PROJECT REPORT

(PCA20PO2L – MINI PROJECT**:** 3rd Semester /2nd Year – MCA)

ON

“_____HEALTH CARE APP_____”

SUBMITTED BY:

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DECLARATION BY STUDENT

This is certified that the Research work of MINI PROJECT WORK (PCA20PO2L) [M.C.A – IIIrd Sem/IInd Year] done in this report on topic "HEALTH CARE APP "was carried out by me under the supervision of **"Dr. Preeti Bala "**

Name & Signature
Of the student

Name & Signature
of guide

Contents of Report

ABSTRACT

The healthcare problems are growing day by day and people have to spend lot of money for daily checkup, because they do not have an easy and free access to their check up. Android-based application aims for an easy access and use for providing almost free of cost facility to users. Therefore development of healthcare android-based application is essentially required.

The primary goal of this study is the development of android-based healthcare application which can assist people to follow the informations given in the app on daily basis, which can improve their health. The application is developed in android operating system environment.

The results reveal that the system provides an easy and user-friendly interface for end users.

- Nowdays ,smartphones have reached every hand and every home .As a result people are making use of the beneficial mobile application to make their everyday life easier . By using this health care app peoples can get numerous benefits like :
- Seeking help in emergency situation.
- It will help the people in their everyday life by providing health care information.
- It will also help to maintain the health and essential diets.
- It will also provides some basic exercise for male,female and children seperetly. Nowdays ,smartphones have reached every hand and every home.As a result people are making use of the beneficial mobile application to make their everyday life easier . By using this health care app peoples can get numerous benefits like :
- Seeking help in emergency situation.
- It will help the people in their everyday life by providing health care information.
- It will also help to maintain the health and essential diets.

- It will also provides some basic exercise for male,female and children seperetly.
- It will give the information about water intake and calories counter of the person.

- It will give the information ABSTRACTabout water intake and calories counter of the person.

INTRODUCTION

Health apps help consumers to maintain a healthy lifestyle or offer healthrelated services. Health Apps are targeted at consumers rather than medical professionals.The most popular categories of downloaded health apps are exercise, stress, and diet.Without proper health and fitness one cannot have a feeling of physical, mental and social well being.The real meaning of the health and fitness involves the efficient and proper working of all the body systems such as heart, nervous system, kidney, liver, digestive system, brain, etc.

- **HISTORY------**

Health apps help consumers to maintain a healthy lifestyle or offer healthrelated services. Health Apps are targeted at consumers rather than medical professionals. The most popular categories of downloaded health apps are exercise, stress, and diet. Without proper health and fitness one cannot have a feeling of physical, mental and social well-being. It is the common understanding which everyone must follow throughout the life for the wellness of their life and keep body and mind functioning in balance. The real meaning of the health and fitness involves the efficient and proper working of all the body systems such as heart, nervous system, kidney, liver, digestive system, brain, etc. The health app makes it easy to learn about your health and start reaching your goals towards a healthy and sound life.Mobile devices have become common place in healthcare settings, leading to rapid growth in the development of medical software applications for these platforms.

Thus, it is a challenge for developers to satisfy the different user needs which requires serious research in order to facilitate the effective usage of m-health apps Given that, in the near future, m-health apps must seriously address the need for quality content including the level of content detail and presentation, and users‟ special needs based on the user categories.

O CONCERN TECHNOLOGY IN MARKET------

The health app makes it easy to learn about your health and start reaching your goals. It consolidates health data from smartphone, smart watch and third party apps we already use, so that we can view all progress in one single place.

The idea behind health is brilliant: it acts as one centralized hub for all your health data from various third party health apps like wireless body scales, run trackers, sleep monitors and more. Instead of opening up all these individual apps they feed all your health data to HEALTH APP. The health app in turn allows these third party healthy apps to access your health data from other apps so each individual app can get a better picture of your overall health.

These apps can be useful because they make it easier to communicate problems with your doctor, often they allow you to record photos or documentation we can take to an appointment for instance.But we must be wary of an app if it's claiming to use the phone as a medical device.

An XML file is an extensible markup language file, and it is used to structure data for storage and transport. In an XML file, there are both tags and text. The tags provide the structure to the data. The text in the file that you wish to store is surrounded by these tags, which adhere to specific syntax guidelines.

- XML uses human, not computer, language. XML is readable and understandable, even by novices, and no more difficult to code than HTML.
- XML is completely compatible with Java™ and 100% portable. Any application that can process XML can use your information, regardless of platform.
- XML is extendable.

Right-click the XML file you want to open, point to "Open With" on the context menu, and then click the "Notepad" option. Note: We're using Windows examples here, but the same holds true for other operating systems. Look for a good third-party text editor that is designed to support XML files.

In fact, proprietary data formats have become so complex that frequently one version of a complex application can't even read data from an earlier version

of the same application. In XML, data and markup is stored as text that you yourself can configure. Just about every browser
can open an XML file. In Chrome, just open a new tab and drag the XML file over. Alternatively, right click on the XML file and hover over
"Open with" then click "Chrome". When you do, the file will open in a new tab XML files are encoded in plaintext, so you can open them in any text editor and be able to clearly read it. Right-click the XML file and select "Open With." This will display a list of programs to open the file in. Select "Notepad" (Windows) or "TextEdit" (Mac).

Java runs on the WORA (Writing Once, Run Anywhere). A Java code is compiled into an intermediate format (a.k.a. bytecode), which is then executed in the JVM (Java Virtual Machine). So, any system running a JVM can execute Java code. ... Object-oriented – Java is a purely objectoriented language. 'Java can be used to create complete applications that may run on a single computer or be distributed among servers and clients in a network. It can also be used to build a small application module or applet (a simply designed, small application) for use as part of a Web page.
High-Level Languages and Computer Code
To achieve its goal of "Write once, run anywhere," Java does both: a Java compiler converts Java code into machine-readable bytecode, then the Java Virtual Machine interprets the code for the computer it runs on. A Java developer is responsible for many duties throughout the development lifecycle of applications, from concept and design right through to testing. ... Conduct software analysis, programming, testing and debugging. Identifying production and non-production application issues. Transforming requirements into stipulations. While there are many developers with a host of experience working with the second most popular coding language, Java developer remains one of the most difficult jobs to fill.

Basic Java developer skills:-

- JavaServer pages (JSP) and servlets.
- Web frameworks (e.g., Struts and Spring)
- Service-oriented architecture/web services (SOAP/REST) • Web technologies like HTML, CSS, JavaScript, and JQuery.
- Markup languages like XML and JSON.
- Object-oriented programming (OOP) concepts and patterns.

- DIFFERENCE WITH PREVIOUS TECHNOLOGY USED WITH NEW ONE YOU ARE USING--------

It is very important to deliver health data to the right person on the right device at the right time. Even physician should be involved and specify the correct medication in order to prevent the occurrence of any mistakes in the use of m-health apps.In order to provide an accurate m-health framework, all the key user groups in m-health apps are identified.

From the review, it was possible to identify the four top critical features regarding content requirements and user classifications for m-health apps. From the literature it is clear that the accuracy and reliability of content are crucial factors. Designing and producing quality content for apps has become critical due to the users‟ tastes and preferences according to their different categories.

Thus, it is a challenge for developers to satisfy the different user needs which requires serious research in order to facilitate the effective usage of m-health apps Given that, in the near future, m-health apps must seriously address the need for quality content including the level of content detail and presentation, and users‟ special needs based on the user categories.

Proposed Solutions:-

->The doctor - patient relationship will be more cooperative.

->Medical apps will save patients money.

->Increased patient demand for health apps.

->Doctor’s response to new app technology.

->Health apps will revolutionize physical exams.

->These apps will help in improving the physical and mental state.

->Health apps will put more control into the hands of patients.

This type of app provides information and educational materials to help patients to understand some illness, such as animations or videos to increase patient understanding. This type of app tells the patient to monitor the patient without the need to visit the doctor. It is very much easy and convenient process for both doctors and patients.

Communication: This type of app provides actual services to patients and health care providers such as the provision of WiMax technology for the distribution vedio including streaming vedika. And also offers platform of networking for users like friends,patients and caregiver in order to share and support each other.

Teaching/Training: This type of app provides information and educational materials to help patients to understand some illness. This type of app tells the patients to monitor the patients without the need to visit the doctor. It is very much easy and convenient process for both doctors and patients.

- **APPLICATION AREA------**

we will integrate more apps to our main application to make it a more sophisticated auto-help tool and to provide wide range of facilities to the users.

The app will include:

(i) Calculating heart rate

(ii) Calculating blood volume

(iii) Calculating blood glucose

APPLICATIONS:

- Self-Monitoring
- Social support
- Alternatives
- Problem Solving
- Prevention BENEFITS:
- Facilitate better decision support
- Reduce stress
- Encourage Disease prevention and wellness

FEATURES OF APP:

- Promotes patient engagement provides educational resources
- Accuracy: The quality or state of being correct or precise.
- Safety : The state of being safe.
- Privacy: The state of being alone and not disturbed by other people

<u>Other Features Include :-</u>

- Personalised plans based on health and Behavioural Goal
- Weight management, increased fitness,posture,nutrition,stress,sleep etc.

- Considerations:

- It depicts the stage of change

O Objective-----

- Now the basic features for our mobile android application of health care are (1) Input values (2) data storage (3) Multimedia support.
- We developed a self-help tool in which we integrate multiple applications related to health. Our application provides eight modules and in each module, we ask some inputs from users from which the required output is produced. For example, if the user want to check his/her water intake quantity then he/she should enter the amount of water drunk and could easily get the amount of water still left to drunk. Secondly, the calorie level application determines calories of the body. Similarly in each and every module user could get information to keep themselves healthy.
- So in short we merge all these modules in one application which is basically the android phone application i.e. healthcare app.

PROJECT MODULE DESCRIPTION

- Health apps help consumers to maintain a healthy lifestyle or offer health-related services.
- Health Apps are targeted at consumers rather than medical professionals.
- The most popular categories of downloaded health apps are exercise, stress, and diet.
- Without proper health and fitness one cannot have a feeling of physical, mental and social well being.
- The real meaning of the health and fitness involves the efficient and proper working of all the body systems such as heart, nervous system, kidney, liver, digestive system, brain, etc.

APP CONTENT :

- **Calories counter:**

Keeping track of what you eat may help you stay fit. 1 kilogram (kg) of coal, for example, contains 7,000,000 calories. There are two types of calorie: A small calorie (cal) is the amount of energy required to raise the temperature of 1 gram (g) of water by 1º Celsius (º C).Calorie counting is simply a tool that some may find useful. Counting calories can help you lose weight by giving you an overview of what you eat each day. This can help you identify eating patterns to modify, keeping you on track to reach your goals. To use this tool, scientists place the food in question in a sealed container surrounded by water and heat it until the food is completely burned off. Scientists then record the rise in water temperature to determine the number of calories in the product. But bomb calorimeters aren't the only way to measure calories Though it differs depending on age and activity level, adult males generally require 2,000-3000 calories per day to maintain weight while adult females need around 1,600-2,400 according to the U.S Department of Health. The body does not require many calories to simply survive.

- **Water intake:**

When your water intake does not equal your output, you can become dehydrated 3-4l of water a day. Daily fluid intake (total water) is defined as the amount of water consumed from foods, plain drinking water, and other beverages. Daily fluid intake recommendations vary by age, sex, pregnancy, and breastfeeding status. That number assumes you are getting about 20 percent of your fluid from food, and it means that anything you drink counts toward hydration, including milk, juice, soft drinks and even coffee and tea. Those numbers are based on the average intakes of well-hydrated people, so you could need more or less. Characteristics: Water is free from harmful bacteria, germs, suspended impurities and salts. It is clear, colourless and odourless. It contains small amounts of dissolved gases and minerals. You need water to replenish the lost fluid from sweat. You also need enough water in your system to have healthy stool and avoid constipation. Your kidneys are also important for filtering out waste through urination. Adequate water intake helps your kidneys work more efficiently and helps to prevent kidney stones.

In Study Session 1 you were introduced to the three main sources of water:

- GROUND WATER
- SURFACE WATER
- RAIN WATER

- **Healthy eating:**

A well balanced diet provides you with energy and the nutrients you need for growth and repair, helping you to stay strong and healthy and help to prevent deficiency related illness. A healthy diet prevents malnutrition and protects from diseases like obesity, heart disease, diabetes, cancer and stroke. Today, many people's diets consist of more saturated fat, trans fats, sugars, and more sodium than fruits, vegetables and dietary fiber. Your body's health reflects what you put into it. Ideally, your daily calories and macros should come from whole, unprocessed foods, such as fresh fruit, veggies, seeds, raw nuts, lean meat, poultry, fish, eggs, and low-fat dairy. Choose local and seasonal produce as often as possible. Diets that focus on only a few foods or food groups (like the cabbage soup diet, grapefruit diet,

strict vegan diets, raw food diets, and many low-carb diets). Beware of any diet that rules out entire food groups. Components of a balanced diet :-

- Carbohydrates. A vital source of energy, carbohydrates comprises about 60% of an individual's diet. ...
- Protein. Protein is needed to assist your body to repair cells and make new ones. ...
- Fats. ...
- Vitamins and Minerals. ...
- Water.

Three basic elements of good nutrition :-

A healthy diet has three main areas of concern:

- FOOD CHOICE
- HYDRATION
- PORTION CONTROL.

- **Diet plan:**

A proper diet will help you to lead a happy life. Most people associate diets with short-term weight loss and restrictive food intake. However, a diet plan is tailored to an individual's health status, weight and lifestyle, along with their weight loss and health goals. A healthy lifestyle can be attained by maintaining a balanced diet and keeping into consideration to meet all the essential nutrients required by the body. A proper meal plan helps to attain ideal body weight and reduce the risk of chronic diseases like diabetes, cardiovascular and other types of cancer.

Principles of diet-planning :-

- Adequacy,
- Balance,
- Calorie (energy) control,
- Nutrient density,

- Moderation,
- Variety are important concepts in choosing a healthful diet.

- EASY STEPS TO BUILDING A MEAL PLAN :-

- Decide how many meals you need to prep and for how many days.
- Beginners should prep a max of 2 meals per day so that they can build their confidence. Start small! When deciding to prep a meal, they should select their “trigger meals,” those meals where they are most susceptible to making unhealthy food choices.

- Advanced enthusiasts can prep at least 3 meals per day for 3days. If you prep more than 3 days worth, I suggest freezing 3 of the meals and keeping only 2 days worth in the refrigerator. You can defrost the meals in the refrigerator the night before you are going to eat them.
- Build a food list! Decide which foods you want to eat. This is easier than building each meal individually. You MUST select at least 1 Wildcard option, a food that you have not had in a while OR a food that you have never had but want to try.

- Drag & Drop” the foods into a meal plan.

- **Keto diet:-**

A ketogenic diet is, essentially, a low-carb, high-fat diet. The keto diet is a low carb, high fat diet. It lowers blood sugar and insulin levels and shifts the body’s metabolism away from carbs and toward fat and ketones.

Different types of ketogenic diets :-

There are several versions of the ketogenic diet, including:

- Standard ketogenic diet (SKD): This is a very low carb, moderate protein and high fat diet. It typically contains 70% fat, 20% protein, and only 10%.
- Cyclical ketogenic diet (CKD): This diet involves periods of higher carb refeeds, such as 5 ketogenic days followed by 2 high carb days.
- Targeted ketogenic diet (TKD): This diet allows you to add carbs around workouts.
- High protein ketogenic diet: This is similar to a standard ketogenic diet, but includes more protein. The ratio is often 60% fat, 35% protein, and 5% carbs.

However, only the standard and high protein ketogenic diets have been studied extensively. Cyclical or targeted ketogenic diets are more advanced methods and primarily used by bodybuilders or athletes.

The information in this article mostly applies to the standard ketogenic diet (SKD), although many of the same principles also apply to the other versions.

KETOSIS

Ketosis is a metabolic state in which your body uses fat for fuel instead of carbs. Modifying your diet and practicing intermittent fasting can help you enter ketosis faster. Certain tests and symptoms can also help determine whether you've entered ketosis.

Other health benefits of keto :-

The ketogenic diet actually originated as a tool for treating neurological diseases such as epilepsy.

Studies have now shown that the diet can have benefits for a wide variety of different health conditions:

- Heart disease. The ketogenic diet can help improve risk factors like body fat, HDL (good) cholesterol levels, blood pressure, and blood sugar .
- Cancer. The diet is currently being explored as an additional treatment for cancer, because it may help slow tumor growth.
- Alzheimer's disease. The keto diet may help reduce symptoms of Alzheimer's disease and slow its progression .
- Epilepsy. Research has shown that the ketogenic diet can cause significant reductions in seizures in epileptic children .
- Parkinson's disease. Although more research is needed, one study found that the diet helped improve symptoms of Parkinson's disease.

- Polycystic ovary syndrome. The ketogenic diet can help reduce insulin levels, which may play a key role in polycystic ovary syndrome.
- Brain injuries. Some research suggests that the diet could improve outcomes of traumatic brain injuries.

- Home remedies:-

People have practiced natural medicine for centuries. A home remedy (sometimes also referred to as a granny cure) is a treatment to cure a disease or ailment that employs certain spices, herbs, vegetables, or other common items. If you remedy something that is wrong or harmful, you correct it or improve it. A great deal has been done internally to remedy the situation. Synonyms: put right, redress, rectify, reform More Synonyms of remedy. Remedy is used for Ultra herbicide simplifies brush control with tank-mix and treatment-method flexibility. It is the perfect choice for all types of brush control — from light, scattered encroaching brush to treating moderately dense infestations to reclaiming large tracts from mature, established, mixed brush.

The four basic types of remedies are :-

- Damages
- Restitution
- Coercive remedies
- Declaratory remedies. The remedy of damages is generally intended to compensate the injured party for any harm he or she has suffered.

Fastest home remedy for back pain :-

7 Ways to Relieve Back Pain Naturally

- Enjoy an anti-inflammatory drink every day. ...
- Fall asleep faster and sleep longer. ...
- Avoid prolonged static posture. ...
- Gently stretch your joints and soft tissues through yoga. ...

- Try mindful meditation. ...
- Support your body in a warm pool. ...
- Keep a self-activating heat patch handy.

5 Ways To Help Yourself Heal Naturally :-

- Sleep. The health benefits of sleep are well established, however, we frequently “get by” on very little sleep. ...

- Drink More Water. When your body does not get enough water, it enters a state of dehydration which can lead to slower healing and increased fatigue. ...

- Eat Nutrient Dense Foods. ...

- Be Positive. ...

- Exercise Routinely.

What does remedy kill?

Remedy Ultra Herbicide is a post-emergent herbicide that controls woody plants and broadleaf weeds on rangelands and pastures. Remedy contains Triclopyr and can be used to control more than 35 different species of brush weeds.

- Basic exercises:

  Regular exercise is one of the best things you can do for your health. Learn about all of the benefits, plus tips on adding exercise to your routine.

How to Make Exercise a Daily Habit

- Set a time. Decide whether you're more likely to stick with it in the morning or lunchtime or evening, and stick with that time. ...

- Send yourself a reminder. ...
- Start small. ...
- Progress later. ...
- Make it pleasurable. ...
- Lay out your gear. ...
- Just head out the door. ...
- Mix it up.

And basic execise for daily healthy life :-

1. <u>Lunges:-</u>

Challenging your balance is an essential part of a well-rounded exercise routine. Lunges do just that, promoting functional movement, while also increasing strength in your legs and glutes.

- Start by standing with your feet shoulder-width apart and arms down at your sides.
- Take a step forward with your right leg and bend your right knee as you do so, stopping when your thigh is parallel to the ground. Ensure that your right knee doesn’t extend past your right foot.
- Push up off your right foot and return to the starting position. Repeat with your left leg. This is one rep.
- Complete 10 reps for 3 sets.

2. Pushups:-

Drop and give me 20 Pushups are one of the most basic, yet effective, body weight moves you can perform because of the number of muscles that are recruited to perform them.

- Start in a plank position. Your core should be tight, shoulders pulled down and back, and your neck neutral.
- Bend your elbows and begin to lower your body down to the floor. When your chest grazes it, extend your elbows and return to the start. Focus on keeping your elbows close to your body during the movement.
- Complete 3 sets of as many reps as possible.

3. Squats:--

Squats increase lower body and core strength, as well as flexibility in your lower back and hips. Because they engage some of the largest muscles in the body, they also pack a major punch in terms of calories burned.

- Start by standing straight, with your feet slightly wider than shoulderwidth apart, and your arms at your sides.
- Brace your core and, keeping your chest and chin up, push your hips back and bend your knees as if you're going to sit in a chair.
- Ensuring your knees don't bow inward or outward, drop down until your thighs are parallel to the ground, bringing your arms out in front of you in a comfortable position. Pause for one second, then extend your legs and return to the starting position.

- Complete 3 sets of 20 reps.

4. Standing overhead dumbbell presses:--

Compound exercises, which utilize multiple joints and muscles, are perfect for busy bees as they work several parts of your body at once. A standing overhead press isn't only one of the best exercises you can do for your shoulders, but it also engages your upper back and core.

Equipment: 10-pound dumbbells

- Pick a light set of dumbbells — we recommend 10 pounds to start — and start by standing, either with your feet shoulder-width apart or staggered. Move the weights overhead so your upper arms are parallel to the floor.
- Bracing your core, begin to push up until your arms are fully extended above your head. Keep your head and neck stationary.
- After a brief pause, bend your elbows and lower the weight back down until your triceps muscle is parallel to the floor again.
- Complete 3 sets of 12 reps.

- **Dumbbell rows :--**

Not only will these make your back look killer in that dress, but dumbbell rows are also another compound exercise that strengthens multiple muscles in your upper body. Choose a moderate-weight dumbbell and ensure that you're squeezing at the top of the movement.

Equipment: 10-pound dumbbells

- Start with a dumbbell in each hand. We recommend no more than 10 pounds for beginners.
- Bend forward at the waist so your back is at a 45-degree angle to the ground. Be certain not to arch your back. Let your arms hang straight down. Ensure your neck is in line with your back and your core is engaged.
- Starting with your right arm, bend your elbow and pull the weight straight up toward your chest, making sure to engage your lat, and stopping just below your chest.
- Return to the starting position and repeat with the left arm. This is one rep. Repeat 10 times for 3 sets.

- Pedometer:

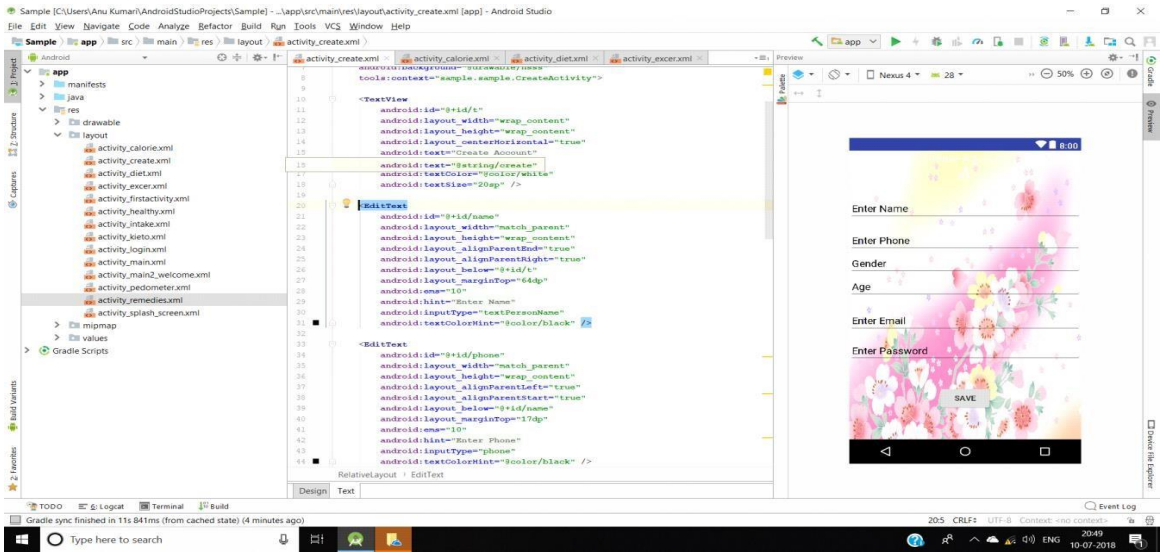
It is recommended that adults should take a minimum of 10000 steps per day. A pedometer will help you keep track of how many steps you're actually take. & A pedometer is a device, usually portable and

electronic or electromechanical, that counts each step a person takes by detecting the motion of the person's hands or hips.

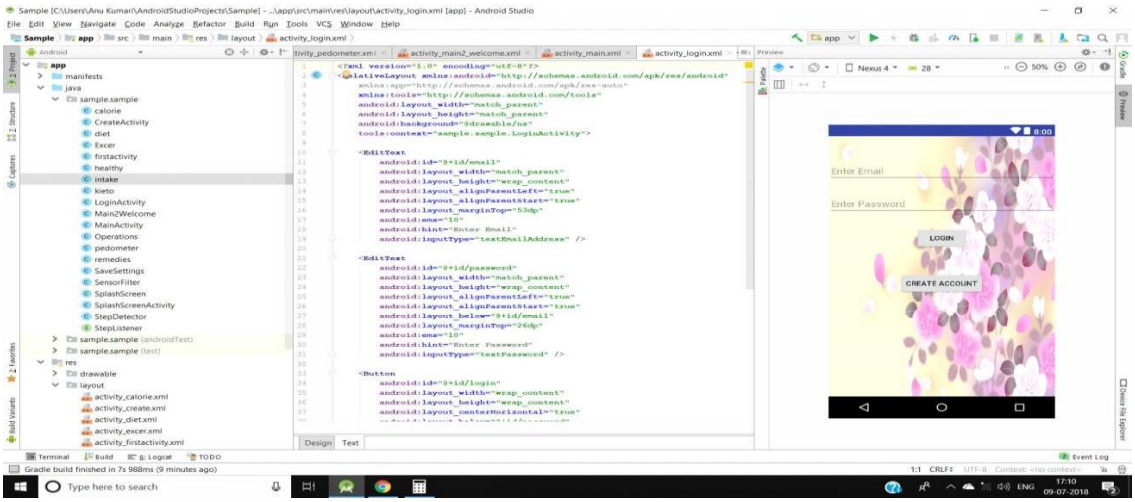
Pedometers are designed to detect vertical movement at the hip and so measure the number of steps and provide an estimate of distance walked. They cannot provide information on the temporal pattern of physical activity or the time spent in different activity at different intensity. The pedometer has a small lever arm inside, that moves up and down as your hip moves, thus counting your steps. It also counts movements such as bending over to tie your shoes – all movement counts! To find out, we must look to Japan. In 1965, a pedometer was invented by Dr Yoshiro Hatano who worked for a company called Yamesa. He named his new device 'Manpo-kei', which literally translates as, '10,000-step meter'. Studies have shown that regular walking and running can help prevent obesity, type 2 diabetes, high blood pressure, heart disease, stroke, and some kinds of cancer. Below are just some of the numerous benefits of running and walking. A total of 10,000 steps equals 4 to 5 miles. The number of steps per mile varies from person to person and depends on your stride length. Knowing how many steps are typical for a mile, you can begin to envision how far you need to walk to log 10,000 steps per day on a pedometer.

MODULE WORKED ON IN THIS PROJECT

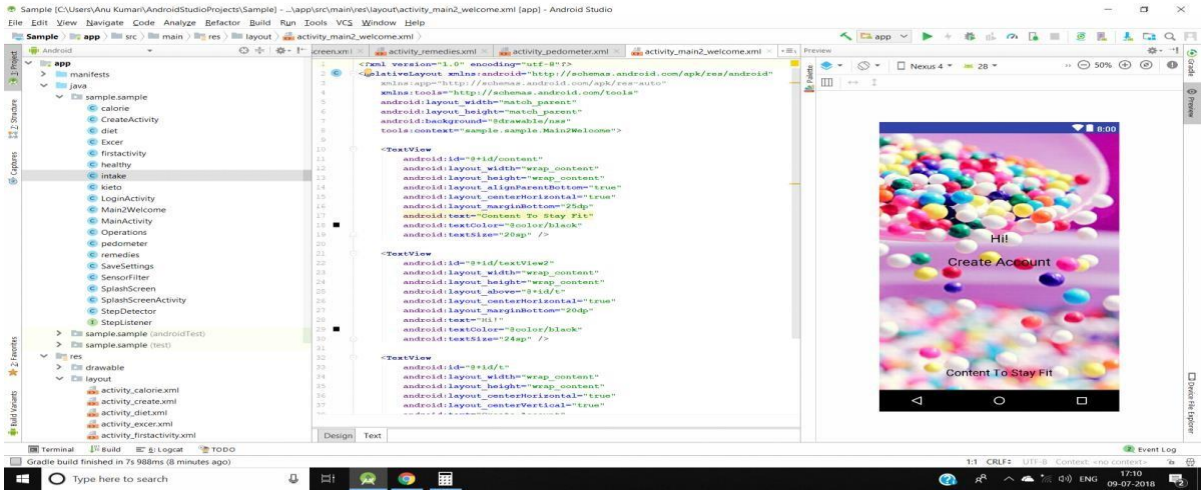
- This is the account creation page in which user have to enter name, phone no., age, gender, email id and have to set a password. After entering the information save it and go to login page.



This is the login page where user will enter the email id and password which was saved in the account creation page.



- This is the welcome page where the name of user appears. At the end there is a button on which user has to click to go to the next page that is content page.



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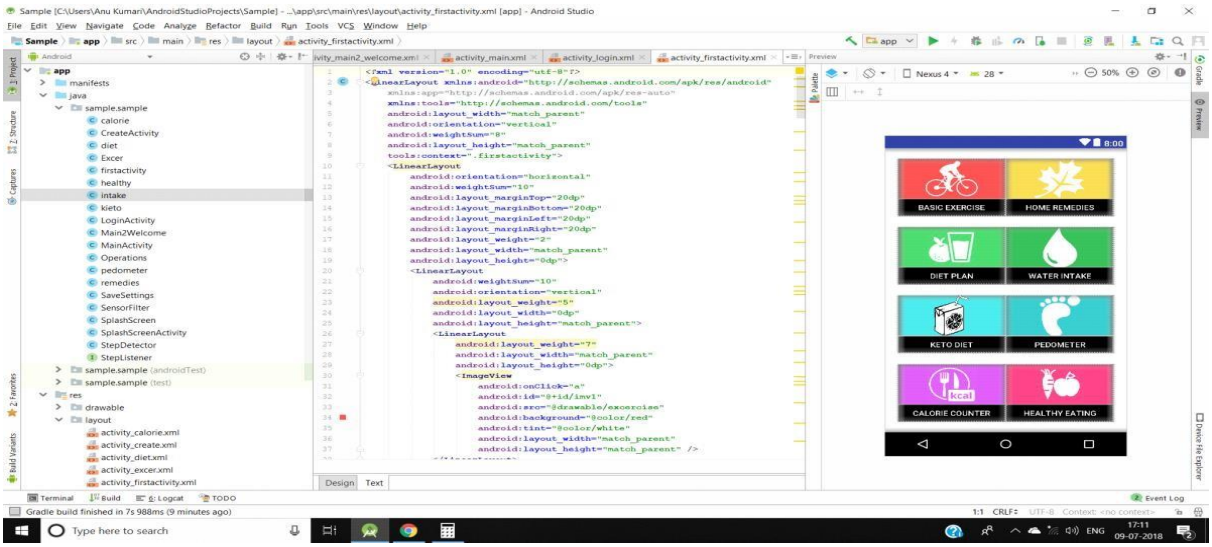
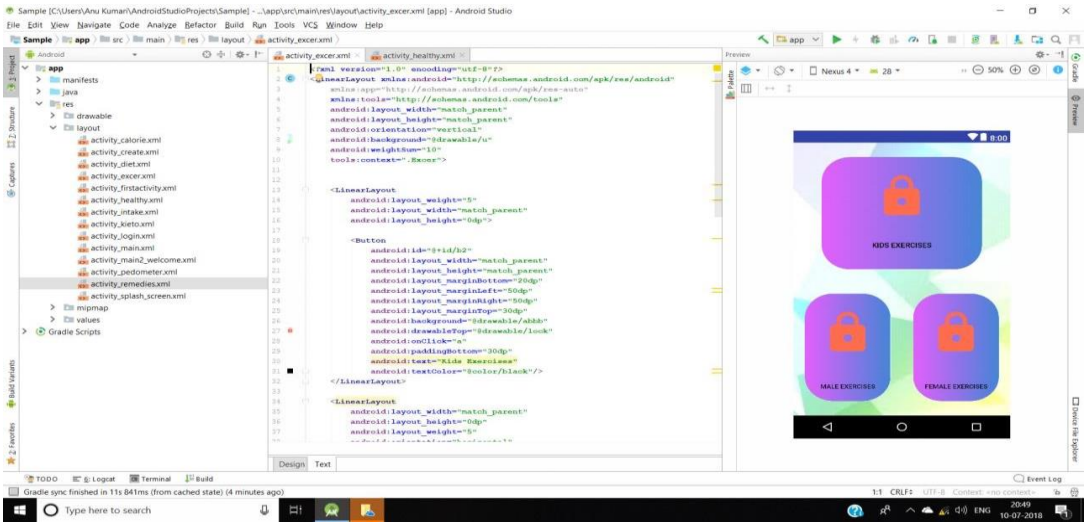
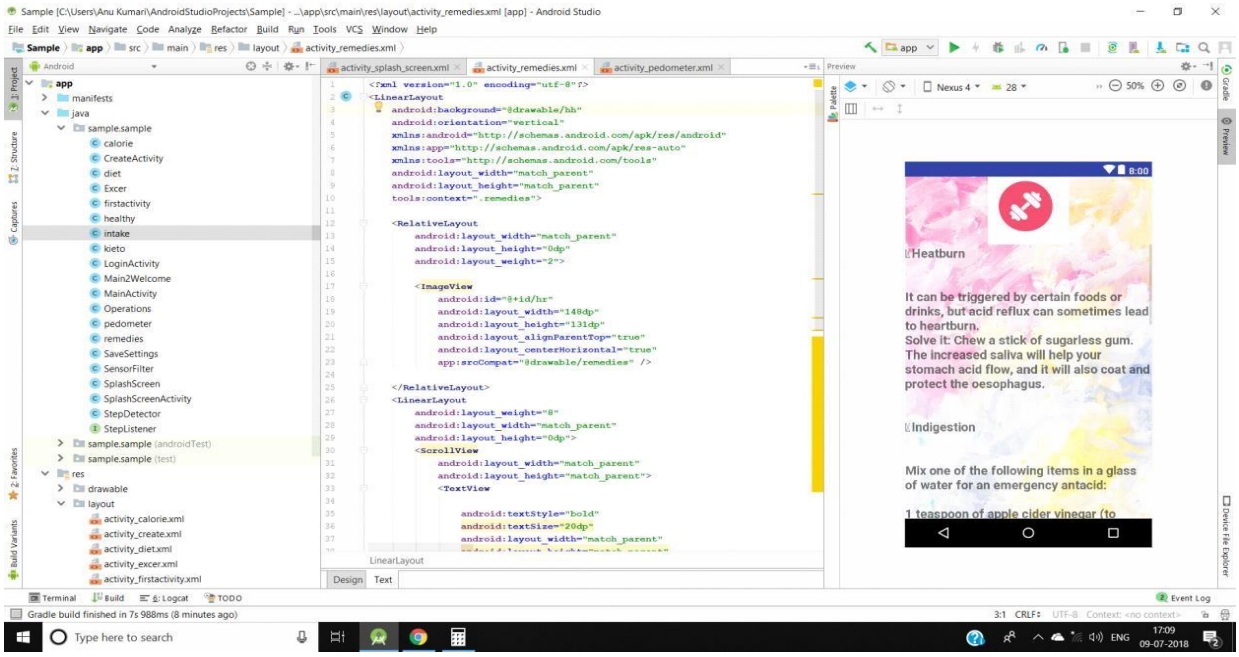


- This is the basics exercise page which has three buttons each having vedika for kids, male and females. User can click on any button according to their choice.
-



- This is the home remedies page in which certain home made solutions have been given for different diseases which will help user to remain healthy.



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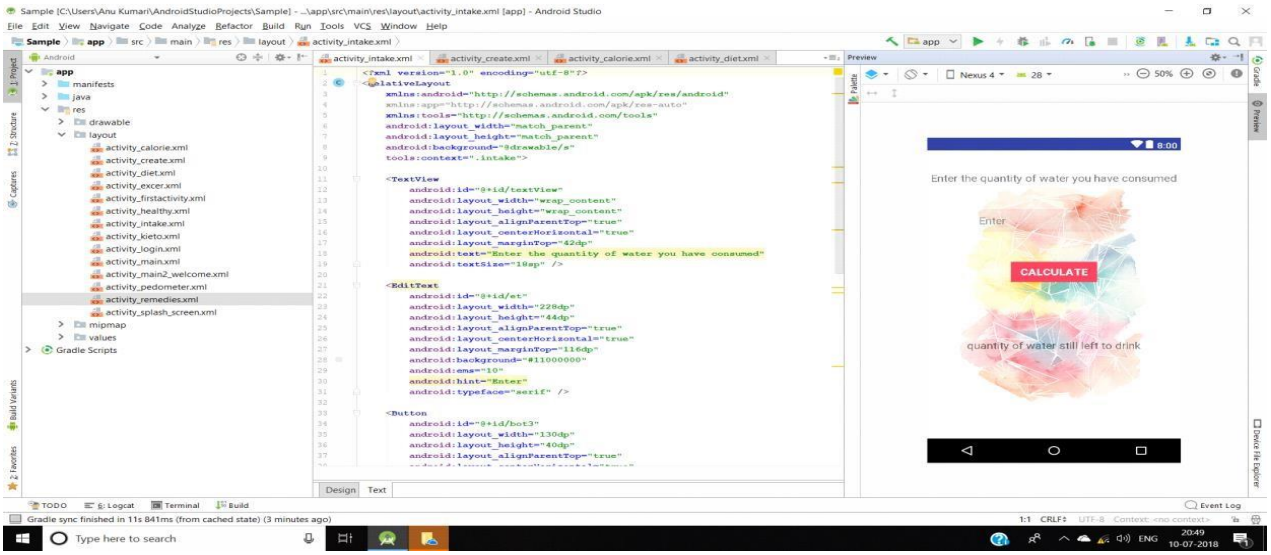
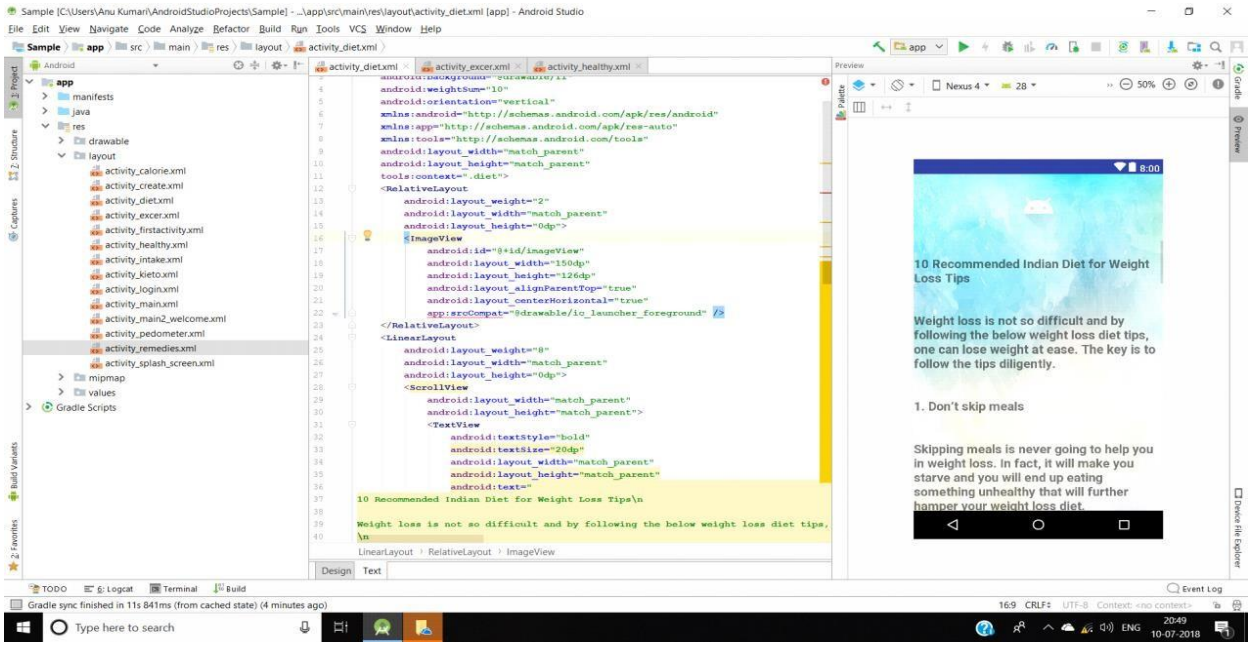
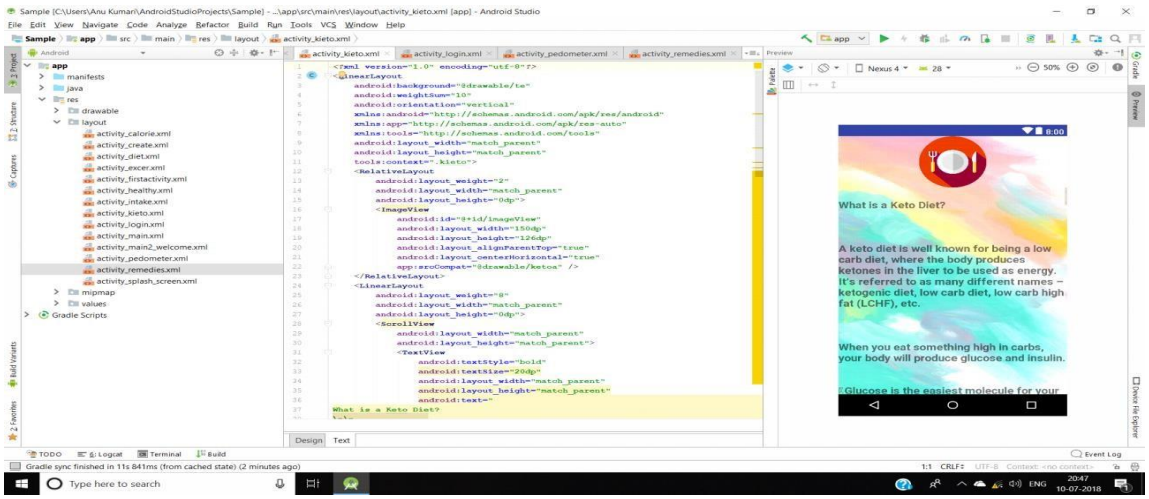
This is the water intake page where user have to enter amount of water drunk by him/her in millilitres. After clicking on calculate user will get the amount of water still left to drink by him/her. Water calculation is done according to the age of user as water consumption is different at different ages.



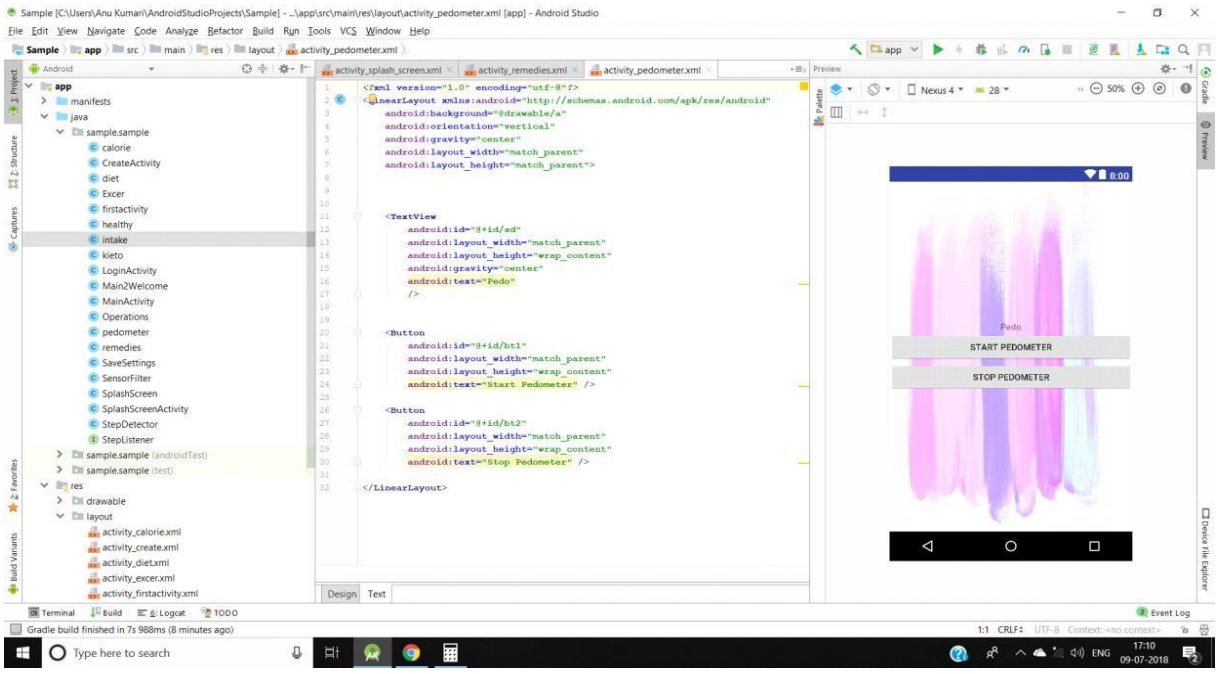
This is the diet plan page in which diet plan to loss weight has been mentioned properly. User can follow the diet plan given to loss the weight. We can also add different diet plan for different things.



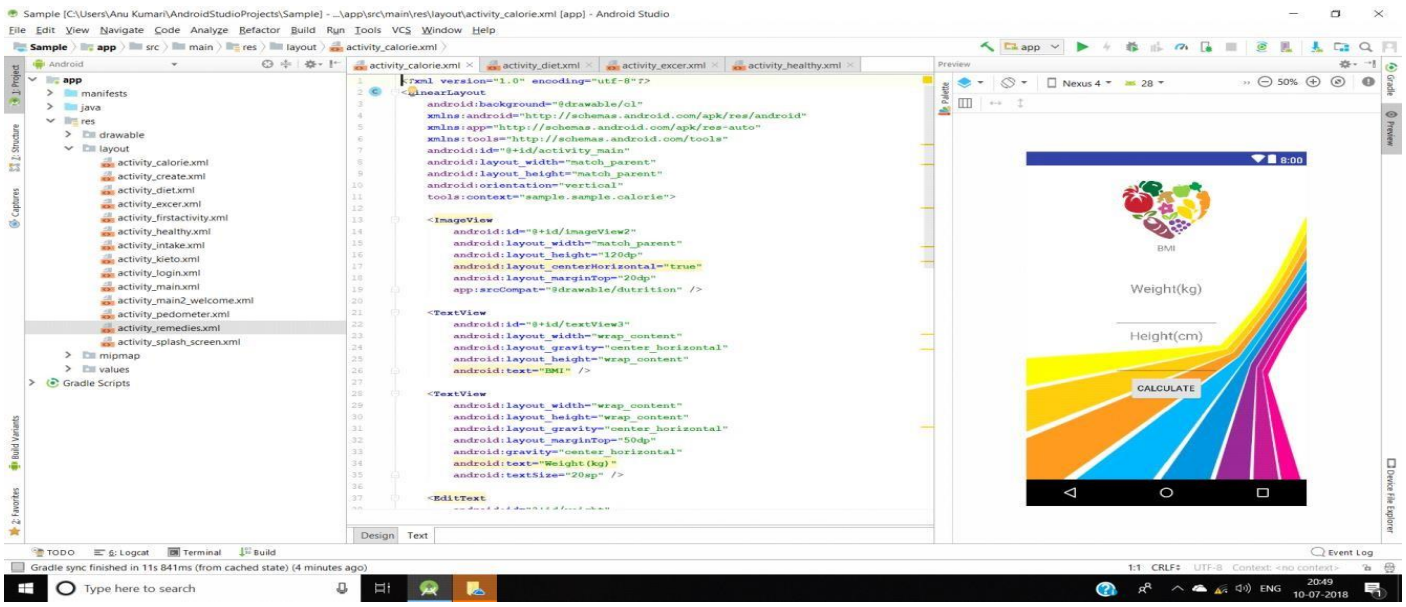
This is the keto diet page where keto diet plan has been discussed. In this page full description such as what is it, what comes under it, how it should be followed etc about keto diet is given.



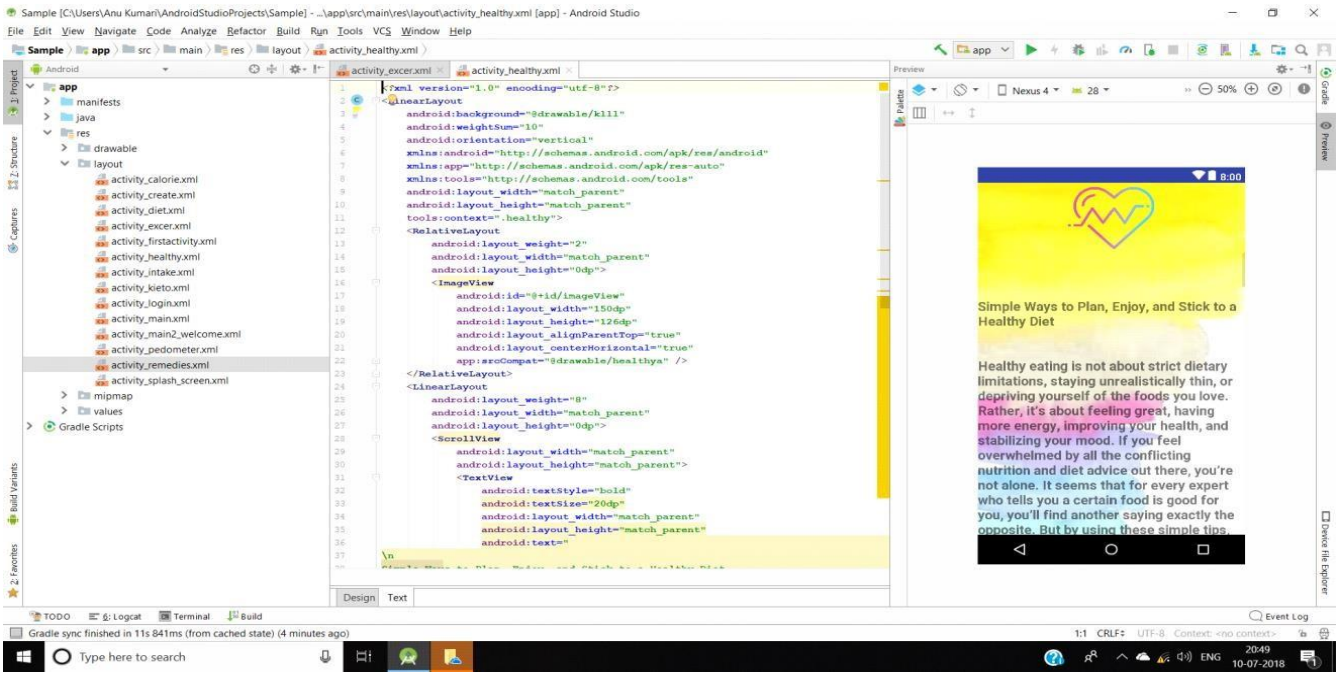
This is the pedometer page with the help of which user can count number of steps taken by him/her as it's not possible to count the steps ourself.



This is the calorie counter page in which user can calculate BMI by entering weight in kg and height in cm as input. As the user will click on calculate button BMI is calculated using the formula (weight/height^2) and appears on screen.



This is the healthy eating page where diet chart is given to stay healthy and fit. In this page, it is discussed about healthy diet.



SRS REPORT

Aim: SRS Document

Software Requirement Specification (SRS) Format as name suggests, is complete specification and description of requirements of software that needs to be fulfilled for successful development of software system. These requirements can be functional as well as non-functional depending upon type of requirement. The interaction between different customers and contractor is done because its necessary to fully understand needs of customers.

Feasibility Study

Feasibility Study in Software Engineering is a study to evaluate feasibility of proposed project or system. Feasibility study is one of stage among important four stages of Software Project Management Process.

a) Economical Feasibility:-

We decide the technology on minimum possible cost.

Overall we have estimated that the benefit the organization is going to received by system will be much more than the it's cost.

b) Technical Feasibilty

For this feasibility study, we studied the complete functionality to be provided in the system, as described in SRS, and checked that everything is possible with help of different tools and technology.

c) Schedule Feasibilty

We will be able to design the system in the given time frame.

Functional Requirement

SYSTEM FEATURE

There will be two modules in the system

- user /student module
- admin module

Functionality of each module:-

a) User /Student module:-

- The student/user has to register in the system, then they can take test.
- After submission the result should display.
- A timer should be maintained so, that student must have to finish the test within given time otherwise the quiz will get auto-submitted after specified time.

b) Admin Module:-

- Only with valid username and password admin will be logged into the system.
- Admin can add, update and delete the questions.
- Admin must also provide correct answer to questions so that evaluation will be done.
- Admin can also view the details of students who have taken the test along with their score.

Non Functional Requirements

i.Usability:-

The System's primary focus should be on providing a user friendly, easy to understand interface, which can be used easily by anyone.

ii. Response Time:-

The system should response quickly (should not take more than 10 sec) after user login.

iii. Security:-

Only admin with valid user name and password should be able to login into the system.

Software & Hardware Requirements :-

Software Requirements:

This software package is developed using java as front end which is supported by sun micro system. Microsoft SQL Server as the back end to store the database.

Operating System: Windows 10
Language: Java Runtime Environment (frontend)
Language: xml for (Layouts & Designing)
Database: MS SQL Server (back end)

Android studio :-

Android Studio is the official Integrated Development Environment (IDE) for Android app development, based on IntelliJ IDEA . ... A unified environment where you can develop for all Android devices. Apply Changes to push code and resource changes to your running app without restarting your app.

Top 10 Features of Android Studio that You can't Miss :-

1. *Instant App Run*

It is an advanced technology in which it cleverly understands the transmutations done in the applications and deliver it instantly without taking time to rebuild the apk and installations make. So, quick that you can see the changes in app immediately. This is done by launching the URL on Android application installing the native libraries with Android Instant apps. Instant App sometimes is known as ” New Module Wizard“.

2. *Visual Layout Editor*

Layout editor helps to build the layout quickly by adding different attributes either by hard-code or drag and drop. The preview of the codes can be seen easily on the visual editor screen and changes can be made accordingly by resizing it dynamically. This will make testing the application process more facile and more exhaustive.

3. *Fast Emulator*

Android has a great feature of Emulator which is exactly like the android phones to test how the application looks like in physical devices. It gives real-time experience to the Android applications. It allows you to test your applications faster and on different-different configuration devices like tablet, android phone etc. It helps you to make your application development life cycle shorter and more efficient.

4. *Intelligence Code Editor*

Android Studio provides you with the intelligent and quick code editor. This will help you and guide you with the accurate code. It helps you to complete code in advance and analyse your code in advance before building. Android studio has the special feature of the development of code by the drop-down list with suggesting the code you can integrate.

5. *Addition of New Activity as a Code Template*

Yes, Android also has the feature of templates built-in. If you know to build that accordingly that makes your task easier. it has both pros and cons, you don’t find every template in Android Studio. It’s an additional feature which helps the developer to build an application efficiently and effectively which provide effective solutions.

6. Help to Build Up App for All Devices

Android studio builds applications for every screen size, for wear and gear devices etc. It also can stimulate the various type of features which a hardware has like GPS location tracker, multi-touch.

7. Help to Connect with Firebase

Android Studio helps to give real-time experience with IOT based project development with dynamic upgrades in the application.

Firebase connectivity help to create direct updates and provide databases connectivity. To build high-quality applications we must use Firebase connectivity it helps to build the scalable infrastructure for building the application. You can create chat applications by using firebase connectivity it helps you to do happy chat experience.

8. Support KOTLIN

Kotlin the official language can be considered for Android. It is a language without having any new restrictions and has various advantages in it. The great feature of Kotlin is it run without any disturbances in older android versions as well that means no issues of specific android versions. It runs fast and equivalent to Java. Java developers can easily hands-on Kotlin with no-issues because it based on automated Java only.

9. Colour Previews

Android studio helps to see the code XML part in a preview to know that how perfectly we are designing the application according to the need before launching the application. It provides powerful functionality and enhanced features of drag and drops or resizes the application. It contains drag and drop features but not support for every function, that's why be careful while doing that.

10. Maven Repository

In Android Studio, Maven integration of its repository can be done, within SDK manager support libraries of IDE is used. It's a kind of a repository which is a directory in which various jar files like project jars, Plugin are stored.

App inventor :- App Inventor lets you develop applications for Android phones using a web browser and either a connected phone or emulator. The App Inventor servers store your work and help you keep track of your projects. You can build just about any app imaginable with App Inventor: games, informational apps with user-generated data, personal convenience apps, apps to help people communicate, apps that make use of the phone's sensors, and even apps that talk to web services like Twitter.

languages in App Inventor :-

Java
MIT App Inventor is a web application integrated development environment originally provided by Google, and now maintained by the Massachusetts Institute of Technology (MIT).
...
App Inventor for Android.

MIT App Inventor	
Written in	Java, Kawa, Scheme
Operating system	Android
Available in	19 languages

HARDWARE REQUIREMENTS:

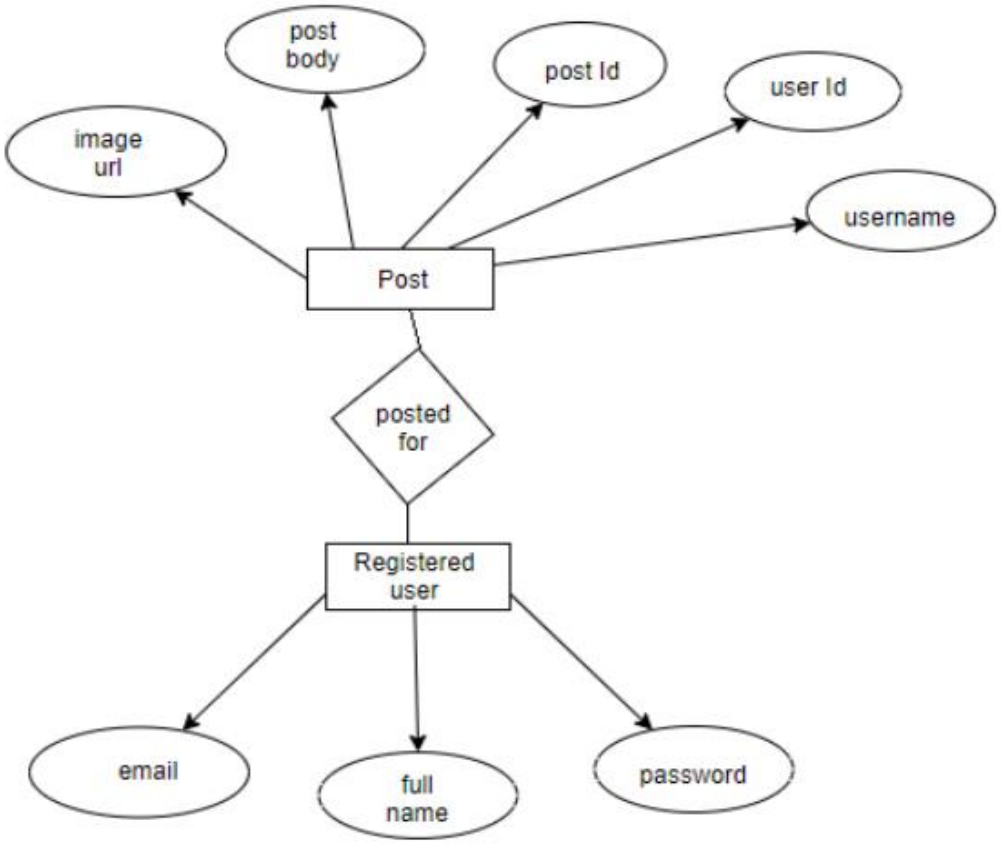
Operating system required- Windows 7 and above.

4GB RAM and above

PROJECT DESIGN (ER-DIAGRAM,TABLES,USE-CASE DIAGRAM)

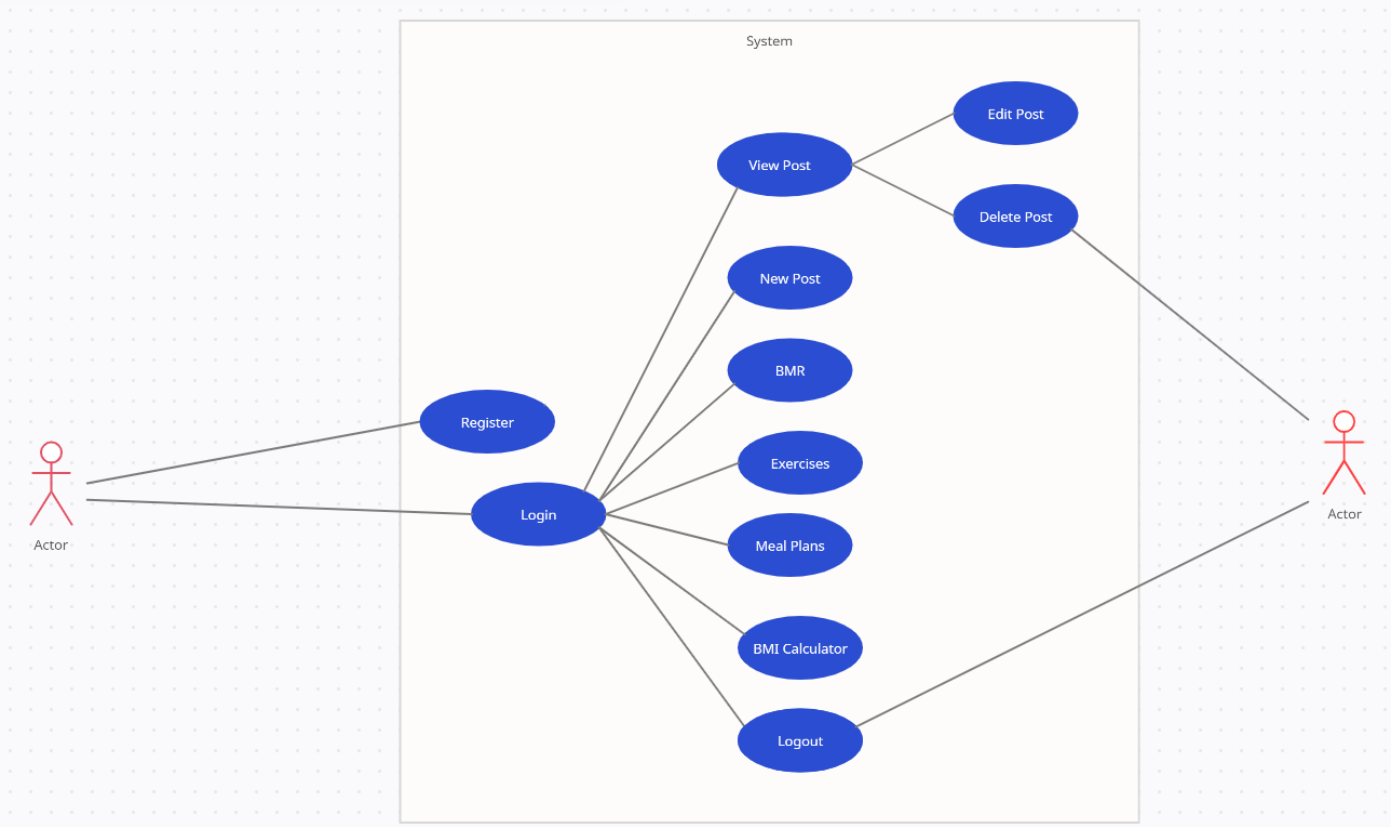
E-R Diagram

The ER diagram which helps to plan database in a resourceful way. The attributes in this ER diagram is typically model in the form of oval with the person's name of the attributes, which connected to the unit or association that contain the attributes.



Use Case:

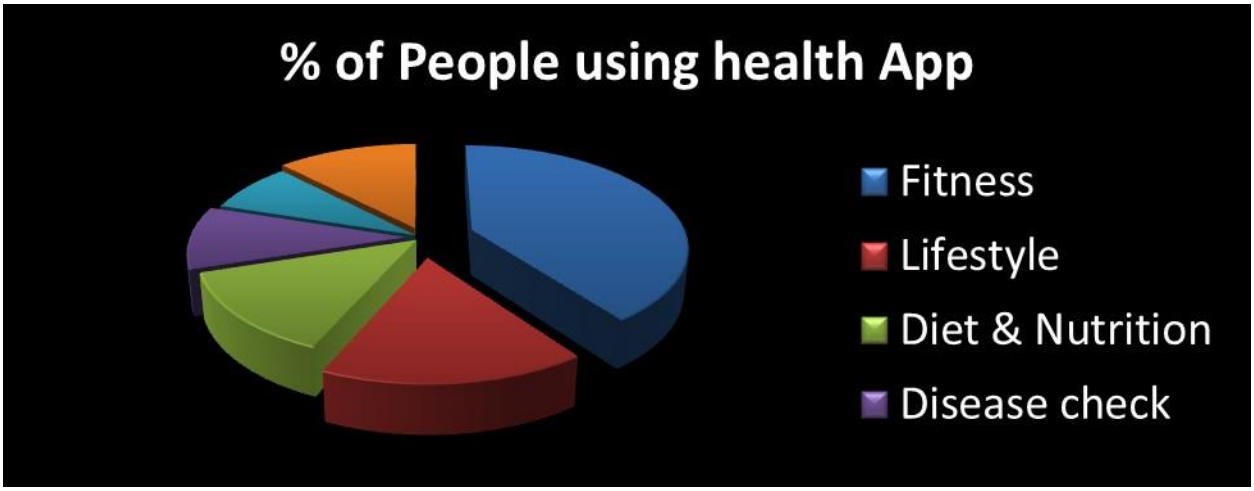
A use case diagram is used to represent the dynamic behavior of a system. It encapsulates the system's functionality by incorporating use cases, actors, and their relationships. It models the tasks, services, and functions required by a system/subsystem of an application. It depicts the high-level functionality of a system and also tells how the user handles a system.



STATISTICS :-

% of smartphone owners who have software application on their phone to track or manage health

1 in 5 smartphone owners has a health app.



IMPLIMENTATION (SOURCE CODE)

- **SPLASHSCREEN.JAVA**

```
package com.login.user.healthapp;

import android.content.Intent;
import android.support.v7.app.AppCompatActivity; import
android.os.Bundle;

public class SplashScreen extends AppCompatActivity {

    @Override
    protected void onCreate(Bundle savedInstanceState) {
super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_splash_screen);
        Thread th=new Thread(){
public void run(){                try{
                    sleep(3000);
                }
                catch (Exception e){

                }
finally {
                    Intent i=new Intent(getApplicationContext(),Homepage.class);
startActivity(i);
                }
            }
        };th.start();
    }

    @Override     protected void
onPause() {
        super.onPause();
        finish();
    }
}
```

- **SPLASHSCREEN.XML**

```
<?xml version="1.0" encoding="utf-8"?>
<RelativeLayout
xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"
android:layout_height="match_parent"     tools:context=".SplashScreen"
   android:background="@drawable/mm">

   <ImageView

       android:layout_width="287dp"        android:layout_height="231dp"
android:layout_centerInParent="true"
app:srcCompat="@drawable/ss"
tools:ignore="MissingConstraints"
tools:layout_editor_absoluteX="43dp"
       tools:layout_editor_absoluteY="120dp" />

</RelativeLayout>
```

- **HOMEPAGE.JAVA**

```
package com.login.user.healthapp;

import android.content.Intent;
import android.support.v7.app.AppCompatActivity;
import android.os.Bundle; import android.view.View;
import android.widget.Button; import
android.widget.EditText;
import android.widget.Toast;

public class Homepage extends AppCompatActivity {
Button b;
EditText e1,e2;     @Override
   protected void onCreate(Bundle savedInstanceState) {
super.onCreate(savedInstanceState);
setContentView(R.layout.activity_homepage);
```

```
        this.setTitle("Login");         b=(Button)findViewById(R.id.but);
e1=(EditText)findViewById(R.id.ed1);
e2=(EditText)findViewById(R.id.ed2);

        b.setOnClickListener(new View.OnClickListener()
        {
            @Override
            public void onClick(View V) {
                if (e1.getText().toString().equals("preetika") &&
e2.getText().toString().equals("123")) {
                    Intent intent = new Intent(getApplicationContext(),
Firstpage.class);
                    startActivity(intent);
                } else {
                    Toast.makeText(getApplicationContext(), "wrong username
and password", Toast.LENGTH_LONG).show();
                }
            }
        });
    }
}
```

- **HOMEPAGE.XML**

```
<?xml version="1.0" encoding="utf-8"?>
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"     android:layout_height="match_parent"
android:background="@drawable/kk"     tools:context=".Homepage">

    <ImageView         android:id="@+id/imv"
android:layout_width="209dp"
android:layout_height="176dp"
android:layout_alignParentTop="true"
android:layout_centerHorizontal="true"
android:layout_marginTop="37dp"
        android:background="@drawable/ss" />

    <EditText         android:id="@+id/ed1"
android:layout_width="228dp"
android:layout_height="44dp"
```

```
android:layout_alignParentBottom="true"
android:layout_centerHorizontal="true"
android:layout_marginBottom="185dp"
android:background="#11000000"
android:drawableLeft="@drawable/user"
        android:ems="10"         android:hint="Username"
        android:typeface="serif" />

    <EditText         android:id="@+id/ed2"
android:layout_width="229dp"
android:layout_height="47dp"
android:layout_alignParentBottom="true"
android:layout_centerHorizontal="true"
android:layout_marginBottom="113dp"
android:background="#11000000"
android:drawableLeft="@drawable/password"
        android:ems="10"         android:hint="Password"
android:typeface="serif" />     <Button
        android:id="@+id/but"
android:layout_width="130dp"
android:layout_height="40dp"
android:layout_alignParentBottom="true"
android:layout_centerHorizontal="true"
android:layout_marginBottom="47dp"
android:background="#ef415b"         android:text="Login"
        android:textColor="@android:color/background_light"
android:textSize="18sp"         android:textStyle="bold"
android:typeface="sans" />
</RelativeLayout>
```

- **FIRSTPAGE.JAVA**

```
package com.login.user.healthapp;

import android.content.Intent; import
android.net.Uri;
import android.support.v7.app.AppCompatActivity;
import android.os.Bundle; import android.view.View;

public class Firstpage extends AppCompatActivity {
```

```
    @Override
    protected void onCreate(Bundle savedInstanceState) {
super.onCreate(savedInstanceState);
setContentView(R.layout.activity_firstpage);        this.setTitle("Homepage");
    }
    public void a(View v){
int id=v.getId();        switch
(id){            case R.id.imv1:
            Intent i=new Intent(getApplicationContext(),Excer.class);
startActivity(i);                break;            case R.id.but1:
            Intent i1=new Intent(getApplicationContext(),Excer.class);
startActivity(i1);                break;            case R.id.im2:
            Intent i12=new Intent(getApplicationContext(),remedies.class);
startActivity(i12);                break;            case R.id.bot2:
            Intent i21=new Intent(getApplicationContext(),remedies.class);
startActivity(i21);                break;            case R.id.imv3:
            Intent i3=new Intent(getApplicationContext(),diet.class);
startActivity(i3);                break;            case R.id.but3:
            Intent i32=new Intent(getApplicationContext(),diet.class);
startActivity(i32);                break;            case R.id.imv4:
            Intent i4=new Intent(getApplicationContext(),intake.class);
startActivity(i4);                break;            case R.id.but4:
            Intent i42=new Intent(getApplicationContext(),intake.class);
startActivity(i42);                break;            case R.id.imv5:
            Intent i5=new Intent(getApplicationContext(),kieto.class);
startActivity(i5);                break;            case R.id.but5:
            Intent i52=new Intent(getApplicationContext(),kieto.class);
startActivity(i52);                break;
          case R.id.imv6:
            Intent i6=new Intent(getApplicationContext(),pedometer.class);
startActivity(i6);                break;            case R.id.but6:
            Intent i62=new Intent(getApplicationContext(),pedometer.class);
startActivity(i62);                break;            case R.id.imv7:
            Intent i7=new Intent(getApplicationContext(),calorie.class);
startActivity(i7);                break;            case R.id.but7:
            Intent i72=new Intent(getApplicationContext(),calorie.class);
startActivity(i72);                break;            case R.id.imv8:
            Intent i8=new Intent(getApplicationContext(),healthy.class);
startActivity(i8);                break;            case R.id.but8:
            Intent i82=new Intent(getApplicationContext(),healthy.class);
startActivity(i82);                break;
```

```
    }
  }
}
```

- **FIRSTPAGE.XML**

```
<?xml version="1.0" encoding="utf-8"?>
<LinearLayout
xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"     android:orientation="vertical"
   android:weightSum="8"
android:layout_height="match_parent"
tools:context=".Firstpage"> <LinearLayout
   android:orientation="horizontal"     android:weightSum="10"
android:layout_marginTop="20dp"
android:layout_marginBottom="20dp"
android:layout_marginLeft="20dp"
android:layout_marginRight="20dp"
android:layout_weight="2"
android:layout_width="match_parent"
android:layout_height="0dp">
   <LinearLayout        android:weightSum="10"
android:orientation="vertical"
android:layout_weight="5"
android:layout_width="0dp"
android:layout_height="match_parent">
       <LinearLayout
android:layout_weight="7"
android:layout_width="match_parent"
android:layout_height="0dp">
          <ImageView                android:onClick="a"
android:id="@+id/imv1"
android:src="@drawable/excercise"
android:background="@color/red"
android:tint="@color/white"
android:layout_width="match_parent"
android:layout_height="match_parent" />
```

```
    </LinearLayout>        <LinearLayout
android:layout_weight="3"
android:layout_width="match_parent"
        android:layout_height="0dp">

        <Button
            android:id="@+id/but1" android:layout_width="match_parent"
android:layout_height="match_parent"
            android:background="@color/black"
            android:onClick="a"
android:text="Basic Exercise"
android:textColor="@color/white" />
    </LinearLayout>
  </LinearLayout>    <LinearLayout
android:orientation="vertical"
android:weightSum="10"
android:layout_weight="5"
android:layout_width="0dp"
android:layout_height="match_parent">

    <LinearLayout
android:layout_weight="7"
android:layout_width="match_parent"
        android:layout_height="0dp">

        <ImageView              android:id="@+id/im2"
android:layout_width="match_parent"
android:layout_height="match_parent"
android:background="@color/yellow"
            android:onClick="a"
android:src="@drawable/home"
android:tint="@color/white" />
    </LinearLayout>        <LinearLayout
android:layout_weight="3"
android:layout_width="match_parent"
        android:layout_height="0dp">

        <Button              android:id="@+id/bot2"
android:layout_width="match_parent"
android:layout_height="match_parent"
android:background="@color/black"
```

```
android:onClick="a" android:text="Home Remedies"
android:textColor="@color/white" />
        </LinearLayout>


    </LinearLayout>

</LinearLayout>     <LinearLayout
android:weightSum="10"
android:orientation="horizontal"
android:layout_marginTop="1dp"
android:layout_marginBottom="20dp"
android:layout_marginLeft="20dp"
android:layout_marginRight="20dp"
android:layout_weight="2"
android:layout_width="match_parent"
android:layout_height="0dp">
        <LinearLayout            android:weightSum="10"
android:orientation="vertical"
android:layout_weight="5"
android:layout_width="0dp"
android:layout_height="match_parent">
            <LinearLayout
android:layout_weight="7"
android:layout_width="match_parent"
android:layout_height="0dp">
                <ImageView                    android:onClick="a"
android:id="@+id/imv3"
android:src="@drawable/dietplan"
android:background="@color/green"
android:layout_width="match_parent"
android:layout_height="match_parent"
android:tint="@color/white"/>
            </LinearLayout>
            <LinearLayout
                android:layout_weight="3" android:layout_width="match_parent"
                android:layout_height="0dp">
                <Button                    android:onClick="a"
android:id="@+id/but3"                    android:text="Diet
Plan"                android:background="@color/black"
android:textColor="@color/white"
```

```
android:layout_width="match_parent"
android:layout_height="match_parent" />
        </LinearLayout>
    </LinearLayout>        <LinearLayout
        android:orientation="vertical"
android:weightSum="10"            android:layout_weight="5"
android:layout_width="0dp"
android:layout_height="match_parent">

        <LinearLayout
android:layout_weight="7"
android:layout_width="match_parent"
android:layout_height="0dp">
            <ImageView
android:onClick="a"
android:id="@+id/imv4"
                android:background="@color/green_dark"
android:src="@drawable/water"                    android:tint="@color/white"
android:layout_width="match_parent"
android:layout_height="match_parent" />
        </LinearLayout>            <LinearLayout
android:layout_weight="3"
android:layout_width="match_parent"
android:layout_height="0dp">
            <Button
android:onClick="a"
android:id="@+id/but4"
android:text="Water Intake"
android:background="@color/black"
android:textColor="@color/white"
android:layout_width="match_parent"
android:layout_height="match_parent" />
        </LinearLayout>


    </LinearLayout>
  </LinearLayout>    <LinearLayout
    android:orientation="horizontal"
android:layout_marginTop="1dp"
android:layout_marginBottom="20dp"
android:layout_marginLeft="20dp"
```

```
android:layout_marginRight="20dp"
android:weightSum="10"        android:layout_weight="2"
android:layout_width="match_parent"
android:layout_height="0dp">
      <LinearLayout            android:weightSum="10"
android:orientation="vertical"
android:layout_weight="5"
android:layout_width="0dp"
android:layout_height="match_parent">
          <LinearLayout
android:layout_weight="7"
android:layout_width="match_parent"
android:layout_height="0dp">
             <ImageView                  android:onClick="a"
android:id="@+id/imv5"
android:src="@drawable/kieto"
android:background="@color/blue"
android:layout_width="match_parent"
android:layout_height="match_parent" />
          </LinearLayout>
          <LinearLayout
android:layout_weight="3"
android:layout_width="match_parent"
android:layout_height="0dp">
             <Button                  android:onClick="a"
android:id="@+id/but5"                  android:text="Keto
Diet"                 android:background="@color/black"
android:textColor="@color/white"
android:layout_width="match_parent"
android:layout_height="match_parent" />
          </LinearLayout>
      </LinearLayout>        <LinearLayout
          android:orientation="vertical"

          android:weightSum="10"
android:layout_weight="5"           android:layout_width="0dp"
android:layout_height="match_parent">

          <LinearLayout
android:layout_weight="7"
android:layout_width="match_parent"
android:layout_height="0dp">
```

```
            <ImageView                  android:onClick="a"
android:id="@+id/imv6"
android:src="@drawable/pedometer"
android:background="@color/blue_dark"
android:layout_width="match_parent"
android:tint="@color/white"
                android:layout_height="match_parent" />
          </LinearLayout>           <LinearLayout
android:layout_weight="3"
android:layout_width="match_parent"
android:layout_height="0dp">
            <Button                 android:onClick="a"
android:id="@+id/but6"
android:text="Pedometer"
android:background="@color/black"
android:textColor="@color/white"
android:layout_width="match_parent"
android:layout_height="match_parent" />
          </LinearLayout>


       </LinearLayout>
   </LinearLayout>     <LinearLayout
android:weightSum="10"
android:orientation="horizontal"
android:layout_marginTop="1dp"
android:layout_marginBottom="20dp"
android:layout_marginLeft="20dp"
android:layout_marginRight="20dp"
android:layout_weight="2"
android:layout_width="match_parent"
android:layout_height="0dp">
       <LinearLayout            android:weightSum="10"
android:orientation="vertical"
android:layout_weight="5"
android:layout_width="0dp"
android:layout_height="match_parent">
          <LinearLayout
android:layout_weight="7"
android:layout_width="match_parent"
android:layout_height="0dp">
```

```
            <ImageView                  android:onClick="a"
android:id="@+id/imv7"
android:src="@drawable/kcal"
android:layout_width="match_parent"
android:layout_height="match_parent"
android:tint="@color/white"
android:background="@color/violet"/>
          </LinearLayout>           <LinearLayout
android:layout_weight="3"
android:layout_width="match_parent"
android:layout_height="0dp">
            <Button                 android:onClick="a"
android:id="@+id/but7"                  android:text="Calorie
Counter"                android:background="@color/black"
android:textColor="@color/white"
android:layout_width="match_parent"
android:layout_height="match_parent" />
          </LinearLayout>
       </LinearLayout>        <LinearLayout
          android:orientation="vertical"
android:weightSum="10"           android:layout_weight="5"
android:layout_width="0dp"
android:layout_height="match_parent">

          <LinearLayout
android:layout_weight="7"
android:layout_width="match_parent"
android:layout_height="0dp">
            <ImageView                  android:onClick="a"
android:id="@+id/imv8"
android:src="@drawable/organic"
android:background="@color/colorAccent"
android:layout_width="match_parent"
android:layout_height="match_parent"
android:tint="@color/white"/>
          </LinearLayout>
<LinearLayout
android:layout_weight="3"
android:layout_width="match_parent"
android:layout_height="0dp">
            <Button                 android:onClick="a"
android:id="@+id/but8"                  android:text="Healthy
```

```
Eating"                android:background="@color/black"
android:textColor="@color/white"
android:layout_width="match_parent"
android:layout_height="match_parent" />
        </LinearLayout>


    </LinearLayout>
  </LinearLayout> </LinearLayout>
```

- **BASIC EXERCISES.JAVA**

```
package com.login.user.healthapp;

import android.content.Intent; import
android.net.Uri;
import android.support.v7.app.AppCompatActivity;
import android.os.Bundle; import android.view.View;

public class Excer extends AppCompatActivity {

  @Override
  protected void onCreate(Bundle savedInstanceState) {
super.onCreate(savedInstanceState);
setContentView(R.layout.activity_excer);      this.setTitle("Basic
Exercises");
  }

  public void a(View v) {      int
id = v.getId();      switch (id) {
case R.id.b1:
          Intent i = new Intent(Intent.ACTION_VIEW,
Uri.parse("https://www.youtube.com/watch?v=cGTdFbFLdDM"));
startActivity(i);          break;          case R.id.b2:
          Intent i1 = new Intent(Intent.ACTION_VIEW,
Uri.parse("https://www.youtube.com/watch?v=L_A_HjHZxfI"));
startActivity(i1);          break;          case R.id.b3:
          Intent i2 = new Intent(Intent.ACTION_VIEW,
Uri.parse("https://www.youtube.com/watch?v=ECxYJcnvyMw"));
startActivity(i2);          break;
```

```
    }
  }
}
```

- **BASIC EXERCISES.XML**

```
<?xml version="1.0" encoding="utf-8"?>
<LinearLayout
xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"     android:layout_height="match_parent"
   android:orientation="vertical"
android:background="@drawable/u"     android:weightSum="10"
   tools:context=".Excer">


<LinearLayout     android:layout_weight="5"
android:layout_width="match_parent"
android:layout_height="0dp">

   <Button         android:id="@+id/b2"
android:layout_width="match_parent"
android:layout_height="match_parent"
android:layout_marginBottom="20dp"
android:layout_marginLeft="50dp"
android:layout_marginRight="50dp"
android:layout_marginTop="30dp"
android:background="@drawable/abbb"
android:drawableTop="@drawable/lock"
       android:onClick="a"
android:paddingBottom="30dp"         android:text="Kids
Exercises"         android:textColor="@color/black"/>
</LinearLayout>

   <LinearLayout         android:layout_width="match_parent"
android:layout_height="0dp"         android:layout_weight="5"
android:orientation="horizontal"
       android:weightSum="10">
```

```
        <LinearLayout
android:layout_width="0dp"
android:layout_height="match_parent"
            android:layout_weight="5">

            <Button                 android:id="@+id/b3"
android:layout_width="match_parent"
android:layout_height="match_parent"
android:layout_marginBottom="30dp"
android:layout_marginLeft="20dp"
android:layout_marginRight="20dp"
android:layout_marginTop="30dp"
android:background="@drawable/abbb"
android:drawableTop="@drawable/lock"
                android:onClick="a"
android:textSize="12dp"                 android:text="Male
Exercises" />
        </LinearLayout>

        <LinearLayout
android:layout_width="0dp"
android:layout_height="match_parent"
            android:layout_weight="5">

            <Button                 android:id="@+id/b1"
android:layout_width="match_parent"
android:layout_height="match_parent"
android:layout_marginBottom="30dp"
android:layout_marginLeft="20dp"

                android:layout_marginRight="20dp"
android:layout_marginTop="30dp"
android:background="@drawable/abbb"
android:drawableTop="@drawable/lock"
                android:onClick="a"
android:textSize="12dp"                 android:text="Female
Exercises" />
        </LinearLayout>
    </LinearLayout>
</LinearLayout>
```

- **HOME REMEDIES.JAVA**

```
package com.login.user.healthapp;

import android.support.v7.app.AppCompatActivity; import
android.os.Bundle;

public class remedies extends AppCompatActivity {     @Override
   protected void onCreate(Bundle savedInstanceState) {
super.onCreate(savedInstanceState);
setContentView(R.layout.activity_remedies);        this.setTitle("Home
Remedies");
   }
}
```

- **HOME REMEDIES.XML**

```
<?xml version="1.0" encoding="utf-8"?>
<LinearLayout     android:background="@drawable/hh"
android:orientation="vertical"
   xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"
android:layout_height="match_parent"     tools:context=".remedies">

   <RelativeLayout
      android:layout_width="match_parent"        android:layout_height="0dp"
      android:layout_weight="2">

      <ImageView            android:id="@+id/hr"
android:layout_width="148dp"
android:layout_height="131dp"
android:layout_alignParentTop="true"
android:layout_centerHorizontal="true"
         app:srcCompat="@drawable/remedies" />

   </RelativeLayout> <LinearLayout
android:layout_weight="8"
```

```
android:layout_width="match_parent"
android:layout_height="0dp">
   <ScrollView
      android:layout_width="match_parent"
android:layout_height="match_parent">
      <TextView

         android:textStyle="bold"
android:textSize="20dp"
android:layout_width="match_parent"
android:layout_height="match_parent"
         android:text="    Heatburn
```

It can be triggered by certain foods or drinks, but acid reflux can sometimes lead to heartburn.
Solve it: Chew a stick of sugarless gum. The increased saliva will help your stomach acid flow, and it will also coat and protect the oesophagus.

Indigestion

Mix one of the following items in a glass of water for an emergency antacid: 1 teaspoon of apple cider vinegar (to increase stomach acidity) or 1/2 teaspoon of baking soda (to ease bloating).
Then take a walk. A post meal stroll can help you digest your food up to 50 per cent faster
Itchy Eyes
A cold washcloth held over closed eyes will shrink blood vessels and reduce redness.

Nosebleed

Sit up so that gravity will lower the vein pressure inside your nose. Tilt your head forward slightly to keep blood from running down your throat.

Sunburn

If you skipped on the SPF (major no-no) and spent a little too much time in the sun, take an oatmeal bath. Wrap a cup of oats in cheesecloth and hang it from your faucet so that the bathwater runs directly over it as the tub is filling. No one knows exactly how the oatmeal works to soothe the pain, but you will feel better.

Hoarseness

Your vocal cords need rest, so don't speak. To get rid of the frog in your throat, take a 5-minute hot shower, drink warm herbal tea with a slice of lemon, and avoid caffeine, smoke, alcohol, and large, fatty meals
"/>
</ScrollView>
</LinearLayout>
</LinearLayout>

- **DIET PLAN.JAVA**

```
package com.login.user.healthapp;

import android.support.v7.app.AppCompatActivity; import
android.os.Bundle;

public class diet extends AppCompatActivity {

    @Override
    protected void onCreate(Bundle savedInstanceState) {
super.onCreate(savedInstanceState);
setContentView(R.layout.activity_diet);
        this.setTitle("Diet Plan");
    }
}
```

- **DIET PLAN.XML**

```
<?xml version="1.0" encoding="utf-8"?>
<LinearLayout
    android:background="@drawable/ll"
android:weightSum="10"      android:orientation="vertical"
    xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"      android:layout_height="match_parent"
    tools:context=".diet">      <RelativeLayout
android:layout_weight="2"
```

```
android:layout_width="match_parent"
android:layout_height="0dp">
        <ImageView
            android:id="@+id/imageView"
android:layout_width="150dp"            android:layout_height="126dp"
android:layout_alignParentTop="true"
android:layout_centerHorizontal="true"
app:srcCompat="@drawable/die" />
    </RelativeLayout>     <LinearLayout
        android:layout_weight="8"         android:layout_width="match_parent"
android:layout_height="0dp">
        <ScrollView
            android:layout_width="match_parent"
android:layout_height="match_parent">
            <TextView
                android:textStyle="bold"
android:textSize="20dp"
                android:layout_width="match_parent"
android:layout_height="match_parent"                android:text="
```
10 Recommended Indian Diet for Weight Loss Tips

Weight loss is not so difficult and by following the below weight loss diet tips, one can lose weight at ease. The key is to follow the tips diligently.

1. Don’t skip meals

Skipping meals is never going to help you in weight loss. In fact, it will make you starve and you will end up eating something unhealthy that will further hamper your weight loss diet.

2. Eat more frequently

Have small meals frequently and regularly. The aim is to never let you be hungry. Be it having healthy snacks or fruits, try to eat more frequently.

3. Have home-made foods

Cook food at home so that you can be more attentive towards the ingredients and find healthy alternatives to cooking. For example, you can use lesser oil or bake the chicken instead of frying. [2]

4. Increase the stock of healthy foods

Always make sure that you have enough healthy foods in store so that whenever your hunger pangs strike, you eat something healthy instead of the stored pastries or the pizza leftovers.

5. Add all the food groups into your diet plan

Whenever you are planning a meal make sure you have included all the important food groups like Proteins, Vitamins, Carbohydrates and Good fat. The goal is to follow a balanced diet.

6. Choose smaller plates and bowls

This really works. This has to do with the psychology. According to a new research published in the Journal of the Association for Consumer Research, decreasing the plate sizes can help in reducing the amount of food consumed. Hence a smart and easy trick to eat lesser and lose weight. [1]

7. Don’t go to parties with an empty stomach

Eat something healthy and then go. This will let you be half-filled and hence you will gorge the party food lesser. This can help you have fewer alcoholic drinks too.
3 Weight Loss Thumb rules for party Hoppers
Don’t skip meals before part; you will end up eating more
To survive dehydration due to alcohols, keep yourself hydrated throughout the day and even in between your drinks
Prepare your body for the party by eating fresh and raw fruits throughout the day

8. Limit the usage of sugar and salt

Ditch the salt shaker and those additional spoons of sugar for your tea. Both sugar and salt should be taken in moderation. While excess sugar may affect blood sugar levels, excess salt may cause water retention and these contribute to weight gain.

9. Eat more fruits and vegetables

In order to make your meals more filling, you can add fruits and veggies to them. This is a way to twist your dishes in the healthiest manner.

```
10. Avoid zero carb/restricted diet plans"/>
        </ScrollView>
    </LinearLayout>



</LinearLayout>
```

- **WATER INTAKE.JAVA**

```
package com.login.user.healthapp;

import android.support.v7.app.AppCompatActivity;
import android.os.Bundle; import android.view.View;
import android.widget.EditText; import
android.widget.TextView;
import android.widget.Button;

public class intake extends AppCompatActivity {
    private EditText et;     private
TextView result1;
    private Button b;

    @Override
    protected void onCreate(Bundle savedInstanceState) {
super.onCreate(savedInstanceState);
setContentView(R.layout.activity_intake);
        this.setTitle("Water Intake");
b=(Button)findViewById(R.id.bot3);         et = (EditText)
findViewById(R.id.et);         result1 = (TextView)
findViewById(R.id.result1);

        b.setOnClickListener(new View.OnClickListener() {
@Override
            public void onClick(View view) {
```

```
            int     p=     Integer.parseInt(et.getText().toString());
int j=4000;                 int diff= j-p;
            result1.setText("you need to
consume:"+String.valueOf(diff)+"more ml of");
          }
       });
   }
}
```

- **WATER INTAKE.XML**

```
<?xml version="1.0" encoding="utf-8"?>
<RelativeLayout     xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"     android:layout_height="match_parent"
android:background="@drawable/s"
   tools:context=".intake">

   <TextView
      android:id="@+id/textView"         android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_alignParentTop="true"
android:layout_centerHorizontal="true"
android:layout_marginTop="42dp"
      android:text="Enter the ml of water you have consumed"
      android:textSize="18sp" />

   <EditText         android:id="@+id/et"
android:layout_width="228dp"
android:layout_height="44dp"
android:layout_alignParentTop="true"
android:layout_centerHorizontal="true"
android:layout_marginTop="116dp"
android:background="#11000000"
android:drawableLeft="@drawable/litre"
android:ems="10"         android:hint="Enter"
android:typeface="serif" />
```

```
   <Button        android:id="@+id/bot3"
android:layout_width="130dp"
android:layout_height="40dp"
android:layout_alignParentTop="true"
android:layout_centerHorizontal="true"
android:layout_marginTop="219dp"
android:background="#ef415b"
android:onClick="onClick"
android:text="Calculate"
       android:textColor="@android:color/background_light"
android:textSize="18sp"         android:textStyle="bold"
android:typeface="sans"         tools:ignore="OnClick" />

   <TextView        android:id="@+id/textView2"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_alignParentBottom="true"
android:layout_centerHorizontal="true"
android:layout_marginBottom="171dp"
android:text="ml of water still left to drink"
       android:textSize="18sp" />

   <TextView        android:id="@+id/result1"
android:layout_width="match_parent"
android:layout_height="wrap_content"
android:layout_alignParentBottom="true"
android:layout_gravity="center_horizontal"
android:layout_marginBottom="87dp"
android:gravity="center_horizontal"
       android:textSize="36sp" />

</RelativeLayout>
```

- **KETO DIET.JAVA**

```
package com.login.user.healthapp;
```

```
import android.support.v7.app.AppCompatActivity; import
android.os.Bundle;

public class kieto extends AppCompatActivity {

    @Override
    protected void onCreate(Bundle savedInstanceState) {
super.onCreate(savedInstanceState);
setContentView(R.layout.activity_kieto);
        this.setTitle("Keto Diet");
    }
}
```

- KETO DIET.XML

```
<?xml version="1.0" encoding="utf-8"?>
<LinearLayout
    android:background="@drawable/te"     android:weightSum="10"
android:orientation="vertical"
xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"
android:layout_height="match_parent"
    tools:context=".kieto">     <RelativeLayout
android:layout_weight="2"
android:layout_width="match_parent"
android:layout_height="0dp">
        <ImageView
            android:id="@+id/imageView"
android:layout_width="150dp"            android:layout_height="126dp"
android:layout_alignParentTop="true"
android:layout_centerHorizontal="true"
app:srcCompat="@drawable/ketoa" />
    </RelativeLayout>     <LinearLayout
android:layout_weight="8"
android:layout_width="match_parent"
android:layout_height="0dp">
        <ScrollView
```

```
        android:layout_width="match_parent"
android:layout_height="match_parent">
        <TextView
android:textStyle="bold"
android:textSize="20dp"
            android:layout_width="match_parent"
android:layout_height="match_parent"
android:text=" What is a Keto Diet?
```

A keto diet is well known for being a low carb diet, where the body produces ketones in the liver to be used as energy. It's referred to as many different names – ketogenic diet, low carb diet, low carb high fat (LCHF), etc.

When you eat something high in carbs, your body will produce glucose and insulin.

Glucose is the easiest molecule for your body to convert and use as energy so that it will be chosen over any other energy source.

Insulin is produced to process the glucose in your bloodstream by taking it around the body.

#Benefits of a Ketogenic Diet

There are numerous benefits that come with being on keto: from weight loss and increased energy levels to therapeutic medical applications. Most anyone can safely benefit from eating a low-carb, highfat diet. Below, you'll find a short list of the benefits you can receive from a ketogenic diet. Weight Loss

The ketogenic diet essentially uses your body fat as an energy source – so there are obvious weight loss benefits. On keto, your insulin (the fat storing hormone) levels drop greatly which turns your body into a fat burning machine.

Control Blood Sugar

Keto naturally lowers blood sugar levels due to the type of foods you eat. Studies even show that the ketogenic diet is a more effective way to manage and prevent diabetes compared to low-calorie diets.

If you're pre-diabetic or have Type II diabetes, you should seriously consider a ketogenic diet. We have many readers that have had success with their blood sugar control on keto.

Mental Focus

Many people use the ketogenic diet specifically for the increased mental performance.

Ketones are a great source of fuel for the brain. When you lower carb intake, you avoid big spikes in blood sugar. Together, this can result in improved focus and concentration.

Increased Energy and Normalized Hunger

By giving your body a better and more reliable energy source, you will feel more energized during the day. Fats are shown to be the most effective molecule to burn as fuel.

What Do I Eat on a Keto Diet?

To start a keto diet, you will want to plan ahead. That means having a viable diet plan ready and waiting. What you eat depends on how fast you want to get into a ketogenic state. The more restrictive you are on your carbohydrates (less than 15g per day), the faster you will enter ketosis. You want to keep your carbohydrates limited, coming mostly from vegetables, nuts, and dairy. Don't eat any refined carbohydrates such as wheat (bread, pasta, cereals), starch (potatoes, beans, legumes) or fruit. The small exceptions to this are avocado, star fruit, and berries which can be consumed in moderation.

Do Not Eat

- Grains – wheat, corn, rice, cereal, etc.
- Sugar – honey, agave, maple syrup, etc.
- Fruit – apples, bananas, oranges, etc.
- Tubers – potato, yams, etc.

Do Eat

- Meats – fish, beef, lamb, poultry, eggs, etc.
- Leafy Greens – spinach, kale, etc.
- Above ground vegetables – broccoli, cauliflower, etc.
- High Fat Dairy – hard cheeses, high fat cream, butter, etc.
- Nuts and seeds – macadamias, walnuts, sunflower seeds, etc.
- Avocado and berries – raspberries, blackberries, and other low glycemic impact berries
- Sweeteners – stevia, erythritol, monk fruit
- Other fats – coconut oil, high-fat salad dressing, saturated fats, etc.

#Vegetables on a Ketogenic Diet

Dark green and leafy is always the best choice for vegetables. Most of your meals should be a protein with vegetables, and an extra side of fat. Chicken breast basted in olive oil, with broccoli and cheese. Steak topped with a knob of butter, and a side of spinach sautéed in olive oil.

Vegetable
Spinach (Raw)
Bok Choi (Raw)
Lettuce (Romaine)
Cauliflower (Steamed)
Cabbage (Green Raw)
Cauliflower (Raw)
Broccoli (Florets)
Collard Greens
Kale (Steamed)
Green Beans (Steamed)

#Common Side Effects on a Keto Diet

Here are a few of the most common side effects that I come across when people first start keto. Frequently the issues relate to dehydration or lack of micronutrients (vitamins) in the body. Make sure that you're drinking enough water (close to a gallon a day) and eating foods with good sources of micronutrients. To read more on micronutrients
For an overview of this section and a more in-depth guide on how to remedy different side effects of the ketogenic diet.
Cramps
Cramps (and more specifically leg cramps) are a pretty common thing when starting a ketogenic diet. It's usually occurring in the morning or at night, but it's a pretty minor issue overall. It's a sign that there's a lack of minerals, specifically magnesium, in the body.
Make sure to drink plenty of fluid and eat salt on your food. Doing so can help reduce the loss of magnesium and get rid of the issue.
Constipation
The most common cause of constipation is dehydration. A simple solution is to increase water intake and try to get as close to a gallon a day as possible. Making sure vegetables have some fibre in will also usually help. Getting in some good quality fibre from non-starchy vegetables can solve this problem. Though if that's not enough, usually phylum husk powder will work or taking a probiotic.

```
"/>
        </ScrollView>
    </LinearLayout>



</LinearLayout>
```

- **PEDOMETER.JAVA**

```
package com.login.user.healthapp; import
android.widget.EditText; import
android.widget.TextView; import
android.os.Bundle;
import android.support.v7.app.AppCompatActivity;
import android.view.View; import
android.widget.Button; import
android.hardware.SensorManager; import
android.hardware.SensorEventListener; import
android.hardware.Sensor; import
android.hardware.SensorEvent; import
android.view.View.OnClickListener;
public abstract class pedometer extends AppCompatActivity implements
SensorEventListener, StepListener {     private
TextView textView;
    private StepDetector simpleStepDetector;
    private SensorManager sensorManager;
    private Sensor accel;
    private static final String TEXT_NUM_STEPS = "Number of Steps: ";     private
int numSteps;
    Button k,l;
    TextView p1;

    @Override
    protected void onCreate(Bundle savedInstanceState) {
super.onCreate(savedInstanceState);
setContentView(R.layout.activity_pedometer);
        this.setTitle("Pedometer");
```

```
        // Get an instance of the SensorManager
sensorManager = (SensorManager)
getSystemService(SENSOR_SERVICE);        accel
=
sensorManager.getDefaultSensor(Sensor.TYPE_ACCELEROMETER);
simpleStepDetector = new StepDetector();
simpleStepDetector.registerListener(this);
k=(Button)findViewById(R.id.bt1);        l=(Button)findViewById(R.id.bt2);
        p1 = (TextView)findViewById(R.id.sd);


        k.setOnClickListener(new OnClickListener() {

            @Override
            public void onClick(View arg0) {

                numSteps = 0;
                sensorManager.registerListener(pedometer.this, accel,
SensorManager.SENSOR_DELAY_FASTEST);

            }
        });


        l.setOnClickListener(new OnClickListener() {

            @Override
            public void onClick(View arg0) {

                sensorManager.unregisterListener(pedometer.this);

            }
        });



    }



    @Override
```

```
    public void onAccuracyChanged(Sensor sensor, int accuracy) {
    }

    @Override
    public void onSensorChanged(SensorEvent event) {
        if (event.sensor.getType() == Sensor.TYPE_ACCELEROMETER) {
simpleStepDetector.updateAccel(
                event.timestamp, event.values[0], event.values[1], event.values[2]);
        }
    }

    @Override
    public void step(long timeNs) {         numSteps++;
        p1.setText(TEXT_NUM_STEPS + numSteps);
    }

}
```

- **PEDOMETER.XML**

```
<?xml version="1.0" encoding="utf-8"?>
<LinearLayout
xmlns:android="http://schemas.android.com/apk/res/android"
android:background="@drawable/a"
android:orientation="vertical"     android:gravity="center"
android:layout_width="match_parent"
   android:layout_height="match_parent">



   <TextView        android:id="@+id/sd"
android:layout_width="match_parent"
android:layout_height="wrap_content"
      android:gravity="center"        android:text="Pedo"
      />


   <Button
      android:id="@+id/bt1"
```

```
        android:layout_width="match_parent"
    android:layout_height="wrap_content"        android:text="Start
    Pedometer" />

       <Button
          android:id="@+id/bt2"
          android:layout_width="match_parent"
    android:layout_height="wrap_content"
          android:text="Stop Pedometer" />

    </LinearLayout>
```

- **CALORIE COUNTER.JAVA**

```
package com.login.user.healthapp;

import android.os.Bundle;
import android.support.v7.app.AppCompatActivity;
import android.view.View; import
android.widget.EditText; import
android.widget.TextView;


public class calorie extends AppCompatActivity {

   private EditText height;     private
EditText weight;     private TextView
result;

   @Override
   protected void onCreate(Bundle savedInstanceState) {
super.onCreate(savedInstanceState);
setContentView(R.layout.activity_calorie);        height =
(EditText) findViewById(R.id.height);        weight = (EditText)
findViewById(R.id.weight);        result = (TextView)
findViewById(R.id.result);
   }
```

```
    public void calculateBMI(View v) {
        String heightStr = height.getText().toString();
        String weightStr = weight.getText().toString();

        if (heightStr != null && !"".equals(heightStr)              &&
weightStr != null  &&  !"".equals(weightStr)) {            float
heightValue = Float.parseFloat(heightStr) / 100;            float
weightValue = Float.parseFloat(weightStr);

            float bmi = weightValue / (heightValue * heightValue);

            displayBMI(bmi);
        }
    }

    private void displayBMI(float bmi) {
        String bmiLabel = "";

        if (Float.compare(bmi, 15f) <= 0) {
            bmiLabel = getString(R.string.very_severely_underweight);        } else if
(Float.compare(bmi, 15f) > 0  &&  Float.compare(bmi, 16f) <=
0) {
            result.setText("severly underweight");
        } else if (Float.compare(bmi, 16f) > 0  &&  Float.compare(bmi, 18.5f)
<= 0) {
            result.setText("underweight");
        } else if (Float.compare(bmi, 18.5f) > 0  &&  Float.compare(bmi, 25f)
<= 0) {
            result.setText("normal");
        } else if (Float.compare(bmi, 25f) > 0  &&  Float.compare(bmi, 30f) <=
0) {
            result.setText("overweight");
        } else if (Float.compare(bmi, 30f) > 0  &&  Float.compare(bmi, 35f) <=
0) {
            result.setText("obese_class_i");
        } else if (Float.compare(bmi, 35f) > 0  &&  Float.compare(bmi, 40f) <=
0) {
            result.setText("obese_class_ii");
        } else {
            result.setText("obese_class_iii");
```

```
        }

        bmiLabel = bmi + "\n\n" + bmiLabel;         result.setText(bmiLabel);
    }
}
```

- **CALORIE COUNTER.XML**

```
<?xml version="1.0" encoding="utf-8"?>
<LinearLayout
    android:background="@drawable/cl"
    xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:id="@+id/activity_main"     android:layout_width="match_parent"
android:layout_height="match_parent"     android:orientation="vertical"
    tools:context="com.login.user.healthapp.calorie">

    <ImageView
        android:id="@+id/imageView2"
android:layout_width="match_parent"         android:layout_height="120dp"
android:layout_centerHorizontal="true"
android:layout_marginTop="20dp"
        app:srcCompat="@drawable/dutrition" />

    <TextView
        android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_gravity="center_horizontal"
android:layout_marginTop="50dp"
android:gravity="center_horizontal"         android:text="WEIGHT"
        android:textSize="20sp" />

    <EditText
        android:id="@+id/weight"         android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_gravity="center_horizontal"
android:layout_marginTop="10dp"
        android:ems="6"
        android:inputType="number|numberDecimal"
```

```
        android:textSize="20sp"/>

    <TextView        android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_gravity="center_horizontal"
android:gravity="center_horizontal"
android:text="HEIGHT"
        android:textSize="20sp" />

    <EditText
        android:id="@+id/height"        android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_gravity="center_horizontal"
android:layout_marginTop="10dp"
        android:ems="6"
        android:inputType="number|numberDecimal"
        android:textSize="20sp"/>

    <Button
        android:id="@+id/calc"        android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_gravity="center_horizontal"
android:onClick="calculateBMI"
        android:text="CALCULATE BMI" />

    <TextView        android:id="@+id/result"
android:layout_width="305dp"
android:layout_height="wrap_content"
android:layout_gravity="center_horizontal"
android:layout_marginTop="25dp"
android:gravity="center_horizontal"
android:textSize="20sp" />

</LinearLayout>
```

- **HEALTHY EATING.JAVA**

```
package com.login.user.healthapp;

import android.support.v7.app.AppCompatActivity; import android.os.Bundle;
```

```
public class healthy extends AppCompatActivity {

    @Override
    protected void onCreate(Bundle savedInstanceState) {
super.onCreate(savedInstanceState);
setContentView(R.layout.activity_healthy);
        this.setTitle("Healthy Eating");
    }
}
```

- **HEALTHY EATING.XML**

```
<?xml version="1.0" encoding="utf-8"?>
<LinearLayout
    android:background="@drawable/klll"
android:weightSum="10"     android:orientation="vertical"
    xmlns:android="http://schemas.android.com/apk/res/android"
xmlns:app="http://schemas.android.com/apk/res-auto"
xmlns:tools="http://schemas.android.com/tools"
android:layout_width="match_parent"     android:layout_height="match_parent"
    tools:context=".healthy">     <RelativeLayout
android:layout_weight="2"
android:layout_width="match_parent"
android:layout_height="0dp">
        <ImageView
android:id="@+id/imageView"
android:layout_width="150dp"
android:layout_height="126dp"
android:layout_alignParentTop="true"
android:layout_centerHorizontal="true"
app:srcCompat="@drawable/healthya" />
    </RelativeLayout>
    <LinearLayout
        android:layout_weight="8"         android:layout_width="match_parent"
android:layout_height="0dp">
        <ScrollView
            android:layout_width="match_parent"
android:layout_height="match_parent">
            <TextView
```

android:textStyle="bold"
android:textSize="20dp"
android:layout_width="match_parent"
android:layout_height="match_parent" android:text="
Healthy Eating

Simple Ways to Plan, Enjoy, and Stick to a Healthy Diet

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and stabilizing your mood. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. It seems that for every expert who tells you a certain food is good for you, you'll find another saying exactly the opposite. But by using these simple tips, you can cut through the confusion and learn how to create a tasty, varied, and nutritious diet that is as good for your mind as it is for your body.

We all know that eating right can help you maintain a healthy weight and avoid certain health problems, but your diet can also have a profound effect on your mood and sense of wellbeing. Studies have linked eating a typical Western diet—filled with processed meats, packaged meals, takeout food, and sugary snacks—with higher rates of depression, stress, bipolar disorder, and anxiety. Eating an unhealthy diet may even play a role in the development of mental health disorders such as ADHD, and schizophrenia, or in the increased risk of suicide in young people. Eating more fresh fruits and vegetables, cooking meals at home, and reducing your intake of sugar and refined carbohydrates, on the other hand, may help to improve mood and lower your risk for mental health issues. If you have already been diagnosed with a mental health problem, eating well can even help to manage your symptoms and regain control of your life.

Eating a healthy diet doesn't have to be overly complicated. While some specific foods or nutrients have been shown to have a beneficial effect on mood, it's your overall dietary pattern that is most important. The cornerstone of a healthy diet pattern should be to replace processed food with real food whenever possible. Eating food that is as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel.

1-Building your healthy diet

While some extreme diets may suggest otherwise, we all need a balance of protein, fat, carbohydrates, fibre, vitamins, and minerals in our diets to sustain a healthy body. You don’t need to eliminate certain categories of food from your diet, but rather select the healthiest options from each category.

Protein

Protein gives us the energy to get up and go—and keep going—while also supporting mood and cognitive function. Too much protein can be harmful to people with kidney disease, but the latest research suggests that many of us need more high-quality protein, especially as we age. That doesn’t mean you have to eat more animal products—a variety of plant-based sources of protein each day can ensure your body gets all the essential protein it needs

Fat

2-Choosing Healthy Fats:

Good, Bad, and the Power of Omega-3s

Not all fat is the same. While bad fats can wreck your diet and increase your risk of certain diseases, good fats protect your brain and heart. In fact, healthy fats—such as omega-3s—are vital to your physical and emotional health. Understanding how to include more healthy fat in your diet can help improve your mood, boost your well-being, and even trim your waistline.

3-Fibre

Eating foods high in dietary fibre

(grains, fruit, vegetables, nuts, and beans) can help you stay regular and lower your risk for heart disease, stroke, and diabetes. It can also improve your skin and even help you to lose weight. Depending on your age and gender, nutrition experts recommend you eat at least 21 to 38 grams of fibre each day for optimal health. Unfortunately, most of us aren't eating even half that amount.

Calcium

Your body uses calcium to build healthy bones and teeth, keep them strong as you age, send messages through the nervous system, and regulate the heart’s rhythm. As well as leading to osteoporosis, not getting enough calcium in your diet can also contribute to anxiety, depression, and sleep difficulties. Whatever your age or gender, it’s vital to include calcium-rich foods in your diet, limit those that deplete calcium, and get enough magnesium and vitamins D and K to help calcium do its job.

4-Carbohydrates

The Diet Saboteurs
Carbohydrates are one of your body’s main sources of energy. But most should come from complex, unrefined carbs (vegetables, whole grains, fruit) rather than sugars and refined carbs that have been stripped of all bran, fiber, and nutrients. Cutting back on white bread, pastries, starches, and sugar can prevent rapid spikes in blood sugar, fluctuations in mood and energy, and a build-up of fat, especially around your waistline.
"/>
</ScrollView>
</LinearLayout>

</LinearLayout>

FUTURE OF THE WORK

The future of health apps is bright. There will coexist both native and web based apps.App stores will continue to thrive and the market for consumer directed health apps will thrive. However, apps directed at physicians will become increasingly better connected to patients' clinical records and will more likely be distributed by hospitals and other provider instructions.

The impact that medical apps will have on patients and society is huge.The future is right here now ,as medical apps have already initiated a huge sea change in how patients relate to doctors and vice-versa.Apps are empoweringordinary people to have more knowledge and say in their medical decisions.This is stellar news for people who have always wanted to take a more active role in their own health care,but have traditionally been stymied by a lack of visibility into their own personal health data.Medical apps are beginning to level the playing field in patients's favour and will ultimately change the future of their health care forever.

In future we will integrate more apps to our main application to make it a more sophisticated auto-help tool and to provide wide range of facilities to the users.

The app will include:

(i) Calculating heart rate

(ii) Calculating blood volume

(iii) Calculating blood glucos

REFERENCES

Wikipedia

Google GitHub