

Description

When the user opens the app, they see an introductory text at the top of the app. It describes to the user the main functionalities of the app. These are calculating calories burned, seeing the equivalent reps/minutes for other exercises, and calculating reps/minutes from desired calories to burn.

For the first function, the user may select the desired exercise from a spinner and enter the number of reps/minutes for the exercise. If one of these has not been done when the user clicks the "Calculate Calories" button, an appropriate message will appear telling the user such. Else, pressing the "Calculate Calories" button will tell the user how many calories they burned performing the chosen exercise for the given number of reps/minutes.

For the second function, the user may again select the desired exercise from a spinner. If this has not been done when the user clicks the "Calculate Alternative" button, a message will appear telling the user such. If the first function was not yet performed when the user clicks the "Calculate Alternative" button, a message will appear telling the user to do the previous function first. If the chosen exercise is the same as the exercise chosen for the first function when the user clicks the "Calculate Alternative" button, a message will appear telling the user to select a different exercise for this function. Else, pressing the "Calculate Alternative" button will tell the user how many reps/minutes are needed with the alternative exercise to burn the same amount of calories calculated in the previous function.

For the third function, the user may enter the desired number of calories to burn and the exercise from a spinner. If one of these has not been done when the user clicks the "Calculate Amount" button, an appropriate message will appear telling the user such. Else, pressing the "Calculate Amount" button will tell the user how many reps/minutes are needed with the desired exercise to burn the given number of calories.

