Health Tip App Documentation

Project Name: DailyHealthTips

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Version: 1.0

1. Project Overview

Goal:

To develop an Android application that provides users with daily health tips, offering valuable insights on wellness and lifestyle improvement.

Key Features:

 Daily Health Tips Displays a new tip each day

 User-Friendly Interface Clean and intuitive UI

 Customizable Settings Users can personalize their experience

 Offline Mode Access health tips without internet

2. App Structure & Technologies

Application Structure:

- Activities/Fragments UI layout for displaying health tips

- Navigation Smooth transitions between different sections

- Local Data Storage Storing health tips within the app

Technologies Used:

- Programming Language: Java

- UI Design: XML for layouts

- Development IDE: Android Studio 2024.3.2

- Backend (Optional): Firebase Realtime Database for tip storage

Optional Technologies:

- Room Database / SQLite For saving user preferences

- Notification API To send daily reminders

- Material Design Components To enhance UI

3. Installation Guide

Prerequisites:

 Android device running Android 5.0+ (Lollipop or later)

 APK file (app-release.apk)

Installation Steps:

1. Download the APK (app-release.apk) from the provided link.

2. Enable "Install from Unknown Sources" in settings.

3. Install the APK by tapping the file.

4. Open the app and start receiving health tips!

4. Functionality & Testing

How the App Works:

- Displays daily health tips for users.

- Allows users to interact with content (e.g., bookmark tips).

- Responsive UI for smooth navigation.

Testing Checklist:

Verified compatibility with different Android versions.

Checked performance and responsiveness.

Debugged UI alignment for various screen sizes.

Ensured offline functionality works correctly.

5. Known Issues & Future Improvements

Current Limitations:

No dark mode support yet.

Limited customization options.

Future Enhancements:

Add push notifications for daily reminders.

Allow users to select their preferred categories of health tips.

Implement dark mode for improved UI experience.

6. Submission Checklist

APK file (app-release.apk)

Complete Android project files (source code)

Project documentation (this file)

7. Sample Output Screens

DailyHeaithTips

Monitor your cholesterol
levels frequently.

Get Health Tip

Settings

DailyHeaithTips

Select Your Health Preferences

☐ Nutrition Tips

☐ Exercise Tips

☑ Mental Health Tips

☐ Sleep and Recovery Tips

Save Preferences