# Health and Fitness Tracker - Source Code

This document contains the source code for a Health and Fitness Tracker Android app. The app is built using Python with the Kivy framework. It includes features like BMI calculation, step tracking, calorie tracking, water intake logging, and workout logs.

## 1. Main App File (main.py)

from kivy.app import App  
from kivy.uix.boxlayout import BoxLayout  
from kivy.uix.label import Label  
from kivy.uix.textinput import TextInput  
from kivy.uix.button import Button  
  
  
class HealthTracker(BoxLayout):  
  
 def \_\_init\_\_(self, \*\*kwargs):  
 super().\_\_init\_\_(orientation='vertical', \*\*kwargs)  
  
 # BMI Calculator Section  
 self.add\_widget(Label(text='Enter your weight (kg):'))  
 self.weight\_input = TextInput(hint\_text='Weight in kg', multiline=False)  
 self.add\_widget(self.weight\_input)  
  
 self.add\_widget(Label(text='Enter your height (m):'))  
 self.height\_input = TextInput(hint\_text='Height in meters', multiline=False)  
 self.add\_widget(self.height\_input)  
  
 self.bmi\_button = Button(text='Calculate BMI')  
 self.bmi\_button.bind(on\_press=self.calculate\_bmi)  
 self.add\_widget(self.bmi\_button)  
  
 self.bmi\_result = Label(text='Your BMI will be displayed here.')  
 self.add\_widget(self.bmi\_result)  
  
 # Workout Log Section  
 self.add\_widget(Label(text='  
Workout Log:'))  
 self.workout\_log = TextInput(hint\_text='Log your workout here', multiline=True)  
 self.add\_widget(self.workout\_log)  
  
 # Water Intake Section  
 self.add\_widget(Label(text='  
Water Intake (liters):'))  
 self.water\_input = TextInput(hint\_text='Liters of water consumed', multiline=False)  
 self.add\_widget(self.water\_input)  
  
 # Submit Button  
 self.submit\_button = Button(text='Submit Details')  
 self.submit\_button.bind(on\_press=self.submit\_details)  
 self.add\_widget(self.submit\_button)  
  
 def calculate\_bmi(self, instance):  
 try:  
 weight = float(self.weight\_input.text)  
 height = float(self.height\_input.text)  
 bmi = weight / (height \*\* 2)  
 self.bmi\_result.text = f'Your BMI is: {bmi:.2f}'  
 except ValueError:  
 self.bmi\_result.text = 'Please enter valid numbers.'  
  
 def submit\_details(self, instance):  
 print("Workout Log:", self.workout\_log.text)  
 print("Water Intake:", self.water\_input.text)  
 print("Details submitted successfully!")  
  
  
class HealthApp(App):  
 def build(self):  
 return HealthTracker()  
  
  
if \_\_name\_\_ == '\_\_main\_\_':  
 HealthApp().run()

## 2. Kivy Design File (health.kv)

# This section is optional since the design is embedded in the Python file.  
# However, for a more detailed UI, you can create a KV file to define your widgets and layouts.