3 Code:

BMI Activity:

```java
I. package com.zephgv.mad.beastfitness;
import androidx.appcompat.app.AppCompatActivity;
import android.annotation.SuppressLint;
import android.content.Intent;
import android.graphics.Color;
import android.graphics.drawable.ColorDrawable;
import android.os.Bundle;
import android.text.Html;
import android.view.View;
import android.widget.Button;
import android.widget.ImageView;
import android.widget.RelativeLayout;
import android.widget.TextView;
public class BmiActivity extends AppCompatActivity {
    TextView

mbmidisplay,magedisplay,mweightdisplay,mheightdisplay,mbmicategory,mgender;
Button mgotomain;
    Intent intent;
    ImageView mimageview;
    String mbmi;
    String cateogory;
    float intbmi;
    String height;
    String weight;
    float intheight,intweight;
    RelativeLayout mbackground;
    private long backPressed;
    @SuppressLint("ResourceAsColor")
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_bmi);
        intent=getIntent();
        mbmidisplay=findViewById(R.id.bmidisplay);
        mbmicategory = findViewById(R.id.bmicategorydispaly);
        mgotomain=findViewById(R.id.gotomain);
```

```java
mimageview=findViewById(R.id.imageview);
mgender=findViewById(R.id.genderdisplay);
mbackground=findViewById(R.id.contentlayout);
height=intent.getStringExtra("height");
weight=intent.getStringExtra("weight");
intheight=Float.parseFloat(height);
intweight=Float.parseFloat(weight);
intheight=intheight/100;
intbmi=intweight/(intheight*intheight);
II mbmi=Float.toString(intbmi);
System.out.println(mbmi);
if(intbmi<16)
{
    mbmicategory.setText("Severe Thinness");
    mbackground.setBackgroundColor(Color.RED);
    mimageview.setImageResource(R.drawable.crosss);
}
else if(intbmi<16.9 && intbmi>16)
{
    mbmicategory.setText("Moderate Thinness");
    mbackground.setBackgroundColor(R.color.halfwarn);
    mimageview.setImageResource(R.drawable.warning);
}
else if(intbmi<18.4 && intbmi>17)
{
    mbmicategory.setText("Mild Thinness");
    mbackground.setBackgroundColor(R.color.halfwarn);
    mimageview.setImageResource(R.drawable.warning);
}
else if(intbmi<24.9 && intbmi>18.5 )
{
    mbmicategory.setText("Normal");
    mimageview.setImageResource(R.drawable.ok);
}
else if(intbmi <29.9 && intbmi>25)
{
    mbmicategory.setText("Overweight");
    mbackground.setBackgroundColor(R.color.halfwarn);
    mimageview.setImageResource(R.drawable.warning);
}
else if(intbmi<34.9 && intbmi>30)
{
    mbmicategory.setText("Obese Class I");
    mbackground.setBackgroundColor(R.color.halfwarn);
    mimageview.setImageResource(R.drawable.warning);
}
else
{
    mbmicategory.setText("Obese Class II");
    mbackground.setBackgroundColor(R.color.warn);
    mimageview.setImageResource(R.drawable.crosss);
}
mgender.setText(intent.getStringExtra("gender"));
mbmidisplay.setText(mbmi);
mgotomain.setOnClickListener(new View.OnClickListener() { @Override
public void onClick(View v) {
    Intent intent1=new
```

```java
                    Intent(getApplicationContext(),BmicalcActivity.class);
            startActivity(intent1);
        }
        });
    }
```

BMICal Activity:

```java
package com.zephgv.mad.beastfitness;
import androidx.appcompat.app.AppCompatActivity;
import androidx.core.content.ContextCompat;
import android.annotation.SuppressLint;
import android.content.Intent;
import android.os.Bundle;
import android.view.View;
import android.widget.Button;
import android.widget.ImageView;
import android.widget.RelativeLayout;
import android.widget.SeekBar;
import android.widget.TextView;
import android.widget.Toast;
public class BmicalcActivity extends AppCompatActivity {
    TextView mcurrentheight;
    TextView mcurrentweight,mcurrentage;
    ImageView mincrementage,mdecrementage,mincrementweight,mdecrementweight;
SeekBar mseekbarforheight;
    Button mcalculatebmi;
    RelativeLayout mmale,mfemale;
    int intweight=55;
    int intage=22;
    int currentprogress;
    String mintprogress="170";
    String typerofuser="0";
    String weight2="55";
    String age2="22";
    private static final int TIME_INTERVAL = 2000;
    private long backPressed;
    @SuppressLint("ResourceAsColor")
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_bmicalc);
        mcurrentage=findViewById(R.id.currentage);
        mcurrentweight=findViewById(R.id.currentweight);
        mcurrentheight=findViewById(R.id.currentheight);
        mincrementage=findViewById(R.id.incrementage);
        mdecrementage=findViewById(R.id.decrementage);
        mincrementweight=findViewById(R.id.incremetweight);
        mdecrementweight=findViewById(R.id.decrementweight);
        mcalculatebmi=findViewById(R.id.calculatebmi);
        mseekbarforheight=findViewById(R.id.seekbarforheight);
        mmale=findViewById(R.id.male);
        mfemale=findViewById(R.id.female);
        mmale.setOnClickListener(new View.OnClickListener() {
```

```java
            @Override
            public void onClick(View v) {

mmale.setBackground(ContextCompat.getDrawable(getApplicationContext(),R.drawa
ble.malefemalefocus ));

mfemale.setBackground(ContextCompat.getDrawable(getApplicationContext(),R.dra
wable.malefemalenotfocus));
                II typerofuser="Male";
            }
        });
        mfemale.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View v) {

mfemale.setBackground(ContextCompat.getDrawable(getApplicationContext(),R.dra
wable.malefemalefocus ));

mmale.setBackground(ContextCompat.getDrawable(getApplicationContext(),R.drawa
ble.malefemalenotfocus));
                typerofuser="Female";
            }
        });
        mseekbarforheight.setMax(300);
        mseekbarforheight.setProgress(170);
        mseekbarforheight.setOnSeekBarChangeListener(new

SeekBar.OnSeekBarChangeListener() {
                                                @Override
                                                public void
onProgressChanged(SeekBar seekBar, int progress, boolean fromUser) {

currentprogress=progress;

mintprogress=String.valueOf(currentprogress);

mcurrentheight.setText(mintprogress);

                                                }
                                                @Override
                                                public void
onStartTrackingTouch(SeekBar seekBar) {

                                                }
                                                @Override
                                                public void
onStopTrackingTouch(SeekBar seekBar) {

                                                }
                                            });
        mincrementweight.setOnClickListener(new View.OnClickListener() {
@Override
        public void onClick(View v) {
            intweight=intweight+1;
            weight2=String.valueOf(intweight);
            mcurrentweight.setText(weight2);
        }
        });
        mincrementage.setOnClickListener(new View.OnClickListener() {
@Override
```

```java
        public void onClick(View v) {
            intage=intage+1;
            age2=String.valueOf(intage);
            mcurrentage.setText(age2);
        }
        });
        mdecrementage.setOnClickListener(new View.OnClickListener() {
@Override
            II public void onClick(View v) {
                intage=intage-1;
                age2=String.valueOf(intage);
                mcurrentage.setText(age2);
            }
        });
        mdecrementweight.setOnClickListener(new View.OnClickListener() {
@Override
        public void onClick(View v) {
            intweight=intweight-1;
            weight2=String.valueOf(intweight);
            mcurrentweight.setText(weight2);
        }
        });
        mcalculatebmi.setOnClickListener(new View.OnClickListener() {
@Override
        public void onClick(View v) {
            if(typerofuser.equals("0"))
            {
                Toast.makeText(getApplicationContext(),"Select Your Gender
First",Toast.LENGTH_SHORT).show();
            }
            else if(mintprogress.equals("0"))
            {
                Toast.makeText(getApplicationContext(),"Select Your Height
First",Toast.LENGTH_SHORT).show();
            }
            else if(intage==0 || intage<0)
            {
                Toast.makeText(getApplicationContext(),"Age is
Incorrect",Toast.LENGTH_SHORT).show();
            }
            else if(intweight==0|| intweight<0)
            {
                Toast.makeText(getApplicationContext(),"Weight Is
Incorrect",Toast.LENGTH_SHORT).show();
            }
            else {
                Intent intent = new Intent(BmicalcActivity.this,
BmiActivity.class);
                intent.putExtra("gender", typerofuser);
                intent.putExtra("height", mintprogress);
                intent.putExtra("weight", weight2);
                intent.putExtra("age", age2);
                startActivity(intent);
            }
        }
        });
    }
```

```java
    @Override
    public void onBackPressed(){
        Intent intent = new Intent(BmicalcActivity.this,MainActivity.class);
startActivity(intent);
    }
}
```

Cal Activity:

```java
• package com.zephgv.mad.beastfitness;
import androidx.appcompat.app.AppCompatActivity;
import android.os.Bundle;
public class CalActivity extends AppCompatActivity {
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_cal);
    }
```

Diet Activity:

```java
• package com.zephgv.mad.beastfitness;
import androidx.appcompat.app.AppCompatActivity;
import android.os.Bundle;
import android.view.KeyEvent;
import android.view.Window;
import android.view.WindowManager;
import android.webkit.WebSettings;
import android.webkit.WebView;
import android.webkit.WebViewClient;
public class DietActivity extends AppCompatActivity {
    WebView webView;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_diet);

getWindow().setFlags(WindowManager.LayoutParams.FLAG_FULLSCREEN,WindowManager
.LayoutParams.FLAG_FULLSCREEN);
        webView = findViewById(R.id.webview1);
        webView.loadUrl("https://www.muscleandstrength.com/recipes"); }
}
```

Fitness Fragment:

```java
package com.zephgv.mad.beastfitness;
import android.content.Intent;
```

```java
import android.net.Uri;
import android.os.Bundle;
import androidx.fragment.app.Fragment;
import android.view.LayoutInflater;
IIimport android.view.View;
import android.view.ViewGroup;
import android.widget.Button;
import android.widget.ImageView;
import android.widget.Toast;
import java.util.ArrayList;
import java.util.List;
public class FitnessFragment extends Fragment {
    ImageView img;
    ImageView img2;
    ImageView img3;
    ImageView img4;
    ImageView img5;
    private static final String ARG_PARAM1 = "param1";
    private static final String ARG_PARAM2 = "param2";
    private String mParam1;
    private String mParam2;
    public FitnessFragment() {
    }
    public static FitnessFragment newInstance(String param1, String param2) {
        FitnessFragment fragment = new FitnessFragment();
        Bundle args = new Bundle();
        args.putString(ARG_PARAM1, param1);
        args.putString(ARG_PARAM2, param2);
        fragment.setArguments(args);
        return fragment;
    }
    @Override
    public void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        if (getArguments() != null) {
            mParam1 = getArguments().getString(ARG_PARAM1);
            mParam2 = getArguments().getString(ARG_PARAM2);
        }
    }
    @Override
    public View onCreateView(LayoutInflater inflater, ViewGroup container,
                             Bundle savedInstanceState) {
        View view = inflater.inflate(R.layout.fragment_fitness, container,
false);
        img = view.findViewById(R.id.bmibtn1);
        img2 = view.findViewById(R.id.dietbtn1);
        img3 = view.findViewById(R.id.musicbtn1);
        img4 = view.findViewById(R.id.wellbtn1);
        img5 = view.findViewById(R.id.tipsbtn1);
        img.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                Intent intent = new
Intent(getActivity(),BmicalcActivity.class);
                startActivity(intent);
            }
        });
```

```
II img2.setOnClickListener(new View.OnClickListener() {
    @Override
    public void onClick(View view) {
        Intent intent = new Intent(getActivity(),DietActivity.class);
        startActivity(intent);
    }
});
img3.setOnClickListener(new View.OnClickListener() {
    @Override
    public void onClick(View view) {
        Toast.makeText(getActivity(), "Redirecting to Spotify!",
Toast.LENGTH_SHORT).show();
gotoUri("https://open.spotify.com/playlist/1Pw57C5UiYrDSxa21UBWWY"); }
});
img4.setOnClickListener(new View.OnClickListener() {
    @Override
    public void onClick(View view) {
        Intent intent = new
Intent(getActivity(),WellnessActivity.class);
        startActivity(intent);
    }
});
img5.setOnClickListener(new View.OnClickListener() {
    @Override
    public void onClick(View view) {
        Intent intent = new Intent(getActivity(),TipsActivity.class);
        startActivity(intent);
    }
});
return view;
}
private void gotoUri(String s) {
    Uri uri = Uri.parse(s);
    startActivity(new Intent(Intent.ACTION_VIEW,uri));
}
```

GoogleSignIn Activity:

```
package com.zephgv.mad.beastfitness;
import android.app.ProgressDialog;
import android.content.Intent;
import android.os.Bundle;
import android.util.Log;
import android.widget.Toast;
import androidx.annotation.NonNull;
import com.google.android.gms.auth.api.signin.GoogleSignIn;
import com.google.android.gms.auth.api.signin.GoogleSignInAccount;
import com.google.android.gms.auth.api.signin.GoogleSignInClient;
import com.google.android.gms.auth.api.signin.GoogleSignInOptions;
import com.google.android.gms.common.api.ApiException;
import com.google.android.gms.tasks.OnCompleteListener;
import com.google.android.gms.tasks.Task;
import com.google.firebase.auth.AuthCredential;
```

```java
import com.google.firebase.auth.AuthResult;
IIimport com.google.firebase.auth.FirebaseAuth;
import com.google.firebase.auth.FirebaseUser;
import com.google.firebase.auth.GoogleAuthProvider;
public class GoogleSignInActivity extends LoginActivity {
    private static final String TAG = "GoogleActivity";
    private static final int RC_SIGN_IN = 9001;
    FirebaseAuth mAuth;
    FirebaseUser mUser;
    GoogleSignInClient mGoogleSignInClient;
    ProgressDialog progressDialog;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        progressDialog = new ProgressDialog(this);
        progressDialog.setMessage("Google SignIn ...");
        progressDialog.show();
        GoogleSignInOptions gso = new

GoogleSignInOptions.Builder(GoogleSignInOptions.DEFAULT_SIGN_IN)
                .requestIdToken("123783789039-

6hsd110g48g54o35degg4gsgk45f9c4r.apps.googleusercontent.com")
                                .requestEmail()
                                .build();
        mAuth=FirebaseAuth.getInstance();
        mUser=mAuth.getCurrentUser();
        mGoogleSignInClient = GoogleSignIn.getClient(this, gso);
        Intent signInIntent = mGoogleSignInClient.getSignInIntent();
        startActivityForResult(signInIntent, RC_SIGN_IN);
    }
    @Override
    public void onActivityResult(int requestCode, int resultCode, Intent
data) {
        super.onActivityResult(requestCode, resultCode, data);
        // Result returned from launching the Intent from
GoogleSignInApi.getSignInIntent(...);if (requestCode == RC_SIGN_IN) {
        Task<GoogleSignInAccount> task =
GoogleSignIn.getSignedInAccountFromIntent(data); try {
            GoogleSignInAccount account = task.getResult(ApiException.class);
            firebaseAuthWithGoogle(account.getIdToken());
        } catch (ApiException e) {
            // Google Sign In failed, update UI appropriately
            Toast.makeText(this, ""+e.getMessage(),
Toast.LENGTH_SHORT).show(); progressDialog.dismiss();
            finish();
        }
    }
}

    private void firebaseAuthWithGoogle(String idToken) {
        AuthCredential credential = GoogleAuthProvider.getCredential(idToken,
null); mAuth.signInWithCredential(credential)
                .addOnCompleteListener(this, new
OnCompleteListener<AuthResult>() { @Override
                public void onComplete(@NonNull Task<AuthResult> task) {
                    if (task.isSuccessful()) {
                        // Sign in success, update UI with the signed-in
```

```
user's information
                          II progressDialog.dismiss();
                          FirebaseUser user = mAuth.getCurrentUser();
                          updateUI(user);
                      } else {
                          // If sign in fails, display a message to the user.
                          progressDialog.dismiss();
                          Toast.makeText(GoogleSignInActivity.this,
""+task.getException(), Toast.LENGTH_SHORT).show();
                          finish();
                      }
                  }
                  });
    }
    private void updateUI(FirebaseUser user) {
        Intent intent = new
Intent(GoogleSignInActivity.this,MainActivity.class);

intent.setFlags(Intent.FLAG_ACTIVITY_CLEAR_TASK|Intent.FLAG_ACTIVITY_NEW_TASK
); startActivity(intent);
    }
}
```

HomeFragment:

```java
package com.zephgv.mad.beastfitness;
import android.content.Intent;
import android.graphics.drawable.Drawable;
import android.media.MediaPlayer;
import android.net.Uri;
import android.os.Bundle;
import androidx.cardview.widget.CardView;
import androidx.fragment.app.Fragment;
import android.view.LayoutInflater;
import android.view.View;
import android.view.ViewGroup;
import android.widget.TextView;
import android.widget.VideoView;
public class HomeFragment extends Fragment {
    private static final String ARG_PARAM1 = "param1";
    private static final String ARG_PARAM2 = "param2";
    CardView cd1,cd2,cd3;
    TextView tvm;
    private String mParam1;
    private String mParam2;
    public HomeFragment() {
    }
    public static HomeFragment newInstance(String param1, String param2) {
HomeFragment fragment = new HomeFragment();
        Bundle args = new Bundle();
        args.putString(ARG_PARAM1, param1);
        args.putString(ARG_PARAM2, param2);
        fragment.setArguments(args);
```

```java
        return fragment;
    }
    @Override
II public void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        if (getArguments() != null) {
            mParam1 = getArguments().getString(ARG_PARAM1);
            mParam2 = getArguments().getString(ARG_PARAM2);
        }
    }
    @Override
    public View onCreateView(LayoutInflater inflater, ViewGroup container,
Bundle savedInstanceState) {
        View view = inflater.inflate(R.layout.fragment_home, container,
false); cd1 = view.findViewById(R.id.cardView);
        cd2 = view.findViewById(R.id.cardView2);
        tvm = view.findViewById(R.id.tvmarq);
        tvm.setSelected(true);
        cd1.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                Intent intent = new Intent(getActivity(),YogaActivity.class);
startActivity(intent);
            }
        });
        cd2.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                Intent intent = new
Intent(getActivity(),WorkoutActivity.class); startActivity(intent);
            }
        });
        return view;
    }
}
```

Login Activity:

```java
• package com.zephgv.mad.beastfitness;
import androidx.annotation.NonNull;
import androidx.appcompat.app.AppCompatActivity;
import android.app.ProgressDialog;
import android.content.Intent;
import android.os.Bundle;
import android.view.View;
import android.view.WindowManager;
import android.widget.Button;
import android.widget.EditText;
import android.widget.ImageView;
import android.widget.TextView;
import android.widget.Toast;
import com.google.android.gms.tasks.OnCompleteListener;
import com.google.android.gms.tasks.Task;
```

```java
import com.google.firebase.auth.AuthResult;
import com.google.firebase.auth.FirebaseAuth;
IIimport com.google.firebase.auth.FirebaseUser;
public class LoginActivity extends AppCompatActivity {
    TextView textView;
    EditText inputEmail,inputPassword;
    Button btnLogin;
    String emailPattern = "[a-zA-Z0-9._-]+@[a-z]+\\.+[a-z]+";
    ProgressDialog progressDialog;
    ImageView btnGoogle;
    FirebaseAuth mAuth;
    FirebaseUser mUser;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_login);

getWindow().setFlags(WindowManager.LayoutParams.FLAG_FULLSCREEN,WindowManager
.LayoutParams.FLAG_FULLSCREEN);
        inputEmail = findViewById(R.id.inputEmail);
        inputPassword = findViewById(R.id.inputPassword);
        btnLogin = findViewById(R.id.btnLogin);
        btnGoogle = findViewById(R.id.btnGoogle);
        progressDialog = new ProgressDialog(this);
        mAuth=FirebaseAuth.getInstance();
        mUser=mAuth.getCurrentUser();
        textView = findViewById(R.id.createAccount);
        textView.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                startActivity(new
                        Intent(LoginActivity.this,RegisterActivity.class));
            }
        });
        btnLogin.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                performLogin();
            }
        });
        btnGoogle.setOnClickListener(new View.OnClickListener() { @Override
        public void onClick(View view) {
            Intent intent = new
                    Intent(LoginActivity.this,GoogleSignInActivity.class);
            startActivity(intent);
        }
        });
    }
    private void performLogin() {
        String email = inputEmail.getText().toString();
        String password = inputPassword.getText().toString();
        if(!email.matches(emailPattern))
        {
            inputEmail.setError("Enter Valid Email");
        }
        II else if(password.isEmpty() || password.length()<6)
        {
```

```
                inputPassword.setError("Enter Valid Password");
        }
        else {
            progressDialog.setMessage("Please wait till Login...");
progressDialog.setTitle("LoggedIn");
            progressDialog.setCanceledOnTouchOutside(false);
            progressDialog.show();

mAuth.signInWithEmailAndPassword(email,password).addOnCompleteListener(new
OnCompleteListener<AuthResult>() {
                @Override
                public void onComplete(@NonNull Task<AuthResult> task) {
if(task.isSuccessful())
                {
                    progressDialog.dismiss();
                    sendUserToNextActivity();
                    Toast.makeText(LoginActivity.this,"Login
Successful",Toast.LENGTH_SHORT).show();
                }else
                {
                    progressDialog.dismiss();

Toast.makeText(LoginActivity.this,""+task.getException(),Toast.LENGTH_SHORT).
show();
                }
                }
            });
        }
    }
    @Override
    public void onBackPressed(){
        Intent intent = new Intent(LoginActivity.this,MainActivity.class);
startActivity(intent);
    }
    //Function called after successful
    private void sendUserToNextActivity() {
        Intent intent = new
Intent(LoginActivity.this,MainActivity.class);intent.setFlags(Intent.FLAG_ACT
IVITY_CLEAR_TASK|Intent.FLAG_ACTIVITY_NEW_TASK); startActivity(intent);
```

MainActivity:

```
package com.zephgv.mad.beastfitness;
import androidx.appcompat.app.AppCompatActivity;
import androidx.fragment.app.Fragment;
import androidx.fragment.app.FragmentTransaction;
import android.os.Bundle;
import android.view.WindowManager;
import android.widget.Toast;
import me.ibrahimsn.lib.OnItemSelectedListener;
import me.ibrahimsn.lib.SmoothBottomBar;
public class MainActivity extends AppCompatActivity {
```

```java
    private SmoothBottomBar bottomBar;
    II private static final int TIME_INTERVAL = 2000;
    private long backPressed;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_main);

getWindow().setFlags(WindowManager.LayoutParams.FLAG_FULLSCREEN,WindowManager
.LayoutParams.FLAG_FULLSCREEN);
        //HomeFragment as default
        replace(new HomeFragment());
//BottomNavBar selection
        bottomBar = findViewById(R.id.bottomBar);
        bottomBar.setOnItemSelectedListener(new OnItemSelectedListener() {
            @Override
            public boolean onItemSelect(int i) {
                switch (i){
                    case 0:
                        replace(new HomeFragment());
                        break;
                    case 1:
                        replace(new FitnessFragment());
                        break;
                    case 2:
                        replace(new ProfileFragment());
                        break;
                }
                return true;
            }
        });
    }
    //Replacing Fragments
    private void replace(Fragment fragment) {
        FragmentTransaction transaction =
getSupportFragmentManager().beginTransaction();
transaction.replace(R.id.frame,fragment);
        transaction.commit();
    }
    //Double click to Exit Start
    @Override
    public void onBackPressed(){
        if(backPressed + TIME_INTERVAL > System.currentTimeMillis()) {
            super.onBackPressed();
            finish();
            return;
        }
        else{
            Toast.makeText(getBaseContext(),"Press Back Again To
Exit",Toast.LENGTH_SHORT).show(); }
        backPressed = System.currentTimeMillis();
    }
/
```

ProfileFragment:

```java
package com.zephgv.mad.beastfitness;
import android.content.Intent;
import android.media.Image;
import android.os.Bundle;
IIimport androidx.annotation.Nullable;
import androidx.fragment.app.Fragment;
import android.util.Log;
import android.view.LayoutInflater;
import android.view.View;
import android.view.ViewGroup;
import android.widget.Button;
import android.widget.EditText;
import android.widget.ImageView;
import android.widget.TextView;
import com.google.android.gms.tasks.OnSuccessListener;
import com.google.android.material.textfield.TextInputLayout;
import com.google.firebase.auth.FirebaseAuth;
import com.google.firebase.auth.FirebaseUser;
import com.google.firebase.database.DatabaseReference;
import com.google.firebase.database.FirebaseDatabase;
import com.google.firebase.firestore.DocumentReference;
import com.google.firebase.firestore.DocumentSnapshot;
import com.google.firebase.firestore.EventListener;
import com.google.firebase.firestore.FirebaseFirestore;
import com.google.firebase.firestore.FirebaseFirestoreException;
import java.util.HashMap;
import java.util.Map;
public class ProfileFragment extends Fragment {
    public static final String TAG = "TAG";
    ImageView img;
    Button btn,updatebtn;
    EditText kg,cm;
    TextInputLayout name,email,contact;
    FirebaseFirestore firestore;
    FirebaseAuth fAuth;
    String userID;
    private static final String ARG_PARAM1 = "param1";
    private static final String ARG_PARAM2 = "param2";
    private String mParam1;
    private String mParam2;
    public ProfileFragment() {
    }
    public static ProfileFragment newInstance(String param1, String param2) {
        ProfileFragment fragment = new ProfileFragment();
        Bundle args = new Bundle();
        args.putString(ARG_PARAM1, param1);
        args.putString(ARG_PARAM2, param2);
        fragment.setArguments(args);
        return fragment;
    }
    @Override
    public void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        if (getArguments() != null) {
```

```java
                mParam1 = getArguments().getString(ARG_PARAM1);
                mParam2 = getArguments().getString(ARG_PARAM2);
                II }
    }
    @Override
    public View onCreateView(LayoutInflater inflater, ViewGroup container,
                            Bundle savedInstanceState) {
        View view = inflater.inflate(R.layout.fragment_profile, container,
false);
        btn = view.findViewById(R.id.signinbtn);
        kg = view.findViewById(R.id.weight_label);
        cm = view.findViewById(R.id.height_label);
        name = view.findViewById(R.id.full_name_profile);
        email = view.findViewById(R.id.Email_profile);
        contact = view.findViewById(R.id.contact_profile);
        updatebtn = view.findViewById(R.id.updatebutton);
        img = view.findViewById(R.id.profile_image);
        firestore = FirebaseFirestore.getInstance();
        fAuth = FirebaseAuth.getInstance();
        btn.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                Intent intent = new
Intent(getActivity(),LoginActivity.class);
                startActivity(intent);
            }
        });
        updatebtn.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                String pname = name.getEditText().getText().toString();
                String pemail = email.getEditText().getText().toString();
                String pcontact = contact.getEditText().getText().toString();
                String pweight = kg.getText().toString();
                String pheight = cm.getText().toString();
                userID = fAuth.getCurrentUser().getUid();
                DocumentReference documentReference =
firestore.collection("user").document(userID); Map<String,Object> user = new
HashMap<>();
                user.put("name",pname);
                user.put("email",pemail);
                user.put("contact",pcontact);
                user.put("weight",pweight);
                user.put("height",pheight);
                documentReference.set(user).addOnSuccessListener(new
OnSuccessListener<Void>() { @Override
                public void onSuccess(Void unused) {
                    Log.d(TAG,"Success"+userID);
                }
                });
            }
        });
        img.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                userID = fAuth.getCurrentUser().getUid();
                DocumentReference documentReference =
```

```
firestore.collection("user").document(userID);
documentReference.addSnapshotListener(new EventListener<DocumentSnapshot>() {
@Override
                public void onEvent(@Nullable DocumentSnapshot value,
@Nullable FirebaseFirestoreException error) {
                        kg.setText(value.getString("weight"));
                        cm.setText(value.getString("height"));
                        II name.getEditText().setText(value.getString("name"));
                        email.getEditText().setText(value.getString("email"));

contact.getEditText().setText(value.getString("contact"));
                }
                });
        }
        });
        return view;
    }
}
```

PushNotificationService:

```
package com.zephgv.mad.beastfitness;
import android.app.Notification;
import android.app.NotificationChannel;
import android.app.NotificationManager;
import android.os.Build;
import androidx.annotation.NonNull;
import androidx.annotation.RequiresApi;
import androidx.core.app.NotificationManagerCompat;
import com.google.firebase.messaging.FirebaseMessagingService;
import com.google.firebase.messaging.RemoteMessage;
public class PushNotificationService extends FirebaseMessagingService {
@RequiresApi(api = Build.VERSION_CODES.O)
@Override
public void onMessageReceived(@NonNull RemoteMessage remotemessage) { String
title = remotemessage.getNotification().getTitle(); String body =
remotemessage.getNotification().getBody();
    final String CHANNEL_ID = "HEADS_UP_NOTIFICATION";
    NotificationChannel channel = new NotificationChannel(
            CHANNEL_ID,
            "Heads_Up_Notification",
            NotificationManager.IMPORTANCE_HIGH
    );

getSystemService(NotificationManager.class).createNotificationChannel(channel
);Notification.Builder notification = new
            Notification.Builder(this,CHANNEL_ID)
            .setContentTitle(title)
            .setContentText(body)
            .setSmallIcon(R.drawable.ic_launcher_round)
            .setAutoCancel(true);
    NotificationManagerCompat.from(this).notify(1,notification.build());
super.onMessageReceived(remotemessage);
```

```
        }
    }
```

RegisterActivity:

```java
package com.zephgv.mad.beastfitness;
import androidx.annotation.NonNull;
import androidx.appcompat.app.AppCompatActivity;
import android.app.ProgressDialog;
import android.content.Intent;
import android.os.Bundle;
IIimport android.view.View;
import android.view.WindowManager;
import android.widget.Button;
import android.widget.EditText;
import android.widget.TextView;
import android.widget.Toast;
import com.google.android.gms.tasks.OnCompleteListener;
import com.google.android.gms.tasks.Task;
import com.google.firebase.auth.AuthResult;
import com.google.firebase.auth.FirebaseAuth;
import com.google.firebase.auth.FirebaseUser;
public class RegisterActivity extends AppCompatActivity {
    TextView textView;
    EditText inputEmail,inputPassword;
    Button btnRegister;
    String emailPattern = "[a-zA-Z0-9._-]+@[a-z]+\\.+[a-z]+";
    ProgressDialog progressDialog;
    FirebaseAuth mAuth;
    FirebaseUser mUser;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_register);

getWindow().setFlags(WindowManager.LayoutParams.FLAG_FULLSCREEN,WindowManager
.LayoutParams.FLAG_FULLSCREEN);
        inputEmail = findViewById(R.id.inputEmail);
        inputPassword = findViewById(R.id.inputPassword);
        btnRegister = findViewById(R.id.btnRegister);
        progressDialog = new ProgressDialog(this);
        mAuth=FirebaseAuth.getInstance();
        mUser=mAuth.getCurrentUser();
        //onclick text redirects to login page
        textView = findViewById(R.id.haveAccount);
        textView.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                startActivity(new
Intent(RegisterActivity.this,LoginActivity.class)); }
        });
        //onclick registers user
        btnRegister.setOnClickListener(new View.OnClickListener() {
```

```java
            @Override
            public void onClick(View view) {
                PerformAuth();
            }
        });
    }
    private void PerformAuth() {
        String email = inputEmail.getText().toString();
        String password = inputPassword.getText().toString();
        if(!email.matches(emailPattern))
        {
            inputEmail.setError("Enter Valid Email");
        }
        II else if(password.isEmpty() || password.length()<6)
        {
            inputPassword.setError("Enter Valid Password");
        }
        else
        {
            progressDialog.setMessage("Please wait till Registration...");
            progressDialog.setTitle("Registration");
            progressDialog.setCanceledOnTouchOutside(false);
            progressDialog.show();

mAuth.createUserWithEmailAndPassword(email,password).addOnCompleteListener(ne
w OnCompleteListener<AuthResult>() {
                @Override
                public void onComplete(@NonNull Task<AuthResult> task) {
                    if(task.isSuccessful())
                    {
                        progressDialog.dismiss();
                        sendUserToNextActivity();
                        Toast.makeText(RegisterActivity.this,"Registration
                                Successful",Toast.LENGTH_SHORT).show();
                    }
                    else
                    {
                        progressDialog.dismiss();
Toast.makeText(RegisterActivity.this,""+task.getException(),Toast.LENGTH_SHOR
T).show(); }
                }
            });
        }
    }
    private void sendUserToNextActivity() {
        Intent intent = new Intent(RegisterActivity.this,MainActivity.class);
intent.setFlags(Intent.FLAG_ACTIVITY_CLEAR_TASK|Intent.FLAG_ACTIVITY_NEW_TASK
); startActivity(intent);
    }
}
```

SplashActivity:

```
package com.zephgv.mad.beastfitness;
import androidx.appcompat.app.AppCompatActivity;
import android.content.Intent;
import android.os.Bundle;
import android.os.Handler;
import android.view.WindowManager;
public class SplashActivity extends AppCompatActivity {
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_splash);

getWindow().setFlags(WindowManager.LayoutParams.FLAG_FULLSCREEN,WindowManager
.LayoutParams.FLAG_FULLSCREEN);
        new Handler().postDelayed(new Runnable() {
            @Override
            public void run() {
                Intent intent=new Intent(SplashActivity.this,
MainActivity.class);
                II startActivity(intent);
                finish();
            }
        },3000);
    }
```

TipsActivity:

```
package com.zephgv.mad.beastfitness;
import androidx.appcompat.app.AppCompatActivity;
import android.os.Bundle;
import android.view.WindowManager;
import android.webkit.WebView;
public class TipsActivity extends AppCompatActivity {
    WebView webView;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_tips);

getWindow().setFlags(WindowManager.LayoutParams.FLAG_FULLSCREEN,WindowManager
.LayoutParams.FLAG_FULLSCREEN);
        webView = findViewById(R.id.webview2);
        webView.loadUrl("https://www.self.com/story/popular-at-home-workout-
programs"); }
}
)
```

UserHelperClass:

```
package com.zephgv.mad.beastfitness;
```

```
public class UserHelperClass {
    String name,email,contact,weight,height;
    public UserHelperClass(String name, String email, String contact, String
weight, String height) { this.name = name;
        this.email = email;
        this.contact = contact;
        this.weight = weight;
        this.height = height;
    }
    public UserHelperClass() {
    }
    public String getName() {
        return name;
    }
    public void setName(String name) {
        this.name = name;
    }
    public String getEmail() {
        return email;
    }
    II public void setEmail(String email) {
        this.email = email;
    }
    public String getContact() {
        return contact;
    }
    public void setContact(String contact) {
        this.contact = contact;
    }
    public String getWeight() {
        return weight;
    }
    public void setWeight(String weight) {
        this.weight = weight;
    }
    public String getHeight() {
        return height;
    }
    public void setHeight(String height) {
        this.height = height;
    }
}
```

WellnessActivity:

```
package com.zephgv.mad.beastfitness;
import androidx.appcompat.app.AppCompatActivity;
import android.os.Bundle;
import android.view.View;
import android.view.WindowManager;
import android.widget.Button;
import android.widget.ImageView;
import android.widget.TextView;
```

```java
import java.util.Random;
public class WellnessActivity extends AppCompatActivity {
    Random random = new Random();
    TextView textQuote;
    ImageView buttonQuote;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_wellness);

getWindow().setFlags(WindowManager.LayoutParams.FLAG_FULLSCREEN,WindowManager
.LayoutParams.FLAG_FULLSCREEN);
        textQuote= findViewById(R.id.textViewQuote);
        buttonQuote= findViewById(R.id.nextimg);
        buttonQuote.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                II displayQuote();
            }
        });
    }
    public void displayQuote() {
        int randNum = random.nextInt((12+1) - 1) + 1;
        String randQuote = "";
        switch (randNum){
            case 1:
                randQuote=getString(R.string.quote1);
                break;
            case 2:
                randQuote=getString(R.string.quote2);
                break;
            case 3:
                randQuote=getString(R.string.quote3);
                break;
            case 4:
                randQuote=getString(R.string.quote4);
                break;
            case 5:
                randQuote=getString(R.string.quote5);
                break;
            case 6:
                randQuote=getString(R.string.quote6);
                break;
            case 7:
                randQuote=getString(R.string.quote7);
                break;
            case 8:
                randQuote=getString(R.string.quote8);
                break;
            case 9:
                randQuote=getString(R.string.quote9);
                break;
            case 10:
                randQuote=getString(R.string.quote10);
                break;
            case 11:
                randQuote=getString(R.string.quote11);
```

```
                break;
            case 12:
                randQuote=getString(R.string.quote12);
                break;
        }
        textQuote.setText(randQuote);
    } }
```

WorkoutActivity:

```java
package com.zephgv.mad.beastfitness;
import androidx.appcompat.app.AppCompatActivity;
import androidx.cardview.widget.CardView;
import android.content.Intent;
import android.net.Uri;
import android.os.Bundle;
import android.view.View;
import android.view.WindowManager;
import android.widget.Toast;
IIpublic class WorkoutActivity extends AppCompatActivity {
    CardView cd1,cd2,cd3,cd4,cd5,cd6,cd7,cd8;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_workout);

getWindow().setFlags(WindowManager.LayoutParams.FLAG_FULLSCREEN,WindowManager
.LayoutParams.FLAG_FULLSCREEN);
        cd1 = findViewById(R.id.pushcard);
        cd2 = findViewById(R.id.pullcard);
        cd3 = findViewById(R.id.squartcard);
        cd4 = findViewById(R.id.tplankcard);
        cd5 = findViewById(R.id.deadbugcard);
        cd6 = findViewById(R.id.skippingcard);
        cd7 = findViewById(R.id.heavysqcard);
        cd8 = findViewById(R.id.splitjumpcard);
        cd1.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                Toast.makeText(WorkoutActivity.this, "Opening Youtube!",
Toast.LENGTH_SHORT).show();
gotoUri("https://www.youtube.com/watch?v=IODxDxX7oi4");
            }
        });
        cd2.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                Toast.makeText(WorkoutActivity.this, "Opening Youtube!",
Toast.LENGTH_SHORT).show();
gotoUri("https://www.youtube.com/watch?v=eGo4IYlbE5g");
            }
        });
        cd3.setOnClickListener(new View.OnClickListener() {
```

```java
            @Override
            public void onClick(View view) {
                Toast.makeText(WorkoutActivity.this, "Opening Youtube!",
Toast.LENGTH_SHORT).show();
gotoUri("https://www.youtube.com/watch?v=YaXPRqUwItQ");
            }
        });
        cd4.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                Toast.makeText(WorkoutActivity.this, "Opening Youtube!",
Toast.LENGTH_SHORT).show();
gotoUri("https://www.youtube.com/watch?v=rTY5mqJ1HNo");
            }
        });
        cd5.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                Toast.makeText(WorkoutActivity.this, "Opening Youtube!",
Toast.LENGTH_SHORT).show();
gotoUri("https://www.youtube.com/watch?v=4XLEnwUr1d8");
            }
        });
        cd6.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                II Toast.makeText(WorkoutActivity.this, "Opening Youtube!",
Toast.LENGTH_SHORT).show();
gotoUri("https://www.youtube.com/watch?v=u3zgHI8QnqE");
            }
        });
        cd7.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                Toast.makeText(WorkoutActivity.this, "Opening Youtube!",
Toast.LENGTH_SHORT).show();
gotoUri("https://www.youtube.com/watch?v=Uv_DKDl7EjA");
            }
        });
        cd8.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                Toast.makeText(WorkoutActivity.this, "Opening Youtube!",
Toast.LENGTH_SHORT).show();
gotoUri("https://www.youtube.com/watch?v=qsF1gYTWTrQ");
            }
        });
    }
    private void gotoUri(String s) {
        Uri uri = Uri.parse(s);
        startActivity(new Intent(Intent.ACTION_VIEW,uri));
    }
}
```

YogaActivity:

```java
package com.zephgv.mad.beastfitness;
import androidx.appcompat.app.AppCompatActivity;
import androidx.cardview.widget.CardView;
import android.content.Intent;
import android.net.Uri;
import android.os.Bundle;
import android.view.View;
import android.view.WindowManager;
import android.widget.Toast;
public class YogaActivity extends AppCompatActivity {
    CardView cd1,cd2,cd3,cd4,cd5;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_yoga);

getWindow().setFlags(WindowManager.LayoutParams.FLAG_FULLSCREEN,WindowManager
.LayoutParams.FLAG_FULLSCREEN);
        cd1 = findViewById(R.id.virkshasana);
        cd2 = findViewById(R.id.cobrasana);
        cd3 = findViewById(R.id.pranayama);
        cd4 = findViewById(R.id.yogasana);
        cd5 = findViewById(R.id.utkatasana);
        cd1.setOnClickListener(new View.OnClickListener() {
            @Override
            II public void onClick(View view) {
                Toast.makeText(YogaActivity.this, "Opening Youtube!",
Toast.LENGTH_SHORT).show();
gotoUri("https://www.youtube.com/watch?v=Dic293YNJI8");
            }
        });
        cd2.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                Toast.makeText(YogaActivity.this, "Opening Youtube!",
Toast.LENGTH_SHORT).show();
gotoUri("https://www.youtube.com/watch?v=fOdrW7nf9gw");
            }
        });
        cd3.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                Toast.makeText(YogaActivity.this, "Opening Youtube!",
Toast.LENGTH_SHORT).show();
gotoUri("https://www.youtube.com/watch?v=395ZloN4Rr8");
            }
        });
        cd4.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                Toast.makeText(YogaActivity.this, "Opening Youtube!",
Toast.LENGTH_SHORT).show();
gotoUri("https://www.youtube.com/watch?v=1xRX1MuoImw");
            }
```

```java
            });
        cd5.setOnClickListener(new View.OnClickListener() {
            @Override
            public void onClick(View view) {
                Toast.makeText(YogaActivity.this, "Opening Youtube!",
Toast.LENGTH_SHORT).show();
gotoUri("https://www.youtube.com/watch?v=4xyTmX_OMiM");
            }
        });
    }
    private void gotoUri(String s) {
        Uri uri = Uri.parse(s);
        startActivity(new Intent(Intent.ACTION_VIEW,uri));
    }
}
```

XML Code:

BmiActivity:

```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:id="@+id/background"
    android:background="@color/white"
    tools:context=".BmiActivity">
    II <ImageView
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:padding="10dp"
    android:id="@+id/imageview"
    android:layout_above="@id/contentlayout"
    android:layout_marginBottom="30dp"
    android:layout_centerHorizontal="true"
    android:src="@drawable/ok">
</ImageView>
    <RelativeLayout
        android:id="@+id/contentlayout"
        android:layout_width="350dp"
        android:layout_height="wrap_content"
        android:layout_centerInParent="true"
        android:background="@drawable/cardbackgroung"
        android:padding="20dp">
        <TextView
            android:id="@+id/bmidisplay"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_centerHorizontal="true"
            android:background="@color/trans"
```

```xml
            android:text="22"
            android:textColor="@color/white"
            android:textSize="50sp"
            android:textStyle="bold">
        </TextView>
        <TextView
            android:id="@+id/genderdisplay"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@id/bmidisplay"
            android:layout_centerHorizontal="true"
            android:layout_marginTop="15dp"
            android:text="Gender"
            android:textColor="@color/white"
            android:textSize="17sp"
            android:textStyle="bold" />
        <TextView
            android:id="@+id/bmicategorydispaly"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@id/genderdisplay"
            android:layout_centerHorizontal="true"
            android:layout_marginTop="15dp"
            android:fontFamily="@font/raleway"
            android:text="Your BMI Category Is"
            android:textColor="@color/white"
            android:textSize="25sp"
            android:textStyle="bold">
        </TextView>
        II </RelativeLayout>
    <android.widget.Button
        android:layout_width="match_parent"
        android:layout_height="40dp"
        android:id="@+id/gotomain"
        android:layout_below="@id/contentlayout"
        android:layout_marginTop="50dp"
        android:background="@drawable/buttonbackground"
        android:text="RECALCULATE YOUR BMI"
        android:textSize="15sp"
        android:textColor="@color/white"
        android:fontFamily="@font/raleway"
        android:textStyle="bold"
        android:layout_marginLeft="20dp"
        android:layout_marginRight="20dp"
        >
    </android.widget.Button>
</RelativeLayout>
```

BmicalcActivity:

```xml
<?xml version="1.0" encoding="utf-8"?>
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
```

```xml
        android:layout_width="match_parent"
        android:layout_height="match_parent"
        android:background="@color/white"
        tools:context=".BmicalcActivity">
        <RelativeLayout
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            android:id="@+id/centerhorizontalline"
            android:layout_centerInParent="true">
        </RelativeLayout>
        <RelativeLayout
            android:layout_width="wrap_content"
            android:layout_height="match_parent"
            android:layout_centerInParent="true"
            android:id="@+id/centerverticalline">
        </RelativeLayout>
        <RelativeLayout
            android:layout_width="150dp"
            android:layout_height="150dp"
            android:layout_toStartOf="@id/centerverticalline"
            android:background="@drawable/cardbackgroung"
            android:layout_above="@id/heightlayout"
            android:layout_marginBottom="35dp"
            android:layout_marginRight="20dp"
            android:layout_marginLeft="20dp"
            II android:id="@+id/male">
            <ImageView
                android:layout_width="170px"
                android:layout_height="170px"
                android:layout_above="@id/textmale"
                android:layout_centerInParent="true"
                android:layout_marginBottom="20dp"
                android:contentDescription="@string/todo"
                android:src="@drawable/male">
            </ImageView>
            <TextView
                android:layout_width="match_parent"
                android:layout_height="wrap_content"
                android:textSize="18sp"
                android:textColor="@color/white"
                android:text="@string/male"
                android:id="@+id/textmale"
                android:textStyle="bold"
                android:fontFamily="@font/raleway"
                android:textAlignment="center"
                android:layout_alignParentBottom="true"
                android:layout_marginBottom="10dp">
            </TextView>
        </RelativeLayout>
        <RelativeLayout
            android:layout_width="150dp"
            android:layout_height="150dp"
            android:layout_above="@id/heightlayout"
            android:layout_marginBottom="35dp"
            android:layout_marginRight="20dp"
            android:layout_toEndOf="@id/centerverticalline"
            android:background="@drawable/cardbackgroung"
```

```xml
            android:layout_marginLeft="20dp"
            android:id="@+id/female">
        <ImageView
            android:layout_width="170px"
            android:layout_height="170px"
            android:layout_centerInParent="true"
            android:layout_above="@id/textfemale"
            android:layout_marginBottom="20dp"
            android:src="@drawable/female"
            android:contentDescription="@string/todo">
        </ImageView>
        <TextView
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            android:textSize="18sp"
            android:textColor="@color/white"
            android:text="@string/femaletext"
            android:id="@+id/textfemale"
            android:textStyle="bold"
            android:fontFamily="@font/raleway"
            android:textAlignment="center"
            android:layout_alignParentBottom="true"
            II android:layout_marginBottom="10dp">
        </TextView>
    </RelativeLayout>
    <RelativeLayout
        android:layout_width="340dp"
        android:layout_height="150dp"
        android:layout_above="@id/centerhorizontalline"
        android:layout_marginBottom="-50dp"
        android:layout_centerHorizontal="true"
        android:background="@drawable/cardbackgroung"
        android:layout_marginLeft="25dp"
        android:layout_marginRight="25dp"
        android:id="@+id/heightlayout">
        <TextView
            android:layout_width="match_parent"
            android:layout_marginTop="15dp"
            android:textAlignment="center"
            android:textStyle="bold"
            android:fontFamily="@font/raleway"
            android:layout_height="wrap_content"
            android:textColor="@color/white"
            android:text="@string/height"
            android:textSize="20sp">
        </TextView>
        <TextView
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:text="@string/startingheight"
            android:layout_marginBottom="50dp"
            android:textSize="40sp"
            android:layout_alignParentBottom="true"
            android:textColor="@color/white"
            android:layout_centerInParent="true"
            android:id="@+id/currentheight"
            android:textStyle="bold">
```

```xml
        </TextView>
        <TextView
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:text="@string/unit"
            android:textSize="20sp"
            android:fontFamily="@font/raleway"
            android:textStyle="bold"
            android:layout_toEndOf="@id/currentheight"
            android:layout_marginStart="20dp"
            android:layout_centerInParent="true"
            android:textColor="@color/white" />
        <SeekBar
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            II android:layout_alignParentBottom="true"
            android:layout_marginBottom="20dp"
            android:layout_marginLeft="10dp"
            android:progressTint="#FF4C4C"
            android:thumbTint="@color/white"
            android:layout_marginRight="10dp"
            android:id="@+id/seekbarforheight">
        </SeekBar>
    </RelativeLayout>
    <android.widget.Button
        android:id="@+id/calculatebmi"
        android:layout_width="match_parent"
        android:layout_height="40dp"
        android:layout_alignParentBottom="true"
        android:layout_marginLeft="20dp"
        android:layout_marginRight="20dp"
        android:layout_marginBottom="15dp"
        android:background="@drawable/buttonbackground"
        android:fontFamily="@font/raleway"
        android:text="@string/calculate_your_bmi"
        android:textColor="@color/white"
        android:textSize="15sp"
        android:textStyle="bold">
    </android.widget.Button>
    <RelativeLayout
        android:layout_width="150dp"
        android:layout_height="150dp"
        android:layout_toStartOf="@id/centerverticalline"
        android:background="@drawable/cardbackgroung"
        android:layout_below="@id/heightlayout"
        android:layout_marginBottom="20dp"
        android:layout_marginTop="85dp"
        android:layout_marginLeft="20dp"
        android:layout_marginRight="20dp"
        android:id="@+id/weight">
        <TextView
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            android:textSize="18sp"
            android:textColor="@color/white"
            android:text="@string/weight"
            android:fontFamily="@font/raleway"
```

```xml
        android:id="@+id/textweight"
        android:layout_marginTop="15dp"
        android:textAlignment="center"
        android:textStyle="bold"
        android:layout_marginBottom="10dp">
    </TextView>
    <TextView
        android:id="@+id/currentweight"
        android:layout_width="match_parent"
        II android:layout_height="wrap_content"
        android:layout_centerInParent="true"
        android:fontFamily="@font/raleway"
        android:text="@string/startingweight"
        android:textAlignment="center"
        android:textColor="@color/white"
        android:textSize="30sp"
        android:textStyle="bold">
    </TextView>
    <RelativeLayout
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentBottom="true"
        android:layout_marginBottom="10dp"
        android:layout_marginStart="20dp"
        android:background="@drawable/plusminus"
        >
        <ImageView
            android:layout_width="30dp"
            android:layout_height="30dp"
            android:src="@drawable/minus"
            android:id="@+id/decrementweight"
            android:contentDescription="@string/todo">
        </ImageView>
    </RelativeLayout>
    <RelativeLayout
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentBottom="true"
        android:layout_marginBottom="10dp"
        android:layout_marginEnd="20dp"
        android:layout_alignParentEnd="true"
        android:background="@drawable/plusminus"
        >
        <ImageView
            android:layout_width="30dp"
            android:layout_height="30dp"
            android:id="@+id/incremetweight"
            android:src="@drawable/add"
            android:contentDescription="@string/todo">
        </ImageView>
    </RelativeLayout>
</RelativeLayout>
<RelativeLayout
    android:layout_width="150dp"
    android:layout_height="150dp"
    android:layout_toEndOf="@id/centerverticalline"
    android:background="@drawable/cardbackgroung"
```

```xml
            android:layout_below="@id/heightlayout"
            android:layout_marginBottom="20dp"
            android:layout_marginTop="85dp"
            android:layout_marginLeft="20dp"
            II android:layout_marginRight="20dp"
            android:id="@+id/Age">
        <TextView
            android:id="@+id/textage"
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            android:textSize="18sp"
            android:textColor="@color/white"
            android:text="@string/age"
            android:fontFamily="@font/raleway"
            android:layout_marginTop="15dp"
            android:textAlignment="center"
            android:textStyle="bold"
            android:layout_marginBottom="10dp">
        </TextView>
        <TextView
            android:id="@+id/currentage"
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            android:layout_centerInParent="true"
            android:fontFamily="@font/raleway"
            android:text="@string/startingage"
            android:textAlignment="center"
            android:textColor="@color/white"
            android:textSize="30sp"
            android:textStyle="bold">
        </TextView>
        <RelativeLayout
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_alignParentBottom="true"
            android:layout_marginBottom="10dp"
            android:layout_marginStart="20dp"
            android:background="@drawable/plusminus"
            >
            <ImageView
                android:layout_width="30dp"
                android:layout_height="30dp"
                android:src="@drawable/minus"
                android:id="@+id/decrementage"
                android:contentDescription="@string/todo">
            </ImageView>
        </RelativeLayout>
        <RelativeLayout
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_alignParentBottom="true"
            android:layout_marginBottom="10dp"
            android:layout_marginEnd="20dp"
            II android:layout_alignParentEnd="true"
            android:background="@drawable/plusminus"
            >
            <ImageView
```

```xml
                android:layout_width="30dp"
                android:layout_height="30dp"
                android:id="@+id/incrementage"
                android:src="@drawable/add"
                android:contentDescription="@string/todo">
            </ImageView>
        </RelativeLayout>
    </RelativeLayout>
</RelativeLayout>
```

CalActivity:

```xml
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
    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=".CalActivity">
</androidx.constraintlayout.widget.ConstraintLayout>
```

DietActivity:

```xml
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
    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=".DietActivity">
    <WebView
        android:layout_width="match_parent"
        android:layout_height="match_parent"
        android:id="@+id/webview1"/>
</androidx.constraintlayout.widget.ConstraintLayout>
```

GoogleSignInActivity:

```xml
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
    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=".GoogleSignInActivity">
</androidx.constraintlayout.widget.ConstraintLayout>
```

LoginActivity:

```xml
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
    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=".LoginActivity"
    android:background="@color/white"
    android:paddingLeft="25dp"
    android:paddingRight="25dp">
    <ScrollView
        android:layout_width="match_parent"
        android:layout_height="match_parent">
        <androidx.constraintlayout.widget.ConstraintLayout
            android:layout_width="match_parent"
            android:layout_height="match_parent">
            <View
                android:id="@+id/view"
                android:layout_width="0dp"
                android:layout_height="2dp"
                android:layout_marginStart="16dp"
                android:background="@color/black"
                app:layout_constraintBottom_toBottomOf="@+id/orbtn"
                app:layout_constraintEnd_toEndOf="@+id/lottieAnimationView3"
                app:layout_constraintHorizontal_bias="0.0"
                app:layout_constraintStart_toEndOf="@+id/orbtn"
                app:layout_constraintTop_toTopOf="@+id/orbtn" />
            <View
                android:id="@+id/view1"
                android:layout_width="0dp"
                android:layout_height="2dp"
                android:layout_marginEnd="16dp"
                android:background="@color/black"
                app:layout_constraintBottom_toBottomOf="@+id/orbtn"
                app:layout_constraintEnd_toStartOf="@+id/orbtn"
                app:layout_constraintHorizontal_bias="0.0"
app:layout_constraintStart_toStartOf="@+id/lottieAnimationView3"
                app:layout_constraintTop_toTopOf="@+id/orbtn" />
            <com.airbnb.lottie.LottieAnimationView
                android:id="@+id/lottieAnimationView3"
                android:layout_width="match_parent"
                android:layout_height="250dp"
                android:layout_gravity="center"
                app:lottie_autoPlay="true"
                app:lottie_loop="true"
```

```xml
                    app:lottie_rawRes="@raw/stressfree"
                    tools:ignore="MissingConstraints"/>
                <TextView
                    android:id="@+id/textView"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:layout_marginStart="169dp"
                    android:layout_marginEnd="154dp"
                    android:fontFamily="@font/aclonica"
                    android:text="@string/login"
                    android:textColor="@color/black"
                    android:textSize="44sp"
                    II android:textStyle="bold"
                    app:layout_constraintEnd_toEndOf="parent"
                    app:layout_constraintStart_toStartOf="parent"

app:layout_constraintTop_toBottomOf="@+id/lottieAnimationView3" />
                <EditText
                    android:id="@+id/inputEmail"
                    android:layout_width="0dp"
                    android:layout_height="wrap_content"
                    android:layout_marginStart="32dp"
                    android:layout_marginTop="16dp"
                    android:layout_marginEnd="32dp"
                    android:drawableLeft="@drawable/ic_baseline_email_24"
                    android:drawablePadding="10dp"
                    android:ems="10"
                    android:hint="Email"
                    android:inputType="textEmailAddress"
                    android:minHeight="48dp"
                    android:textColor="@color/black"
                    android:textColorHint="@color/black"
                    app:layout_constraintEnd_toEndOf="parent"
                    app:layout_constraintStart_toStartOf="parent"
                    app:layout_constraintTop_toBottomOf="@+id/textView"
                    tools:ignore="MissingConstraints" />
                <EditText
                    android:id="@+id/inputPassword"
                    android:layout_width="0dp"
                    android:layout_height="wrap_content"
                    android:layout_marginStart="32dp"
                    android:layout_marginTop="8dp"
                    android:layout_marginEnd="32dp"
                    android:drawableLeft="@drawable/ic_baseline_security_24"
                    android:drawablePadding="10dp"
                    android:ems="10"
                    android:hint="Password"
                    android:inputType="textPassword"
                    android:minHeight="48dp"
                    android:textColor="@color/black"
                    android:textColorHint="@color/black"
                    app:layout_constraintEnd_toEndOf="parent"
                    app:layout_constraintStart_toStartOf="parent"
                    app:layout_constraintTop_toBottomOf="@+id/inputEmail"
                    tools:ignore="MissingConstraints" />
                <TextView
                    android:id="@+id/forgotpassword"
```

```xml
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_marginTop="16dp"
        android:text="Forgot Password?"
        android:textColor="@color/black"
        android:textSize="18sp"
        app:layout_constraintEnd_toEndOf="@+id/inputPassword"
        app:layout_constraintTop_toBottomOf="@+id/inputPassword"
        tools:ignore="MissingConstraints" />
    <android.widget.Button
        android:id="@+id/btnLogin"
        android:layout_width="0dp"
        android:layout_height="wrap_content"
        android:layout_marginStart="90dp"
        android:layout_marginTop="16dp"
        android:layout_marginEnd="90dp"
        II android:background="@drawable/buttonbackground"
        android:text="Login"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toBottomOf="@+id/forgotpassword"
        tools:ignore="MissingConstraints" />
    <TextView
        android:id="@+id/createAccount"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_marginTop="16dp"
        android:text="Create New Account?"
        android:textColor="@color/black"
        android:textSize="20sp"
        app:layout_constraintEnd_toEndOf="@+id/btnLogin"
        app:layout_constraintStart_toStartOf="@+id/btnLogin"
        app:layout_constraintTop_toBottomOf="@+id/btnLogin" />
    <TextView
        android:id="@+id/orbtn"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_marginStart="90dp"
        android:layout_marginTop="8dp"
        android:layout_marginEnd="90dp"
        android:text="OR"
        android:textColor="@color/black"
        android:textSize="20sp"
        android:textStyle="bold"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toBottomOf="@+id/createAccount"
        tools:ignore="MissingConstraints" />
    <ImageView
        android:id="@+id/btnGoogle"
        android:layout_width="50dp"
        android:layout_height="50dp"
        android:layout_marginTop="32dp"
        android:layout_marginBottom="16dp"
        app:layout_constraintBottom_toBottomOf="parent"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintStart_toStartOf="parent"
```

```
                    app:layout_constraintTop_toBottomOf="@+id/view1"
                    app:srcCompat="@drawable/google_logo"
                    tools:ignore="MissingConstraints" />
            </androidx.constraintlayout.widget.ConstraintLayout>
        </ScrollView>
</androidx.constraintlayout.widget.ConstraintLayout>
```

SplashActivity:

```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:orientation="vertical"
    tools:context=".SplashActivity"
    android:padding="70dp"
    android:background="@color/white">
    <ImageView
        android:id="@+id/splashlogoimage"
        android:layout_width="match_parent"
        android:layout_height="400dp"
        android:src="@drawable/splashlogo1" />
    <com.airbnb.lottie.LottieAnimationView
        android:layout_width="match_parent"
        android:layout_height="50dp"
        android:layout_below="@+id/splashlogoimage"
        android:layout_gravity="center"
        app:lottie_autoPlay="true"
        app:lottie_loop="true"
        app:lottie_rawRes="@raw/splash4" />
</RelativeLayout>
```

TipsActivity:

```xml
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
    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=".TipsActivity">
    <WebView
        android:layout_width="match_parent"
        android:layout_height="match_parent"
        android:id="@+id/webview2"/>
</androidx.constraintlayout.widget.ConstraintLayout>
```

WellnessActivity:

```xml
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout
    xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    II xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:padding="20dp"
    tools:context=".WellnessActivity">
    <ImageView
        android:id="@+id/nextimg"
        android:layout_width="80dp"
        android:layout_height="80dp"
        android:layout_marginTop="140dp"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toBottomOf="@+id/textViewQuote"
        app:srcCompat="@drawable/ic_baseline_arrow_forward_24" />
    <TextView
        android:id="@+id/textViewQuote"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_marginTop="300dp"
        android:text="It's about drive and power."
        android:textAlignment="center"
        android:textSize="30sp"
        android:textStyle="bold"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toTopOf="parent" />
</androidx.constraintlayout.widget.ConstraintLayout>
```

WorkoutActivity:

```xml
<?xml version="1.0" encoding="utf-8"?>
<ScrollView 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=".WorkoutActivity">
    <LinearLayout
        android:layout_width="match_parent"
        android:layout_height="match_parent"
        android:orientation="vertical"
        android:padding="20dp"
        android:background="#fff">
        <LinearLayout
```

```xml
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            android:orientation="vertical">
        <TextView
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:text="WorkOuts"
            android:textStyle="bold"
            android:textSize="30dp"
            android:textColor="@color/black"
            android:fontFamily="@font/aclonica"
            android:layout_gravity="center"/>
        II <TextView
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:text="@string/quote3"
        android:textStyle="bold"
        android:textColor="#272727"
        android:fontFamily="@font/raleway"
        android:layout_marginTop="10dp"/>

    </LinearLayout>
    <LinearLayout
        android:layout_width="match_parent"
        android:layout_height="wrap_content"
        android:orientation="vertical">
        <androidx.cardview.widget.CardView
            android:id="@+id/pushcard"
            android:layout_width="match_parent"
            android:layout_height="120dp"
            app:cardCornerRadius="15dp"
            android:layout_marginTop="20dp">
            <androidx.constraintlayout.widget.ConstraintLayout
                android:layout_width="match_parent"
                android:layout_height="match_parent"
                android:background="#fd3"
                android:padding="10dp">
                <TextView
                    android:id="@+id/textView9"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:layout_marginStart="24dp"
                    android:text="PUSHUPS"
                    android:textColor="#000"
                    android:textSize="30sp"
                    android:textStyle="bold"

app:layout_constraintStart_toStartOf="parent"tools:ignore="MissingConstraints"
                    tools:layout_editor_absoluteY="6dp" />
                <com.airbnb.lottie.LottieAnimationView
                    android:layout_width="100dp"
                    android:layout_height="90dp"
                    android:layout_gravity="center"
                    android:layout_marginEnd="8dp"

app:layout_constraintBottom_toBottomOf="parent"app:layout_constraintEnd_toEndOf="parent"
                    app:layout_constraintTop_toTopOf="parent"
```

```xml
                                app:lottie_autoPlay="true"
                                app:lottie_loop="true"
                                app:lottie_rawRes="@raw/pushup"
                                tools:ignore="MissingConstraints" />
                        <TextView
                            android:layout_width="200dp"
                            android:layout_height="50dp"
                            android:layout_marginStart="24dp"
                            android:layout_marginTop="8dp"
                            android:fontFamily="@font/raleway"
                            android:text="@string/pushup"
                            android:textSize="13sp"
                            android:textStyle="bold"
                            II android:textColor="#000"

app:layout_constraintStart_toStartOf="parent"app:layout_constraintTop_toBottomOf="@+id/tex
/> </androidx.constraintlayout.widget.ConstraintLayout>
            </androidx.cardview.widget.CardView>
            <androidx.cardview.widget.CardView
                android:id="@+id/pullcard"
                android:layout_width="match_parent"
                android:layout_height="120dp"
                app:cardCornerRadius="15dp"
                android:layout_marginTop="20dp">
                <androidx.constraintlayout.widget.ConstraintLayout
                    android:layout_width="match_parent"
                    android:layout_height="match_parent"
                    android:background="#39E7CD"
                    android:padding="10dp">
                    <TextView
                        android:id="@+id/t2"
                        android:layout_width="wrap_content"
                        android:layout_height="wrap_content"
                        android:layout_marginStart="24dp"
                        android:text="PULLUPS"
                        android:textColor="#000"
                        android:textSize="30sp"
                        android:textStyle="bold"

app:layout_constraintStart_toStartOf="parent"tools:ignore="MissingConstraints"
                        tools:layout_editor_absoluteY="6dp" />
                    <com.airbnb.lottie.LottieAnimationView
                        android:layout_width="100dp"
                        android:layout_height="90dp"
                        android:layout_gravity="center"
                        android:layout_marginEnd="8dp"

app:layout_constraintBottom_toBottomOf="parent"app:layout_constraintEnd_toEndOf="parent"
                        app:layout_constraintTop_toTopOf="parent"
                        app:lottie_autoPlay="true"
                        app:lottie_loop="true"
                        app:lottie_rawRes="@raw/pullup"
                        tools:ignore="MissingConstraints" />
                    <TextView
                        android:layout_width="200dp"
                        android:layout_height="50dp"
                        android:layout_marginStart="24dp"
```

```xml
                    android:layout_marginTop="8dp"
                    android:fontFamily="@font/raleway"
                    android:text="@string/pullup"
                    android:textSize="13sp"
                    android:textStyle="bold"
                    android:textColor="#000"

app:layout_constraintStart_toStartOf="parent"app:layout_constraintTop_toBottomOf="@+id/t2"
</androidx.constraintlayout.widget.ConstraintLayout>
                II </androidx.cardview.widget.CardView>
            <androidx.cardview.widget.CardView
                android:id="@+id/squartcard"
                android:layout_width="match_parent"
                android:layout_height="120dp"
                app:cardCornerRadius="15dp"
                android:layout_marginTop="20dp">
            <androidx.constraintlayout.widget.ConstraintLayout
                android:layout_width="match_parent"
                android:layout_height="match_parent"
                android:background="#F87"
                android:padding="10dp">
                <TextView
                    android:id="@+id/t3"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:layout_marginStart="24dp"
                    android:text="SQUATS"
                    android:textColor="#000"
                    android:textSize="30sp"
                    android:textStyle="bold"

app:layout_constraintStart_toStartOf="parent"tools:ignore="MissingConstraints"
                    tools:layout_editor_absoluteY="6dp" />
                <com.airbnb.lottie.LottieAnimationView
                    android:layout_width="100dp"
                    android:layout_height="90dp"
                    android:layout_gravity="center"
                    android:layout_marginEnd="8dp"

app:layout_constraintBottom_toBottomOf="parent"app:layout_constraintEnd_toEndOf="parent"
                    app:layout_constraintTop_toTopOf="parent"
                    app:lottie_autoPlay="true"
                    app:lottie_loop="true"
                    app:lottie_rawRes="@raw/squats"
                    tools:ignore="MissingConstraints" />
                <TextView
                    android:layout_width="200dp"
                    android:layout_height="50dp"
                    android:layout_marginStart="24dp"
                    android:layout_marginTop="8dp"
                    android:fontFamily="@font/raleway"
                    android:text="@string/squats"
                    android:textSize="13sp"
                    android:textStyle="bold"
                    android:textColor="#000"

app:layout_constraintStart_toStartOf="parent"app:layout_constraintTop_toBottomOf="@+id/t3"
```

```xml
        </androidx.constraintlayout.widget.ConstraintLayout>
            </androidx.cardview.widget.CardView>
            <androidx.cardview.widget.CardView
                android:id="@+id/tplankcard"
                android:layout_width="match_parent"
                android:layout_height="120dp"
                app:cardCornerRadius="15dp"
                II android:layout_marginTop="20dp">
                <androidx.constraintlayout.widget.ConstraintLayout
                    android:layout_width="match_parent"
                    android:layout_height="match_parent"
                    android:background="#F43"
                    android:padding="10dp">
                    <TextView
                        android:id="@+id/t5"
                        android:layout_width="wrap_content"
                        android:layout_height="wrap_content"
                        android:layout_marginStart="24dp"
                        android:text="T PLANK HOLD"
                        android:textColor="#000"
                        android:textSize="30sp"
                        android:textStyle="bold"

app:layout_constraintStart_toStartOf="parent"tools:ignore="MissingConstraints"
                        tools:layout_editor_absoluteY="6dp" />
                    <com.airbnb.lottie.LottieAnimationView
                        android:layout_width="100dp"
                        android:layout_height="90dp"
                        android:layout_gravity="center"
                        android:layout_marginEnd="8dp"

app:layout_constraintBottom_toBottomOf="parent"app:layout_constraintEnd_toEndOf="parent"
                        app:layout_constraintTop_toTopOf="parent"
                        app:lottie_autoPlay="true"
                        app:lottie_loop="true"
                        app:lottie_rawRes="@raw/plank2"
                        tools:ignore="MissingConstraints" />
                    <TextView
                        android:layout_width="200dp"
                        android:layout_height="50dp"
                        android:layout_marginStart="24dp"
                        android:layout_marginTop="8dp"
                        android:fontFamily="@font/raleway"
                        android:text="@string/tplank"
                        android:textSize="13sp"
                        android:textStyle="bold"
                        android:textColor="#000"

app:layout_constraintStart_toStartOf="parent"app:layout_constraintTop_toBottomOf="@+id/t5"
        </androidx.constraintlayout.widget.ConstraintLayout>
            </androidx.cardview.widget.CardView>
            <androidx.cardview.widget.CardView
                android:id="@+id/deadbugcard"
                android:layout_width="match_parent"
                android:layout_height="120dp"
                app:cardCornerRadius="15dp"
                android:layout_marginTop="20dp">
```

```xml
                <androidx.constraintlayout.widget.ConstraintLayout
                    android:layout_width="match_parent"
                    android:layout_height="match_parent"
                    android:background="#158446"
                    android:padding="10dp">
                    II <TextView
                    android:id="@+id/t6"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:layout_marginStart="24dp"
                    android:text="DEADBUG"
                    android:textColor="#000"
                    android:textSize="30sp"
                    android:textStyle="bold"

app:layout_constraintStart_toStartOf="parent"tools:ignore="MissingConstraints"
                    tools:layout_editor_absoluteY="6dp" />
                    <com.airbnb.lottie.LottieAnimationView
                        android:layout_width="100dp"
                        android:layout_height="90dp"
                        android:layout_gravity="center"
                        android:layout_marginEnd="8dp"

app:layout_constraintBottom_toBottomOf="parent"app:layout_constraintEnd_toEndOf="parent"
                        app:layout_constraintTop_toTopOf="parent"
                        app:lottie_autoPlay="true"
                        app:lottie_loop="true"
                        app:lottie_rawRes="@raw/deadbug"
                        tools:ignore="MissingConstraints" />
                    <TextView
                        android:layout_width="200dp"
                        android:layout_height="50dp"
                        android:layout_marginStart="24dp"
                        android:layout_marginTop="8dp"
                        android:fontFamily="@font/raleway"
                        android:text="@string/deadbug"
                        android:textSize="13sp"
                        android:textStyle="bold"
                        android:textColor="#000"

app:layout_constraintStart_toStartOf="parent"app:layout_constraintTop_toBottomOf="@+id/t6"
</androidx.constraintlayout.widget.ConstraintLayout>
            </androidx.cardview.widget.CardView>
            <androidx.cardview.widget.CardView
                android:id="@+id/skippingcard"
                android:layout_width="match_parent"
                android:layout_height="120dp"
                app:cardCornerRadius="15dp"
                android:layout_marginTop="20dp">
                <androidx.constraintlayout.widget.ConstraintLayout
                    android:layout_width="match_parent"
                    android:layout_height="match_parent"
                    android:background="#fff"
                    android:padding="10dp">
                    <TextView
                        android:id="@+id/t7"
                        android:layout_width="wrap_content"
```

```xml
                                android:layout_height="wrap_content"
                                android:layout_marginStart="24dp"
                                android:text="SKIPPING"
                                II android:textColor="#000"
                                android:textSize="30sp"
                                android:textStyle="bold"

app:layout_constraintStart_toStartOf="parent"tools:ignore="MissingConstraints"
                                tools:layout_editor_absoluteY="6dp" />
                        <com.airbnb.lottie.LottieAnimationView
                                android:layout_width="100dp"
                                android:layout_height="90dp"
                                android:layout_gravity="center"
                                android:layout_marginEnd="8dp"

app:layout_constraintBottom_toBottomOf="parent"app:layout_constraintEnd_toEndOf="parent"
                                app:layout_constraintTop_toTopOf="parent"
                                app:lottie_autoPlay="true"
                                app:lottie_loop="true"
                                app:lottie_rawRes="@raw/skipping"
                                tools:ignore="MissingConstraints" />
                        <TextView
                                android:layout_width="200dp"
                                android:layout_height="50dp"
                                android:layout_marginStart="24dp"
                                android:layout_marginTop="8dp"
                                android:fontFamily="@font/raleway"
                                android:text="@string/skipping"
                                android:textSize="13sp"
                                android:textStyle="bold"
                                android:textColor="#000"

app:layout_constraintStart_toStartOf="parent"app:layout_constraintTop_toBottomOf="@+id/t7"
</androidx.constraintlayout.widget.ConstraintLayout>
                </androidx.cardview.widget.CardView>
                <androidx.cardview.widget.CardView
                        android:id="@+id/heavysqcard"
                        android:layout_width="match_parent"
                        android:layout_height="120dp"
                        app:cardCornerRadius="15dp"
                        android:layout_marginTop="20dp">
                        <androidx.constraintlayout.widget.ConstraintLayout
                                android:layout_width="match_parent"
                                android:layout_height="match_parent"
                                android:background="#fd3"
                                android:padding="10dp">
                                <TextView
                                        android:id="@+id/t4"
                                        android:layout_width="wrap_content"
                                        android:layout_height="wrap_content"
                                        android:layout_marginStart="24dp"
                                        android:text="HEAVY SQUATS"
                                        android:textColor="#000"
                                        android:textSize="30sp"
                                        android:textStyle="bold"

app:layout_constraintStart_toStartOf="parent"tools:ignore="MissingConstraints"
```

```xml
                            tools:layout_editor_absoluteY="6dp" />
                        II <com.airbnb.lottie.LottieAnimationView
                        android:layout_width="100dp"
                        android:layout_height="90dp"
                        android:layout_gravity="center"
                        android:layout_marginEnd="8dp"

app:layout_constraintBottom_toBottomOf="parent"app:layout_constraintEnd_toEndOf="parent"
                        app:layout_constraintTop_toTopOf="parent"
                        app:lottie_autoPlay="true"
                        app:lottie_loop="true"
                        app:lottie rawRes="@raw/weightsquat"
                        tools:ignore="MissingConstraints" />
                        <TextView
                            android:layout_width="200dp"
                            android:layout_height="50dp"
                            android:layout_marginStart="24dp"
                            android:layout_marginTop="8dp"
                            android:fontFamily="@font/raleway"
                            android:text="@string/heavysquats"
                            android:textSize="13sp"
                            android:textStyle="bold"
                            android:textColor="#000"

app:layout_constraintStart_toStartOf="parent"app:layout_constraintTop_toBottomOf="@+id/t4"
</androidx.constraintlayout.widget.ConstraintLayout>
                </androidx.cardview.widget.CardView>
                <androidx.cardview.widget.CardView
                    android:id="@+id/splitjumpcard"
                    android:layout_width="match_parent"
                    android:layout_height="120dp"
                    app:cardCornerRadius="15dp"
                    android:layout_marginTop="20dp">
                    <androidx.constraintlayout.widget.ConstraintLayout
                        android:layout_width="match_parent"
                        android:layout_height="match_parent"
                        android:background="#F23"
                        android:padding="10dp">
                        <TextView
                            android:id="@+id/t8"
                            android:layout_width="wrap_content"
                            android:layout_height="wrap_content"
                            android:layout_marginStart="24dp"
                            android:text="SPLITJUMP"
                            android:textColor="#000"
                            android:textSize="30sp"
                            android:textStyle="bold"

app:layout_constraintStart_toStartOf="parent"tools:ignore="MissingConstraints"
                            tools:layout_editor_absoluteY="6dp" />
                        <com.airbnb.lottie.LottieAnimationView
                            android:layout_width="100dp"
                            android:layout_height="90dp"
                            android:layout_gravity="center"
                            android:layout_marginEnd="8dp"

app:layout_constraintBottom_toBottomOf="parent"app:layout_constraintEnd_toEndOf="parent"
```

```xml
                         II app:layout_constraintTop_toTopOf="parent"
                            app:lottie_autoPlay="true"
                            app:lottie_loop="true"
                            app:lottie_rawRes="@raw/splitjumps"
                            tools:ignore="MissingConstraints" />
                    <TextView
                        android:layout_width="200dp"
                        android:layout_height="50dp"
                        android:layout_marginStart="24dp"
                        android:layout_marginTop="8dp"
                        android:fontFamily="@font/raleway"
                        android:text="@string/splitjump"
                        android:textSize="13sp"
                        android:textStyle="bold"
                        android:textColor="#000"

app:layout_constraintStart_toStartOf="parent"app:layout_constraintTop_toBottomOf="@+id/t8"
</androidx.constraintlayout.widget.ConstraintLayout>
            </androidx.cardview.widget.CardView>
        </LinearLayout>
    </LinearLayout>
</ScrollView>
```

YogaActivity:

```xml
<?xml version="1.0" encoding="utf-8"?>
<ScrollView 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=".YogaActivity">
    <LinearLayout
        android:layout_width="match_parent"
        android:layout_height="match_parent"
        android:orientation="vertical"
        android:padding="20dp"
        android:background="#fff">
        <LinearLayout
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            android:orientation="vertical">
            <TextView
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:text="YOGA"
                android:textStyle="bold"
                android:textSize="30dp"
                android:textColor="@color/black"
                android:fontFamily="@font/aclonica"
                android:layout_gravity="center"/>
            <TextView
                II android:layout_width="wrap_content"
```

```xml
            android:layout_height="wrap_content"
            android:layout_gravity="center"
            android:text="@string/quote5"
            android:textStyle="bold"
            android:textColor="#272727"
            android:fontFamily="@font/raleway"
            android:layout_marginTop="10dp"/>
    </LinearLayout>
    <LinearLayout
        android:layout_width="match_parent"
        android:layout_height="wrap_content"
        android:orientation="vertical">
        <androidx.cardview.widget.CardView
            android:id="@+id/virkshasana"
            android:layout_width="match_parent"
            android:layout_height="120dp"
            app:cardCornerRadius="15dp"
            android:layout_marginTop="20dp">
            <androidx.constraintlayout.widget.ConstraintLayout
                android:layout_width="match_parent"
                android:layout_height="match_parent"
                android:background="#fd3"
                android:padding="10dp">
                <TextView
                    android:id="@+id/textView9"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:layout_marginStart="24dp"
                    android:text="Virkshasana"
                    android:textColor="#000"
                    android:textSize="30sp"
                    android:textStyle="bold"
                    app:layout_constraintStart_toStartOf="parent"
                    tools:ignore="MissingConstraints"
                    tools:layout_editor_absoluteY="6dp" />
                <com.airbnb.lottie.LottieAnimationView
                    android:layout_width="100dp"
                    android:layout_height="90dp"
                    android:layout_gravity="center"
                    android:layout_marginEnd="8dp"
                    app:layout_constraintBottom_toBottomOf="parent"
                    app:layout_constraintEnd_toEndOf="parent"
                    app:layout_constraintTop_toTopOf="parent"
                    app:lottie_autoPlay="true"
                    app:lottie_loop="true"
                    app:lottie_rawRes="@raw/virkshasana"
                    tools:ignore="MissingConstraints" />
                <TextView
                    android:layout_width="200dp"
                    android:layout_height="50dp"
                    android:layout_marginStart="24dp"
                    android:layout_marginTop="8dp"
                    android:fontFamily="@font/raleway"
                    android:text="@string/virkshasana"
                    android:textSize="13sp"
                    android:textStyle="bold"
                    II android:textColor="#000"
```

```xml
                    app:layout_constraintStart_toStartOf="parent"
                    app:layout_constraintTop_toBottomOf="@+id/textView9"
/>
            </androidx.constraintlayout.widget.ConstraintLayout>
        </androidx.cardview.widget.CardView>
        <androidx.cardview.widget.CardView
            android:id="@+id/cobrasana"
            android:layout_width="match_parent"
            android:layout_height="120dp"
            app:cardCornerRadius="15dp"
            android:layout_marginTop="20dp">
            <androidx.constraintlayout.widget.ConstraintLayout
                android:layout_width="match_parent"
                android:layout_height="match_parent"
                android:background="#fff"
                android:padding="10dp">
                <TextView
                    android:id="@+id/t2"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:layout_marginStart="24dp"
                    android:text="Cobrasana"
                    android:textColor="#000"
                    android:textSize="30sp"
                    android:textStyle="bold"
                    app:layout_constraintStart_toStartOf="parent"
                    tools:ignore="MissingConstraints"
                    tools:layout_editor_absoluteY="6dp" />
                <com.airbnb.lottie.LottieAnimationView
                    android:layout_width="100dp"
                    android:layout_height="90dp"
                    android:layout_gravity="center"
                    android:layout_marginEnd="8dp"
                    app:layout_constraintBottom_toBottomOf="parent"
                    app:layout_constraintEnd_toEndOf="parent"
                    app:layout_constraintTop_toTopOf="parent"
                    app:lottie_autoPlay="true"
                    app:lottie_loop="true"
                    app:lottie_rawRes="@raw/cobras"
                    tools:ignore="MissingConstraints" />
                <TextView
                    android:layout_width="200dp"
                    android:layout_height="50dp"
                    android:layout_marginStart="24dp"
                    android:layout_marginTop="8dp"
                    android:fontFamily="@font/raleway"
                    android:text="@string/cobrasana"
                    android:textSize="13sp"
                    android:textStyle="bold"
                    android:textColor="#000"
                    app:layout_constraintStart_toStartOf="parent"
                    app:layout_constraintTop_toBottomOf="@+id/t2" />
            </androidx.constraintlayout.widget.ConstraintLayout>
        II </androidx.cardview.widget.CardView>
        <androidx.cardview.widget.CardView
            android:id="@+id/pranayama"
            android:layout_width="match_parent"
```

```xml
            android:layout_height="120dp"
            app:cardCornerRadius="15dp"
            android:layout_marginTop="20dp">
        <androidx.constraintlayout.widget.ConstraintLayout
            android:layout_width="match_parent"
            android:layout_height="match_parent"
            android:background="#F87"
            android:padding="10dp">
            <TextView
                android:id="@+id/t3"
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:layout_marginStart="24dp"
                android:text="Pranayama"
                android:textColor="#000"
                android:textSize="30sp"
                android:textStyle="bold"
                app:layout_constraintStart_toStartOf="parent"
                tools:ignore="MissingConstraints"
                tools:layout_editor_absoluteY="6dp" />
            <com.airbnb.lottie.LottieAnimationView
                android:layout_width="100dp"
                android:layout_height="90dp"
                android:layout_gravity="center"
                android:layout_marginEnd="8dp"
                app:layout_constraintBottom_toBottomOf="parent"
                app:layout_constraintEnd_toEndOf="parent"
                app:layout_constraintTop_toTopOf="parent"
                app:lottie_autoPlay="true"
                app:lottie_loop="true"
                app:lottie_rawRes="@raw/multibreaths"
                tools:ignore="MissingConstraints" />
            <TextView
                android:layout_width="200dp"
                android:layout_height="50dp"
                android:layout_marginStart="24dp"
                android:layout_marginTop="8dp"
                android:fontFamily="@font/raleway"
                android:text="@string/pranayama"
                android:textSize="13sp"
                android:textStyle="bold"
                android:textColor="#000"
                app:layout_constraintStart_toStartOf="parent"
                app:layout_constraintTop_toBottomOf="@+id/t3" />
        </androidx.constraintlayout.widget.ConstraintLayout>
    </androidx.cardview.widget.CardView>
    <androidx.cardview.widget.CardView
        android:id="@+id/yogasana"
        android:layout_width="match_parent"
        android:layout_height="120dp"
        app:cardCornerRadius="15dp"
        II android:layout_marginTop="20dp">
        <androidx.constraintlayout.widget.ConstraintLayout
            android:layout_width="match_parent"
            android:layout_height="match_parent"
            android:background="#F43"
            android:padding="10dp">
```

```xml
            <TextView
                android:id="@+id/t5"
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:layout_marginStart="24dp"
                android:text="Yogaasana"
                android:textColor="#000"
                android:textSize="30sp"
                android:textStyle="bold"
                app:layout_constraintStart_toStartOf="parent"
                tools:ignore="MissingConstraints"
                tools:layout_editor_absoluteY="6dp" />
            <com.airbnb.lottie.LottieAnimationView
                android:layout_width="100dp"
                android:layout_height="90dp"
                android:layout_gravity="center"
                android:layout_marginEnd="8dp"
                app:layout_constraintBottom_toBottomOf="parent"
                app:layout_constraintEnd_toEndOf="parent"
                app:layout_constraintTop_toTopOf="parent"
                app:lottie_autoPlay="true"
                app:lottie_loop="true"
                app:lottie_rawRes="@raw/yogaasana"
                tools:ignore="MissingConstraints" />
            <TextView
                android:layout_width="200dp"
                android:layout_height="50dp"
                android:layout_marginStart="24dp"
                android:layout_marginTop="8dp"
                android:fontFamily="@font/raleway"
                android:text="@string/yogasana"
                android:textSize="13sp"
                android:textStyle="bold"
                android:textColor="#000"
                app:layout_constraintStart_toStartOf="parent"
                app:layout_constraintTop_toBottomOf="@+id/t5" />
        </androidx.constraintlayout.widget.ConstraintLayout>
    </androidx.cardview.widget.CardView>
    <androidx.cardview.widget.CardView
        android:id="@+id/utkatasana"
        android:layout_width="match_parent"
        android:layout_height="120dp"
        app:cardCornerRadius="15dp"
        android:layout_marginTop="20dp">
        <androidx.constraintlayout.widget.ConstraintLayout
            android:layout_width="match_parent"
            android:layout_height="match_parent"
            android:background="#158446"
            android:padding="10dp">
            II <TextView
            android:id="@+id/t6"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_marginStart="24dp"
            android:text="Utkatasana"
            android:textColor="#000"
            android:textSize="30sp"
```

```xml
                    android:textStyle="bold"
                    app:layout_constraintStart_toStartOf="parent"
                    tools:ignore="MissingConstraints"
                    tools:layout_editor_absoluteY="6dp" />
                    <com.airbnb.lottie.LottieAnimationView
                        android:layout_width="100dp"
                        android:layout_height="90dp"
                        android:layout_gravity="center"
                        android:layout_marginEnd="8dp"
                        app:layout_constraintBottom_toBottomOf="parent"
                        app:layout_constraintEnd_toEndOf="parent"
                        app:layout_constraintTop_toTopOf="parent"
                        app:lottie_autoPlay="true"
                        app:lottie_loop="true"
                        app:lottie_rawRes="@raw/posture"
                        tools:ignore="MissingConstraints" />
                    <TextView
                        android:layout_width="200dp"
                        android:layout_height="50dp"
                        android:layout_marginStart="24dp"
                        android:layout_marginTop="8dp"
                        android:fontFamily="@font/raleway"
                        android:text="@string/utkatasana1"
                        android:textSize="13sp"
                        android:textStyle="bold"
                        android:textColor="#000"
                        app:layout_constraintStart_toStartOf="parent"
                        app:layout_constraintTop_toBottomOf="@+id/t6" />
                </androidx.constraintlayout.widget.ConstraintLayout>
            </androidx.cardview.widget.CardView>
        </LinearLayout>
    </LinearLayout>
</ScrollView>
```

Fitnessfragment:•

```xml
<?xml version="1.0" encoding="utf-8"?>
<LinearLayout
    android:id="@+id/fitnessfrag"
    xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:orientation="vertical"
    android:background="@color/white">
    <!-- Image Slider !-->
    II <ViewFlipper
    android:layout_width="match_parent"
    android:layout_height="200dp"
    android:layout_marginStart="16dp"
    android:layout_marginTop="16dp"
    android:layout_marginEnd="16dp"
    android:flipInterval="2000"
```

```xml
        android:autoStart="true"
        android:inAnimation="@android:anim/slide_in_left"
        android:outAnimation="@android:anim/slide_out_right">
    <ImageView
        android:layout_width="match_parent"
        android:layout_height="match_parent"
        android:background="@drawable/man1"
        tools:ignore="ContentDescription" />
    <ImageView
        android:layout_width="match_parent"
        android:layout_height="match_parent"
        android:background="@drawable/man2"
        tools:ignore="ContentDescription" />
    <ImageView
        android:layout_width="match_parent"
        android:layout_height="match_parent"
        android:background="@drawable/man3"
        tools:ignore="ContentDescription" />
</ViewFlipper>
    <TextView
        android:id="@+id/tryouttextview"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_marginStart="10dp"
        android:layout_marginTop="20dp"
        android:fontFamily="@font/aclonica"
        android:text="Try Out:-"
        android:textColor="@color/black"
        android:textSize="22sp"
        android:textStyle="bold" />
    <LinearLayout
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:gravity="center_horizontal"
        android:orientation="horizontal"
        >
        <ImageView
            android:id="@+id/musicbtn1"
            android:layout_width="70dp"
            android:layout_height="70dp"
            android:layout_marginTop="20dp"
            android:layout_marginLeft="80sp"
            android:background="@drawable/music_icon" />
        <ImageView
            android:id="@+id/dietbtn1"
            android:layout_width="70dp"
            android:layout_height="70dp"
            android:layout_marginStart="15dp"
            android:layout_marginTop="20dp"
            II android:background="@drawable/diet_icon" />
        <ImageView
            android:id="@+id/bmibtn1"
            android:layout_width="70dp"
            android:layout_height="70dp"
            android:layout_marginStart="15dp"
            android:layout_marginTop="20dp"
            android:background="@drawable/bmi_icon" />
```

```xml
        <ImageView
            android:id="@+id/tipsbtn1"
            android:layout_width="70dp"
            android:layout_height="70dp"
            android:layout_marginTop="20dp"
            android:layout_marginRight="90sp"
            android:layout_marginStart="15dp"
            android:layout_marginEnd="90dp"
            android:background="@drawable/tips_icon" />
    </LinearLayout>
    <LinearLayout
        android:layout_width="match_parent"
        android:layout_height="wrap_content"
        android:orientation="horizontal" >
        <TextView
            android:id="@+id/textView5"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_marginStart="35dp"
            android:layout_marginTop="28dp"
            android:fontFamily="@font/aclonica"
            android:textColor="@color/black"
            android:text="MUSIC"
            android:textStyle="bold" />
        <TextView
            android:id="@+id/textView8"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_marginTop="28dp"
            android:layout_marginStart="40dp"
            android:fontFamily="@font/aclonica"
            android:text="DIET"
            android:textColor="@color/black"
            android:textStyle="bold" />
        <TextView
            android:id="@+id/textView6"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_marginStart="50dp"
            android:layout_marginTop="28dp"
            android:fontFamily="@font/aclonica"
            android:textColor="@color/black"
            android:text="BMI"
            android:textStyle="bold" />
        <TextView
            android:id="@+id/textView4"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_marginStart="45dp"
            II android:layout_marginTop="28dp"
            android:fontFamily="@font/aclonica"
            android:textColor="@color/black"
            android:text="TIPS"
            android:textStyle="bold" />
    </LinearLayout>
    <LinearLayout
        android:layout_width="wrap_content"
```

```xml
            android:layout_height="wrap_content"
            android:orientation="horizontal"
            >
            <ImageView
                android:id="@+id/wellbtn1"
                android:layout_width="70dp"
                android:layout_height="70dp"
                android:layout_marginLeft="25sp"
                android:layout_marginTop="20dp"
                android:background="@drawable/wellness_icon" />
        </LinearLayout>
        <LinearLayout
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:orientation="horizontal"
            >
            <TextView
                android:id="@+id/textView7"
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:layout_marginStart="35dp"
                android:layout_marginTop="28dp"
                android:layout_marginEnd="36dp"
                android:fontFamily="@font/aclonica"
                android:textColor="@color/black"
                android:text="QUOTES"
                android:textStyle="bold" />
        </LinearLayout>
</LinearLayout>
```

Home Fragment:

```xml
<?xml version="1.0" encoding="utf-8"?>
<androidx.constraintlayout.widget.ConstraintLayout android:gravity="center"
    android:id="@+id/home"
    xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_gravity="center"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="@drawable/homebg"
    android:orientation="vertical"
    xmlns:app="http://schemas.android.com/apk/res-auto">
    <androidx.cardview.widget.CardView
        android:id="@+id/cardView"
        android:layout_width="350dp"
        android:layout_height="100dp"
        android:layout_marginTop="40dp"
        app:cardCornerRadius="20dp"
        app:cardElevation="20dp"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toBottomOf="@+id/cardView2">
```

```xml
        <androidx.constraintlayout.widget.ConstraintLayout
            android:layout_width="match_parent"
            android:layout_height="match_parent"
            android:background="@color/black">
            <ImageView
                android:id="@+id/imageView2"
                android:layout_width="80dp"
                android:layout_height="match_parent"
                android:layout_marginStart="252dp"
                app:layout_constraintBottom_toBottomOf="parent"
                app:layout_constraintStart_toStartOf="parent"
                app:layout_constraintTop_toTopOf="parent"
                app:layout_constraintVertical_bias="0.0"
                app:srcCompat="@drawable/yoga_icon" />
            <TextView
                android:id="@+id/textView"
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:layout_marginStart="16dp"
                android:fontFamily="@font/aclonica"
                android:text="YOGA"
                android:textColor="@color/white"
                android:textSize="28sp"
                android:textStyle="bold"
                app:layout_constraintBottom_toBottomOf="parent"
                app:layout_constraintEnd_toEndOf="parent"
                app:layout_constraintHorizontal_bias="0.15"
                app:layout_constraintStart_toStartOf="parent"
                app:layout_constraintTop_toTopOf="parent" />
        </androidx.constraintlayout.widget.ConstraintLayout>
    </androidx.cardview.widget.CardView>
    <androidx.cardview.widget.CardView
        android:id="@+id/cardView2"
        android:layout_width="350dp"
        android:layout_height="100dp"
        android:layout_marginTop="300dp"
        II app:cardCornerRadius="20dp"
        app:cardElevation="20dp"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toTopOf="parent">
        <androidx.constraintlayout.widget.ConstraintLayout
            android:layout_width="match_parent"
            android:layout_height="match_parent"
            android:background="@color/black">
            <ImageView
                android:id="@+id/imageView"
                android:layout_width="80dp"
                android:layout_height="match_parent"
                android:layout_marginStart="252dp"
                app:layout_constraintBottom_toBottomOf="parent"
                app:layout_constraintStart_toStartOf="parent"
                app:layout_constraintTop_toTopOf="parent"
                app:layout_constraintVertical_bias="0.0"
                app:srcCompat="@drawable/weightlifter_icon" />
            <TextView
                android:id="@+id/textView2"
```

```xml
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:layout_marginStart="16dp"
                android:fontFamily="@font/aclonica"
                android:text="GYM WORKOUT"
                android:textColor="@color/white"
                android:textSize="24sp"
                android:textStyle="bold"
                app:layout_constraintBottom_toBottomOf="parent"
                app:layout_constraintEnd_toStartOf="@+id/imageView"
                app:layout_constraintHorizontal_bias="0.0"
                app:layout_constraintStart_toStartOf="parent"
                app:layout_constraintTop_toTopOf="parent" />
        </androidx.constraintlayout.widget.ConstraintLayout>
    </androidx.cardview.widget.CardView>
    <!--androidx.cardview.widget.CardView
    android:id="@+id/cardView3"
    android:layout_width="350dp"
    android:layout_height="100dp"
    android:layout_marginTop="16dp"
    android:clickable="true"
    app:cardCornerRadius="20dp"
    app:cardElevation="20dp"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toBottomOf="@+id/cardView">
    <androidx.constraintlayout.widget.ConstraintLayout
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="@color/black">
    <ImageView
    android:id="@+id/imageView3"
    android:layout_width="80dp"
    android:layout_height="match_parent"
    android:layout_marginStart="252dp"
 II app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent"
    app:layout_constraintVertical_bias="0.0"
    app:srcCompat="@drawable/calisthenics_icon" />
    <TextView
    android:id="@+id/textView3"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_marginStart="16dp"
    android:fontFamily="@font/aclonica"
    android:text="Calisthenics"
    android:textAllCaps="true"
    android:textColor="@color/white"
    android:textSize="24sp"
    android:textStyle="bold"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintEnd_toStartOf="@+id/imageView3"
    app:layout_constraintHorizontal_bias="0.153"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toTopOf="parent" />
    </androidx.constraintlayout.widget.ConstraintLayout>
```

```
    </androidx.cardview.widget.CardView-->
    <ImageView
        android:id="@+id/imageView4"
        android:layout_width="344dp"
        android:layout_height="196dp"
        android:layout_marginTop="8dp"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toTopOf="parent"
        app:srcCompat="@drawable/bullhead" />
    <TextView
        android:id="@+id/tvmarq"
        android:layout_width="match_parent"
        android:layout_height="wrap_content"
        android:layout_marginTop="24dp"
        android:ellipsize="marquee"
        android:marqueeRepeatLimit="marquee_forever"
        android:scrollHorizontally="true"
        android:singleLine="true"
        android:text="@string/tvmar"
        app:layout_constraintBottom_toBottomOf="parent"
        app:layout_constraintEnd_toEndOf="parent"
        app:layout_constraintStart_toStartOf="parent"
        app:layout_constraintTop_toBottomOf="@+id/cardView" />
</androidx.constraintlayout.widget.ConstraintLayout>
```

Profile Fragment:•

```
<?xml version="1.0" encoding="utf-8"?>
<ScrollView android:id="@+id/home"
    xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    II android:layout_height="match_parent"
    xmlns:app="http://schemas.android.com/apk/res-auto">
    <LinearLayout
        android:layout_width="match_parent"
        android:layout_height="match_parent"
        android:orientation="vertical">
        <RelativeLayout
            android:layout_width="match_parent"
            android:layout_height="300dp"
            android:background="#fece2f"
            android:padding="20dp">
            <ImageView
                android:id="@+id/profile_image"
                android:layout_width="100dp"
                android:layout_height="100dp"
                android:layout_centerVertical="true"
                android:src="@drawable/profile_image" />
            <TextView
                android:id="@+id/fullname_field"
                android:layout_width="wrap_content"
```

```xml
            android:layout_height="wrap_content"
            android:layout_centerVertical="true"
            android:layout_marginLeft="10dp"
            android:layout_toRightOf="@+id/profile_image"
            android:fontFamily="@font/aclonica"
            android:includeFontPadding="false"
            android:text="Beast Fitness"
            android:textColor="#000"
            android:textSize="20sp" />
        <TextView
            android:id="@+id/username_field"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@id/fullname_field"
            android:layout_marginLeft="10dp"
            android:layout_toRightOf="@+id/profile_image"
            android:includeFontPadding="false"
            android:text="Member"
            android:textSize="14sp" />
    </RelativeLayout>
    <LinearLayout
        android:layout_height="wrap_content"
        android:layout_marginTop="-100dp"
        android:layout_width="match_parent"
        android:padding="20dp">
        <com.google.android.material.card.MaterialCardView
            android:layout_height="125dp"
            android:layout_margin="10dp"
            android:layout_weight="1"
            android:layout_width="0dp"
            app:cardBackgroundColor="#fece2f"
            app:cardElevation="10dp">
            <RelativeLayout
                android:layout_height="match_parent"
                II android:layout_width="match_parent"
                android:padding="5dp">
                <ImageView
                    android:layout_centerHorizontal="true"
                    android:layout_height="30dp"
                    android:layout_width="30dp"
                    android:src="@drawable/ic_baseline_monitor_weight_24"
/>
                <EditText
                    android:id="@+id/weight_label"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:layout_centerInParent="true"
                    android:fontFamily="@font/raleway"
                    android:includeFontPadding="false"
                    android:text="60"
                    android:textSize="20sp" />
                <TextView
                    android:id="@+id/weight_desc"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:layout_below="@id/weight_label"
                    android:layout_centerHorizontal="true"
```

```xml
                android:includeFontPadding="false"
                android:text="Weight(kg)"
                android:textSize="20sp" />
        </RelativeLayout>
    </com.google.android.material.card.MaterialCardView>
    <com.google.android.material.card.MaterialCardView
        android:layout_height="125dp"
        android:layout_margin="10dp"
        android:layout_weight="1"
        android:layout_width="0dp"
        app:cardBackgroundColor="#fece2f"
        app:cardElevation="10dp">
        <RelativeLayout
            android:layout_height="match_parent"
            android:layout_width="match_parent"
            android:padding="5dp">
            <ImageView
                android:layout_centerHorizontal="true"
                android:layout_height="30dp"
                android:layout_width="30dp"
                android:src="@drawable/ic_baseline_height_24" />
            <EditText
                android:id="@+id/height_label"
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:layout_centerInParent="true"
                android:fontFamily="@font/raleway"
                android:includeFontPadding="false"
                android:text="172"
                android:textSize="20sp" />
            <TextView
                android:id="@+id/height_desc"
                II android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:layout_below="@id/height_label"
                android:layout_centerHorizontal="true"
                android:includeFontPadding="false"
                android:text="Height(cm)"
                android:textSize="20sp" />
        </RelativeLayout>
    </com.google.android.material.card.MaterialCardView>
</LinearLayout>
<LinearLayout
    android:layout_height="wrap_content"
    android:layout_width="match_parent"
    android:orientation="vertical"
    android:padding="10dp">
    <com.google.android.material.textfield.TextInputLayout
        android:hint="Full Name"
        android:id="@+id/full_name_profile"
        android:layout_height="wrap_content"
        android:layout_width="match_parent">
        <com.google.android.material.textfield.TextInputEditText
            android:drawableLeft="@drawable/ic_baseline_person_24"
            android:drawablePadding="10dp"
            android:layout_height="wrap_content"
            android:layout_width="match_parent" />
```

```xml
            </com.google.android.material.textfield.TextInputLayout>
            <com.google.android.material.textfield.TextInputLayout
                android:hint="Email"
                android:id="@+id/Email_profile"
                android:layout_height="wrap_content"
                android:layout_width="match_parent">
                <com.google.android.material.textfield.TextInputEditText
                    android:drawableLeft="@drawable/ic_baseline_email_24"
                    android:drawablePadding="10dp"
                    android:layout_height="wrap_content"
                    android:layout_width="match_parent" />
            </com.google.android.material.textfield.TextInputLayout>
            <com.google.android.material.textfield.TextInputLayout
                android:hint="Contact"
                android:id="@+id/contact_profile"
                android:layout_height="wrap_content"
                android:layout_width="match_parent">
                <com.google.android.material.textfield.TextInputEditText
                    android:drawableLeft="@drawable/ic_baseline_security_24"
                    android:drawablePadding="10dp"
                    android:layout_height="wrap_content"
                    android:layout_width="match_parent" />
            </com.google.android.material.textfield.TextInputLayout>
        </LinearLayout>
        II <Button
        android:id="@+id/signinbtn"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:text="SignIn"
        android:layout_gravity="center"
        tools:ignore="MissingConstraints" />
        <Button
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:fontFamily="@font/raleway"
            android:id="@+id/updatebutton"
            android:layout_gravity="center_horizontal"
            android:text="UPDATE" />
    </LinearLayout>
</ScrollView>
```