# Fit Lifestyle Application

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Why did I decide to do this Project?

- I have a great interest in Fitness and Nutrition.

- I have experience with doing a meal plan and tracking my food.

- I've had issues in the past that this mobile-application would help.

- I wanted to learn how to design and create a mobile-application.

- I think it's a great skill to have and want to continue to learn about.
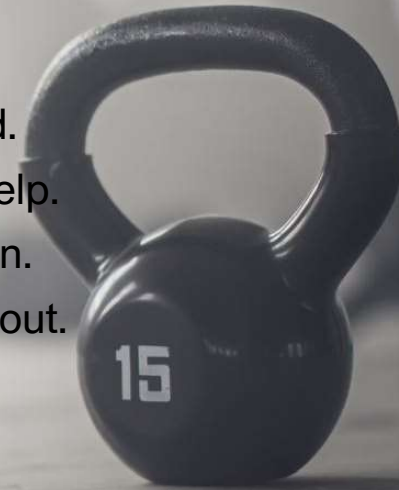
Calorie Maintenance Calculator

- Total Daily Energy Expenditure (TDEE) .
- Maintain current weight on Maintenance calories.
- Basal metabolic rate (BMR).
- Harris-Benedict Formula: 66+(13.7 x weight(kg)) + (5 x height(cm)) – (6.8 x age)

Calorie Maintence Calculator

Height

170

Weight

67

Age

23

Gender

male

Activity Level

10000

Calculate

2893.6875

Very Active

Body Mass Index (BMI) Calculator

- BMI = kg/m^2
- This helps you check if you are at a healthy weight for your height
- Below 18.5 Underweight
- 18.5 – 24.9 Healthy
- 25.0 – 29.9 Overweight
- 30 and above Obese

BMI Calculator

Height

170

Weight

67

Calculate

23.18

Normal weight

React Native and Expo

- With Expo, you can build and deploy React native apps for both iOS and Android.

- Expo is a framework and platform for React applications.

- Expo CLI, QR-Code

- Visual Studio, JavaScript.

- Expo.io.

- Download Expo Go onto your mobile phone.

Conclusion

- App works the way I wanted.

- The Calorie Maintenance calculator works correctly.

- The BMI Calculator worked correctly.

- The App is useful in the fitness industry.