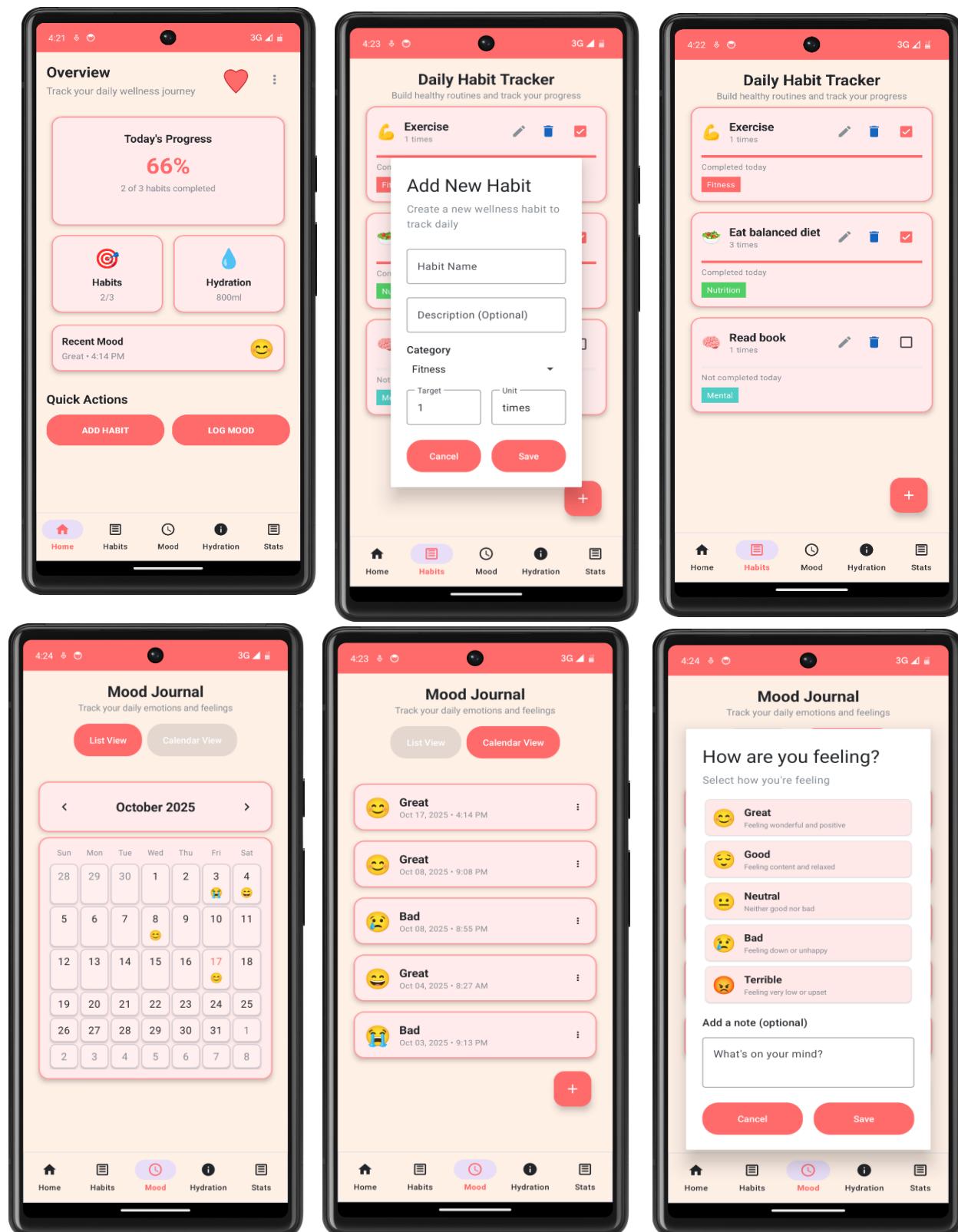
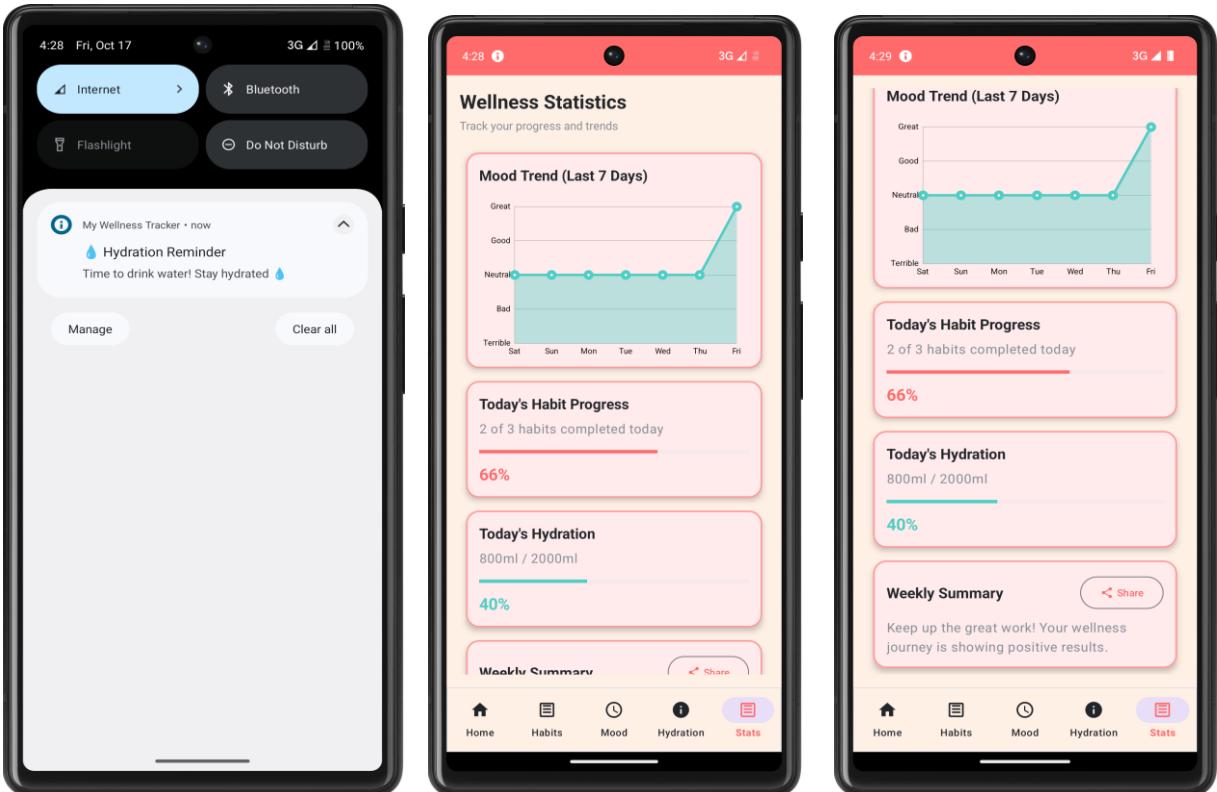


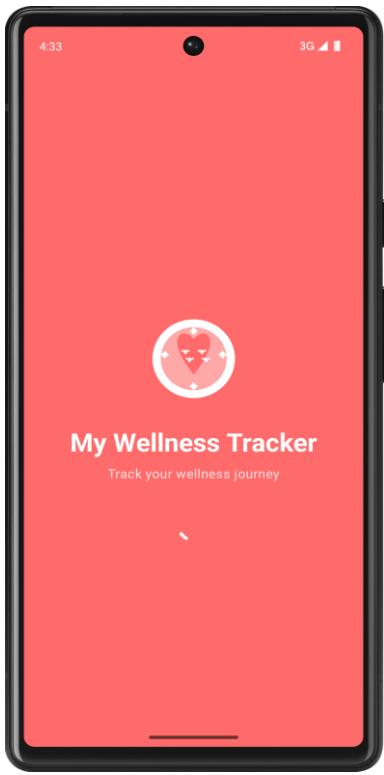
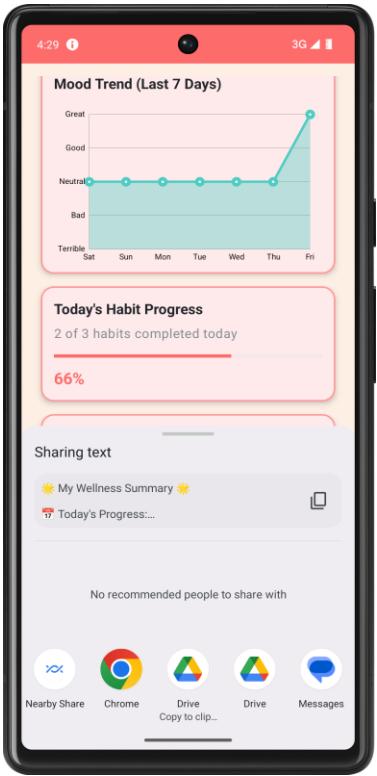
Description:

Wellness Tracker - Personal Health & Habit Management App Wellness Tracker is a comprehensive Android application designed to help users maintain and improve their daily health routines through habit tracking, mood monitoring, and hydration management. The app provides a clean, intuitive interface that allows users to create and manage personalized wellness habits such as exercise, meditation, or water intake, with the ability to mark daily completions and track progress over time. Users can log their daily mood using an emoji-based system, creating a visual journal of their emotional well-being. The hydration feature includes customizable reminders and a visual water level indicator to encourage regular fluid intake throughout the day. Built with modern Android development practices using Kotlin and Material Design principles, the app ensures a smooth user experience across different device sizes and orientations. Data persistence is handled through Shared Preferences for lightweight storage of user habits, mood entries, and settings, making the app fast and efficient without requiring complex database operations. The app also includes advanced features like home screen widgets for quick habit progress viewing and charts to visualize mood trends, providing users with meaningful insights into their wellness journey.

Screenshots:

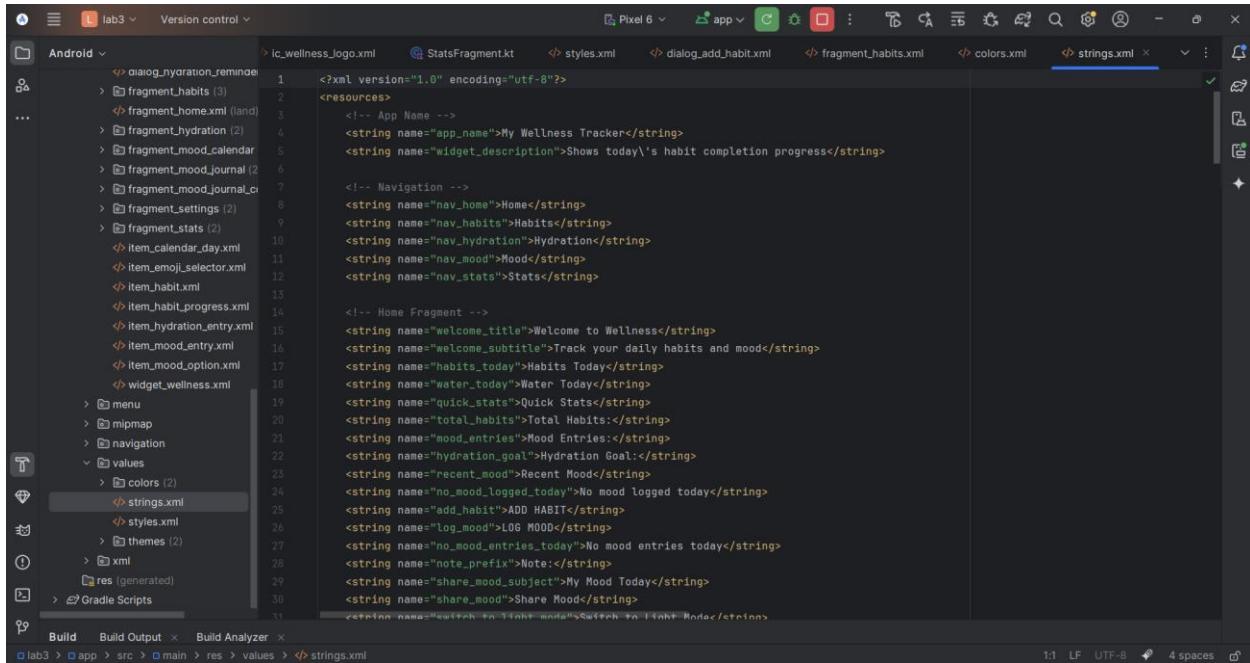






Content of xml files of Strings and Colors:

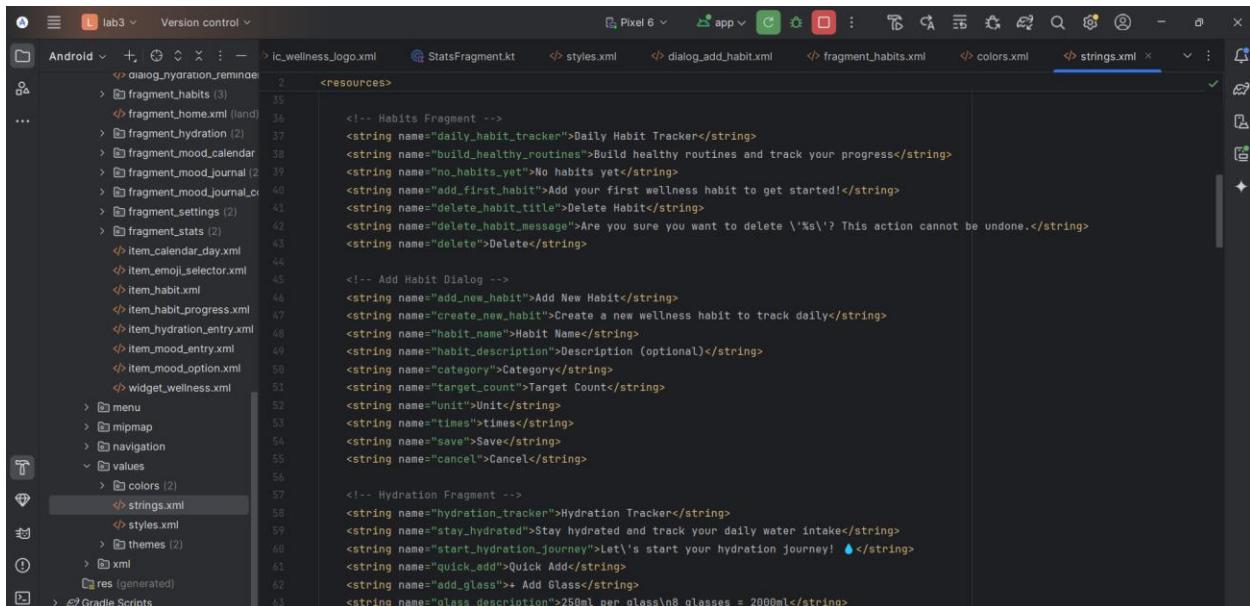
Strings



```
<?xml version="1.0" encoding="utf-8"?>
<resources>
    <!-- App Name -->
    <string name="app_name">My Wellness Tracker</string>
    <string name="widget_description">Shows today's habit completion progress</string>

    <!-- Navigation -->
    <string name="nav_home">Home</string>
    <string name="nav_habits">Habits</string>
    <string name="nav_hydration">Hydration</string>
    <string name="nav_mood">Mood</string>
    <string name="nav_stats">Stats</string>

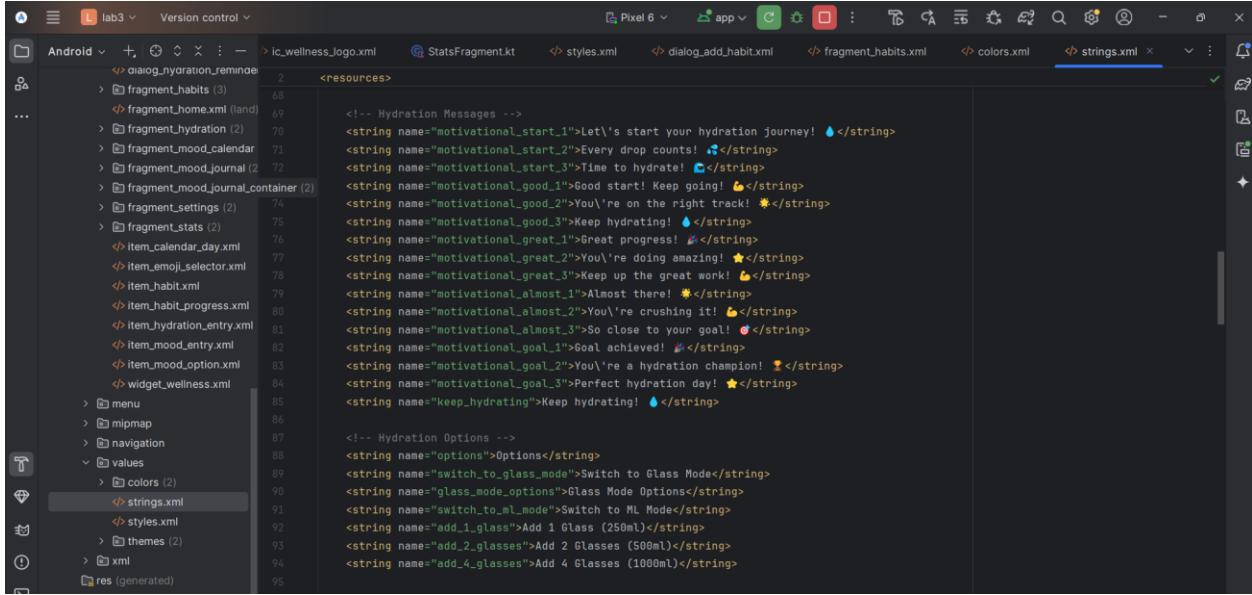
    <!-- Home Fragment -->
    <string name="welcome_title">Welcome to Wellness</string>
    <string name="welcome_subtitle">Track your daily habits and mood</string>
    <string name="habits_today">Habits Today</string>
    <string name="water_today">Water Today</string>
    <string name="quick_stats">Quick Stats</string>
    <string name="total_habits">Total Habits:</string>
    <string name="mood_entries">Mood Entries:</string>
    <string name="hydration_goal">Hydration Goal:</string>
    <string name="recent_mood">Recent Mood:</string>
    <string name="no_mood_logged_today">No mood logged today</string>
    <string name="add_habit">ADD HABIT</string>
    <string name="log_mood">LOG MOOD</string>
    <string name="no_mood_entries_today">No mood entries today</string>
    <string name="note_prefix">Note:</string>
    <string name="share_mood_subject">My Mood Today</string>
    <string name="share_mood_message">Share Mood</string>
    <string name="switch_to_light_mode">Switch to Light Mode</string>
```



```
<?xml version="1.0" encoding="utf-8"?>
<resources>
    <!-- Habits Fragment -->
    <string name="daily_habit_tracker">Daily Habit Tracker</string>
    <string name="build_healthy_routines">Build healthy routines and track your progress</string>
    <string name="no_habits_yet">No habits yet</string>
    <string name="add_first_habit">Add your first wellness habit to get started!</string>
    <string name="delete_habit_title">Delete Habit</string>
    <string name="delete_habit_message">Are you sure you want to delete '\%s'? This action cannot be undone.</string>
    <string name="delete">Delete</string>

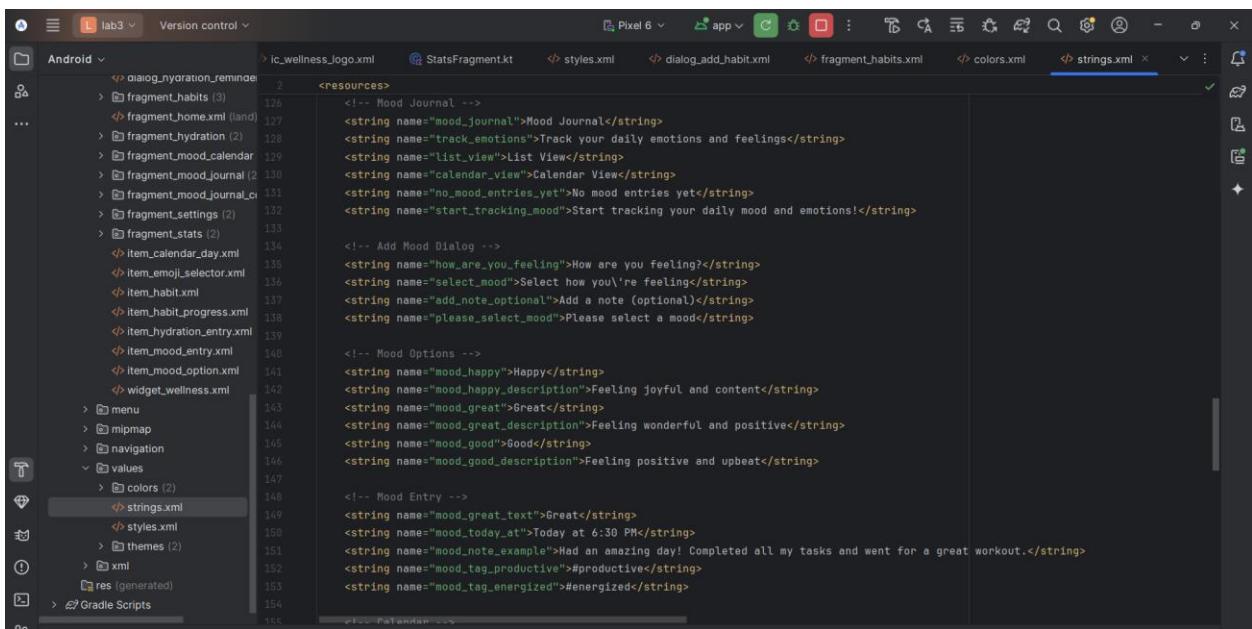
    <!-- Add Habit Dialog -->
    <string name="add_new_habit">Add New Habit</string>
    <string name="create_new_habit">Create a new wellness habit to track daily</string>
    <string name="habit_name">Habit Name</string>
    <string name="habit_description">Description (optional)</string>
    <string name="category">Category</string>
    <string name="target_count">Target Count</string>
    <string name="unit">Unit</string>
    <string name="times">Times</string>
    <string name="save">Save</string>
    <string name="cancel">Cancel</string>

    <!-- Hydration Fragment -->
    <string name="hydration_tracker">Hydration Tracker</string>
    <string name="stay_hydrated">Stay hydrated and track your daily water intake</string>
    <string name="start_hydration_journey">Let's start your hydration journey! 💧</string>
    <string name="quick_add">Quick Add</string>
    <string name="add_glass">Add Glass</string>
    <string name="glass_description">250ml per glass\n8 glasses = 2000ml</string>
```



```
<resources>
    <!-- Hydration Messages -->
    <string name="motivational_start_1">Let's start your hydration journey! 💧</string>
    <string name="motivational_start_2">Every drop counts! 💧</string>
    <string name="motivational_start_3">Time to hydrate! 💧</string>
    <string name="motivational_good_1">Good start! Keep going! 🌟</string>
    <string name="motivational_good_2">You're on the right track! 🌟</string>
    <string name="motivational_good_3">Keep hydrating! 💧</string>
    <string name="motivational_great_1">Great progress! 🌟</string>
    <string name="motivational_great_2">You're doing amazing! 🌟</string>
    <string name="motivational_great_3">Keep up the great work! 🌟</string>
    <string name="motivational_almost_1">Almost there! 🌟</string>
    <string name="motivational_almost_2">You're crushing it! 💪</string>
    <string name="motivational_almost_3">So close to your goal! 🌟</string>
    <string name="motivational_goal_1">Goal achieved! 🎉</string>
    <string name="motivational_goal_2">You're a hydration champion! 🏆</string>
    <string name="motivational_goal_3">Perfect hydration day! 🎉</string>
    <string name="keep_hydrating">Keep hydrating! 💧</string>

    <!-- Hydration Options -->
    <string name="options">Options</string>
    <string name="switch_to_glass_mode">Switch to Glass Mode</string>
    <string name="glass_mode_options">Glass Mode Options</string>
    <string name="switch_to_ml_mode">Switch to ML Mode</string>
    <string name="add_1_glass">Add 1 Glass (250mL)</string>
    <string name="add_2_glasses">Add 2 Glasses (500mL)</string>
    <string name="add_4_glasses">Add 4 Glasses (1000mL)</string>
```

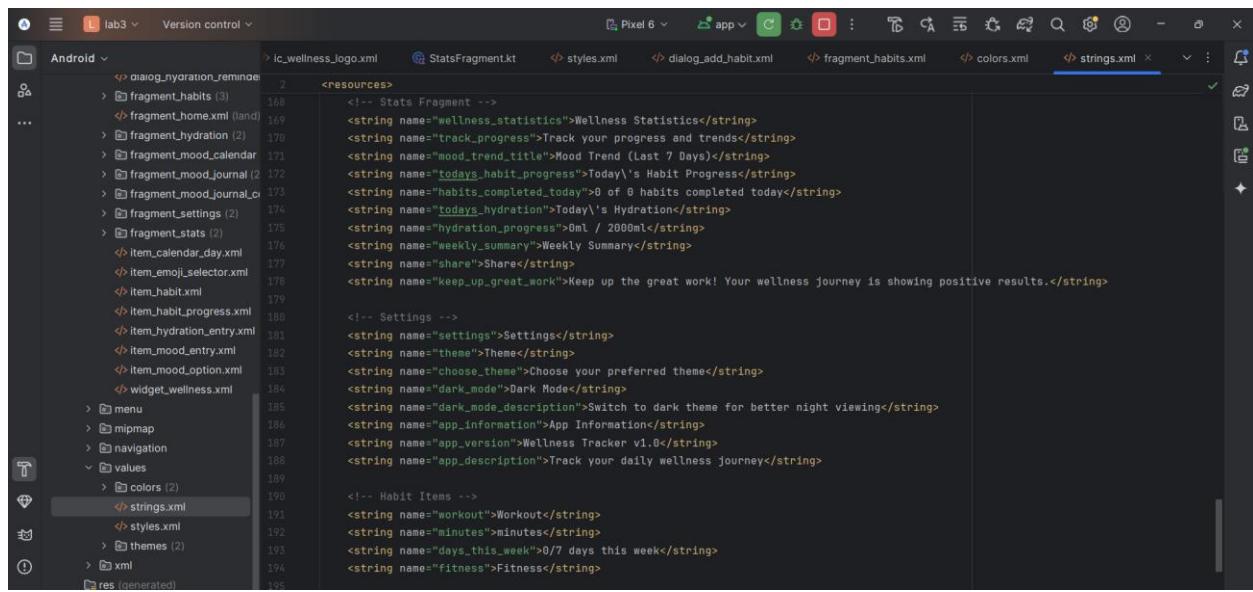


```
<resources>
    <!-- Mood Journal -->
    <string name="mood_journal">Mood Journal</string>
    <string name="track_emotions">Track your daily emotions and feelings</string>
    <string name="list_view">List View</string>
    <string name="calendar_view">Calendar View</string>
    <string name="no_mood_entries_yet">No mood entries yet</string>
    <string name="start_tracking_mood">Start tracking your daily mood and emotions!</string>

    <!-- Add Mood Dialog -->
    <string name="how_are_you_feeling">How are you feeling?</string>
    <string name="select_mood">Select how you're feeling</string>
    <string name="add_note_optional">Add a note (optional)</string>
    <string name="please_select_mood">Please select a mood</string>

    <!-- Mood Options -->
    <string name="mood_happy">Happy</string>
    <string name="mood_happy_description">Feeling joyful and content</string>
    <string name="mood_great">Great</string>
    <string name="mood_great_description">Feeling wonderful and positive</string>
    <string name="mood_good">Good</string>
    <string name="mood_good_description">Feeling positive and upbeat</string>

    <!-- Mood Entry -->
    <string name="mood_great_text">Great</string>
    <string name="mood_today_at">Today at 6:30 PM</string>
    <string name="mood_note_example">Had an amazing day! Completed all my tasks and went for a great workout.</string>
    <string name="mood_tag_productive">#productive</string>
    <string name="mood_tag_energized">#energized</string>
```



The screenshot shows the Android Studio interface with the code editor open to the `strings.xml` file located in the `res/values` directory. The code is a series of XML string declarations used for various UI components and settings.

```
<resources>
    <!-- Stats Fragment -->
    <string name="wellness_statistics">Wellness Statistics</string>
    <string name="track_progress">Track your progress and trends</string>
    <string name="mood_trend_title">Mood Trend (Last 7 Days)</string>
    <string name="todays_habit_progress">Today's Habit Progress</string>
    <string name="habits_completed_today">0 of 0 habits completed today</string>
    <string name="todays_hydration">Today's Hydration</string>
    <string name="hydration_progress">0ml / 2000ml</string>
    <string name="weekly_summary">Weekly Summary</string>
    <string name="share">Share</string>
    <string name="keep_up_great_work">Keep up the great work! Your wellness journey is showing positive results.</string>
    <!-- Settings -->
    <string name="settings">Settings</string>
    <string name="theme">Theme</string>
    <string name="choose_theme">Choose your preferred theme</string>
    <string name="dark_mode">Dark Mode</string>
    <string name="dark_mode_description">Switch to dark theme for better night viewing</string>
    <string name="app_information">App Information</string>
    <string name="app_version">Wellness Tracker v1.0</string>
    <string name="app_description">Track your daily wellness journey</string>
    <!-- Habit Items -->
    <string name="workout">Workout</string>
    <string name="minutes">minutes</string>
    <string name="days_this_week">0/7 days this week</string>
    <string name="fitness">Fitness</string>

```

Colors

The screenshot shows the Android Studio interface with the colors.xml file open in the editor. The code defines various color resources:

```
<?xml version="1.0" encoding="utf-8"?>
<resources>
    <!-- Primary Colors -->
    <color name="primary">#FF6B6B</color>
    <color name="primary_dark">#C92A2A</color>
    <color name="primary_light">#FFA8A8</color>

    <!-- Secondary Colors -->
    <color name="secondary">#4ECDC4</color>
    <color name="secondary_dark">#2C7A7B</color>
    <color name="secondary_light">#9DEC9</color>

    <!-- Accent Colors -->
    <color name="accent">#FFF66D</color>
    <color name="success">#51CF66</color>
    <color name="warning">#FF922B</color>
    <color name="error">#1565C0</color>
    <color name="info">#F5902E2E</color>

    <!-- Neutral Colors -->
    <color name="background">#FFFFE6</color> <!-- Slightly darker warm beige background -->
    <color name="background_light">#FFF0E6</color> <!-- Slightly darker warm beige background -->
    <color name="surface">#FFFFFF</color>
    <color name="card_background">#FFEBEB</color> <!-- Lighter pink shade for cards -->
    <color name="card_background_light">#FFEEBE</color> <!-- Lighter pink shade for cards -->
    <color name="card_border">#FF9999</color> <!-- Darker pink border for cards -->
    <color name="text_primary">#212529</color>
    <color name="text_secondary">#868E96</color>
    <color name="text_disabled">#CED4DA</color>
    <color name="divider">#DEE2E6</color>
```

The screenshot shows the Android Studio interface with the colors.xml file open in the main folder. The code defines various color resources:

```
<?xml version="1.0" encoding="utf-8"?>
<resources>
    <color name="card_border">#FF9999</color> <!-- WARMER PINK BORDER FOR CARDS -->
    <color name="text_primary">#212529</color>
    <color name="text_secondary">#868E96</color>
    <color name="text_disabled">#CED4DA</color>
    <color name="divider">#DEE2E6</color>

    <!-- Habit Category Colors -->
    <color name="fitness">#FF6B6B</color>
    <color name="nutrition">#51CF66</color>
    <color name="mental">#4ECDC4</color>
    <color name="sleep">#845EF7</color>
    <color name="social">#FFE66B</color>

    <!-- Mood Colors -->
    <color name="mood_terrible">#FA5252</color>
    <color name="mood_bad">#FF922B</color>
    <color name="mood_neutral">#FFEE60</color>
    <color name="mood_good">#4ECDC4</color>
    <color name="mood_great">#51CF66</color>

    <!-- Standard Colors -->
    <color name="white">#FFFFFF</color>
    <color name="black">#000000</color>
    <color name="transparent">#00000000</color>
</resources>
```