workoutText}>- Squats: 3 sets of 12 reps</Text>

      <Text style={styles.workoutText}>- Push-ups: 3 sets of 10 reps</Text>

      <Text style={styles.workoutText}>- Lunges: 3 sets of 10 reps per leg</Text>

      <Text style={styles.workoutText}>- Plank: Hold for 30 seconds</Text>

      <Text style={styles.subheading}>Next Workout:</Text>

      <Text style={styles.workoutText}>- Rest day</Text>

      <Text style={styles.subheading}>Tips:</Text>

      <Text style={styles.tipsText}>- Remember to stay hydrated during your workout.</Text>

      <Text style={styles.tipsText}>- Don't forget to stretch before and after exercising.</Text>

      <Text style={styles.tipsText}>- Listen to your body and take breaks if needed.</Text>

    </View>

  );

};

const TabScreen2 = () => {

  return (

    <View style={styles.container}>

      <Text style={styles.heading1}>Today's Diet Plan</Text>

      <Text style={styles.mealTitle}>Breakfast:</Text>

      <Text style={styles.mealText}>- Scrambled eggs with whole wheat toast</Text>

      <Text style={styles.mealText}>- Greek yogurt with berries</Text>

      <Text style={styles.mealTitle}>Lunch:</Text>

      <Text style={styles.mealText}>- Grilled chicken breast with quinoa and mixed vegetables</Text>

      <Text style={styles.mealText}>- Green salad with vinaigrette dressing</Text>

      <Text style={styles.mealTitle}>Snack:</Text>

      <Text style={styles.mealText}>- Apple slices with almond butter</Text>

      <Text style={styles.mealTitle}>Dinner:</Text>

      <Text style={styles.mealText}>- Baked salmon with roasted sweet potatoes and steamed broccoli</Text>

      <Text style={styles.mealText}>- Quinoa pilaf</Text>

      <Text style={styles.mealTitle}>Snack:</Text>

      <Text style={styles.mealText}>- Mixed nuts and seeds</Text>

    </View>

  );

};

const TabScreen3 = () => {

  return (

    <View style={styles.container}>

      <Text style={styles.heading}>Calorie Tracker</Text>

      <Text style={styles.label}>Today's Calories:</Text>

      <Text style={styles.calorieText}>Total Consumed: 1500 calories</Text>

      <Text style={styles.calorieText}>Total Burned: 500 calories</Text>

      <Text style={styles.calorieText}>Net Calories: 1000 calories</Text>

      <Text style={styles.label}>Meal Log:</Text>

      <Text style={styles.mealLogText}>Breakfast: Scrambled eggs with whole wheat toast - 300 calories</Text>

      <Text style={styles.mealLogText}>Lunch: Grilled chicken salad - 400 calories</Text>

      <Text style={styles.mealLogText}>Snack: Apple - 80 calories</Text>

      <Text style={styles.mealLogText}>Dinner: Baked salmon with quinoa - 600 calories</Text>

      <Text style={styles.label}>Exercise Log:</Text>

      <Text style={styles.exerciseLogText}>Morning jog - 200 calories burned</Text>

      <Text style={styles.exerciseLogText}>Weightlifting - 300 calories burned</Text>

    </View>

  );

};

// Navigation setup

const Stack = createNativeStackNavigator();

const Tab = createBottomTabNavigator();

const Drawer = createDrawerNavigator();

const TabNavigation = () => {

  return (

    <Tab.Navigator

      screenOptions={{

        tabBarStyle: { backgroundColor: 'blue' },

      }}

      tabBarOptions={{

        activeTintColor: 'white',

        inactiveTintColor: 'gray',

      }}

    >

      <Tab.Screen name="Home" component={TabScreen1} options={{ headerShown: false }} />

      <Tab.Screen name="Diet" component={TabScreen2} options={{ headerShown: false }} />

      <Tab.Screen name="Calorie Tracker" component={TabScreen3} options={{ headerShown: false }} />

    </Tab.Navigator>

  );

};

const DrawerNavigation = () => {

  return (

    <Drawer.Navigator>

      <Drawer.Screen name="Fitness Genius" component={TabNavigation}  />

      <Drawer.Screen name="Profile" component={DrawerScreen} />

      <Drawer.Screen name="Settings" component={SettingsScreen} />

    </Drawer.Navigator>

  );

};

export default function App() {

  return (

    <NavigationContainer>

      <Stack.Navigator>

        <Stack.Screen name="Login" component={LoginScreen} options={{title: "Fitness Genius"}} />

        <Stack.Screen name="Main" component={DrawerNavigation} options={{ headerShown: false }} />

      </Stack.Navigator>

    </NavigationContainer>

  );

};

const LoginScreen = ({ navigation }) => {

  const handleLogin = () => {

    navigation.navigate('Main');

  };

  return (

    <View style={styles.container}>

      <Text style={styles.heading}>Exercise App</Text>

      <TextInput

        style={styles.input}

        placeholder="Email"

      />

      <TextInput

        style={styles.input}

        placeholder="Password"

      />

      <TouchableOpacity style={styles.button} onPress={handleLogin}>

        <Text style={styles.buttonText}>Sign In</Text>

      </TouchableOpacity>

    </View>

  );

};

const styles = StyleSheet.create({

  container: {

    flex: 1,

    justifyContent: 'center',

    alignItems: 'center',

    padding: 16,

  },

  heading: {

    fontSize: 24,

    fontWeight: 'bold',

    marginBottom: 32,

  },

  input: {

    width: '100%',

    height: 40,

    borderColor: 'gray',

    borderWidth: 1,

    borderRadius: 4,

    marginBottom: 16,

    paddingHorizontal: 8,

  },

  button: {

    width: '100%',

    height: 40,

    backgroundColor: 'blue',

    justifyContent: 'center',

    alignItems: 'center',

    borderRadius: 4,

  },

  buttonText: {

    color: 'white',

    fontSize: 16,

    fontWeight: 'bold',

  },

  heading1: {

    fontSize: 24,

    fontWeight: 'bold',

    marginBottom: 16,

  },

  mealTitle: {

    fontSize: 18,

    fontWeight: 'bold',

    marginTop: 16,

  },

  mealText: {

    fontSize: 16,

    marginTop: 8,

  },

  subheading: {

    fontSize: 18,

    fontWeight: 'bold',

    marginTop: 16,

  },

  workoutText: {

    fontSize: 16,

    marginTop: 8,

  },

  tipsText: {

    fontSize: 16,

    marginTop: 8,

    fontStyle: 'italic',

  },

  label: {

    fontSize: 18,

    fontWeight: 'bold',

    marginTop: 16,

  },

  calorieText: {

    fontSize: 16,

    marginTop: 8,

  },

  mealLogText: {

    fontSize: 16,

    marginTop: 4,

  },

  exerciseLogText: {

    fontSize: 16,

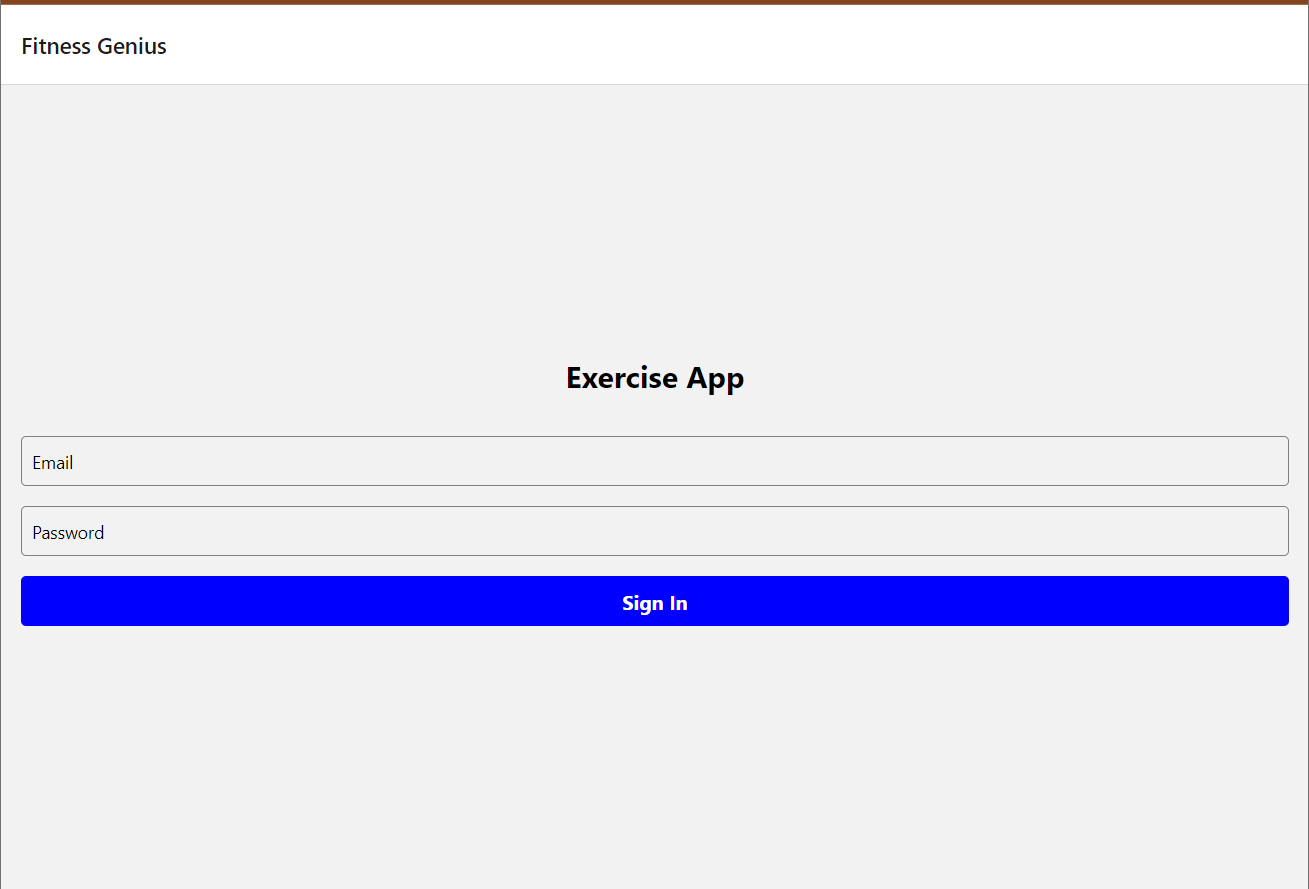
    marginTop: 4,

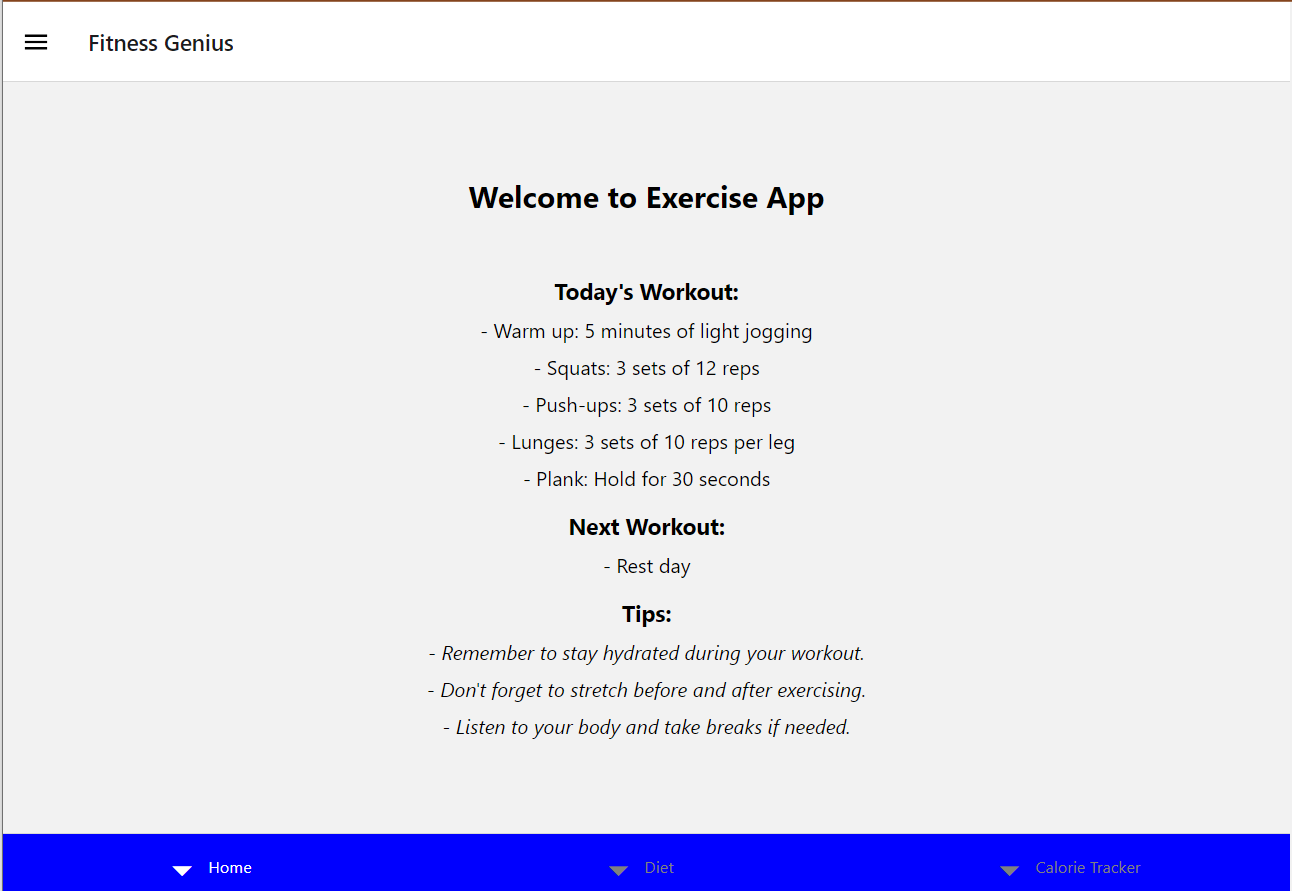
    fontStyle: 'italic',

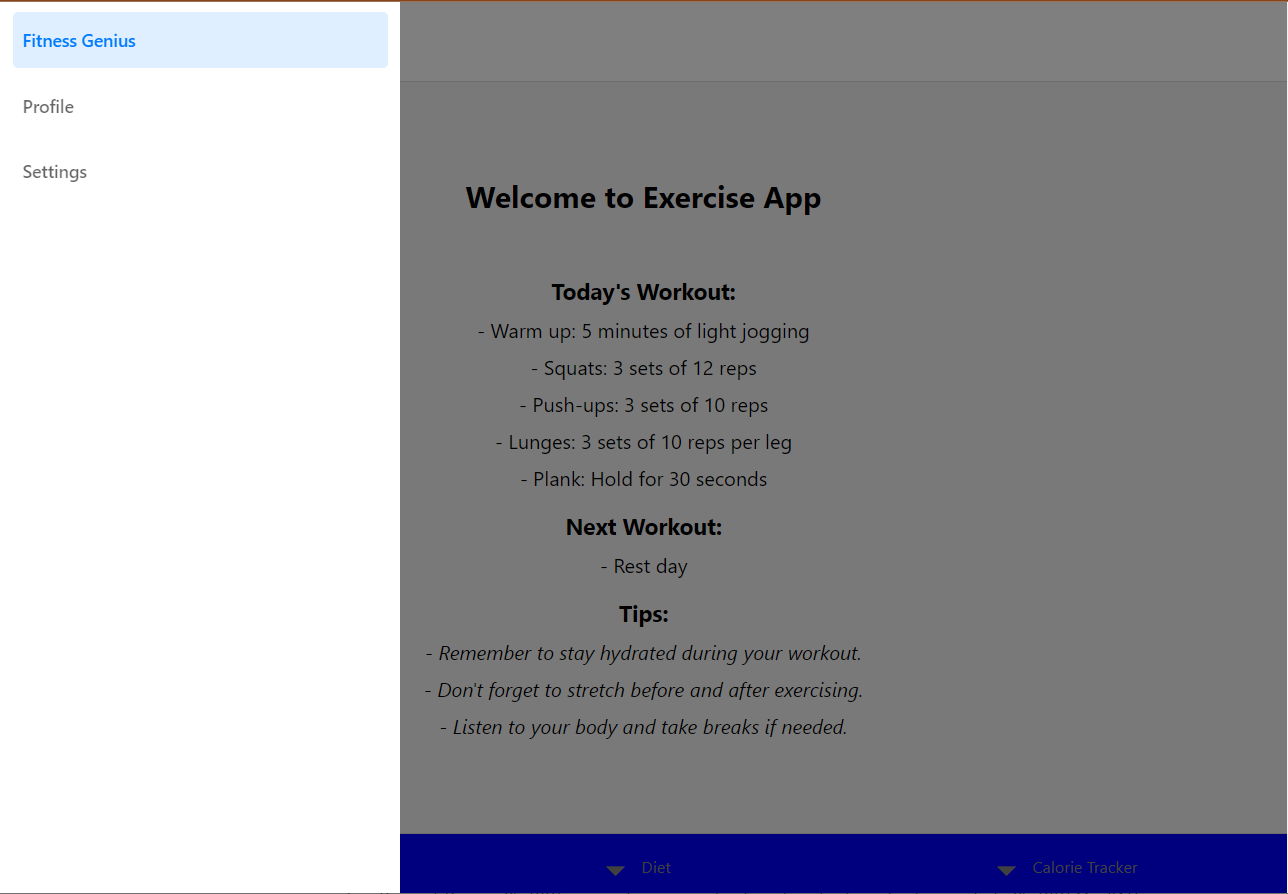
  },

});

**OUTPUT**

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