# Calorie Crunch

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Calorie Crunch is an app that helps an user keep track of how many calories they are burning through physical activity. This app supports twelve common exercises that many people incorporate into their workouts: pushups, situps, squats, leg-lifts, planks, jumping jacks, pullups, cycling, walking, jogging, swimming, and stair-climbing. The user simply has to input the exercise they are doing and their body weight, and the app will calculate the number of calories lost. It will also output the amount of reps/time of the other exercises that could be done to lose an equivalent number of calories. If the user does not input a weight, the default setting will assume that the user weighs 150 pounds. There is also a feature that allows the user to input the number of calories they want to lose, and the app will calculate the amount of time/reps needed of exercises to attain that goal. Finally, data values can be changed within the fields can be changed as needed, and hitting the "Calculate" button will update the outputs as necessary. This app supports both portrait and landscape orientation. Enjoy!

Here is a walkthrough on how to use Calorie Crunch:

Upon opening the app, your screen should look the photo on the left. The user can dismiss the number pad by clicking the small down arrow to the left of the home button.
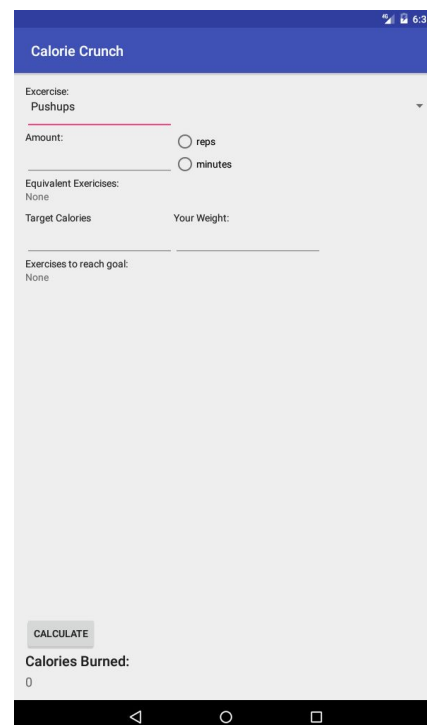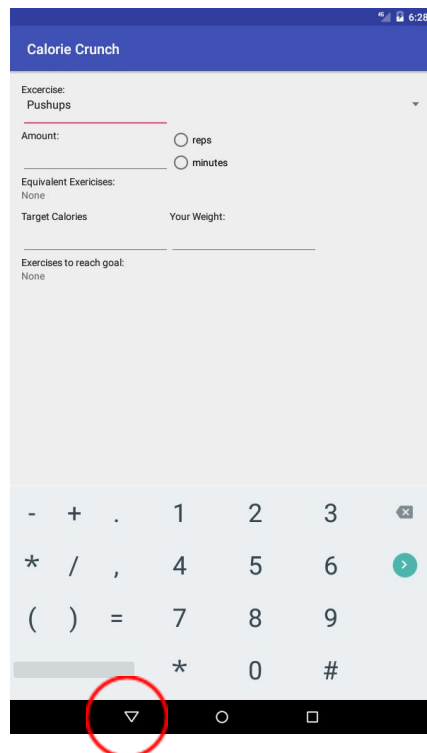
Clicking the small down arrow on the right side of the drop-down menu will give the user the list of choices of common exercises that they would like to calculate calorie loss for. The user can choose the exercise by tapping on the corresponding option in the menu.
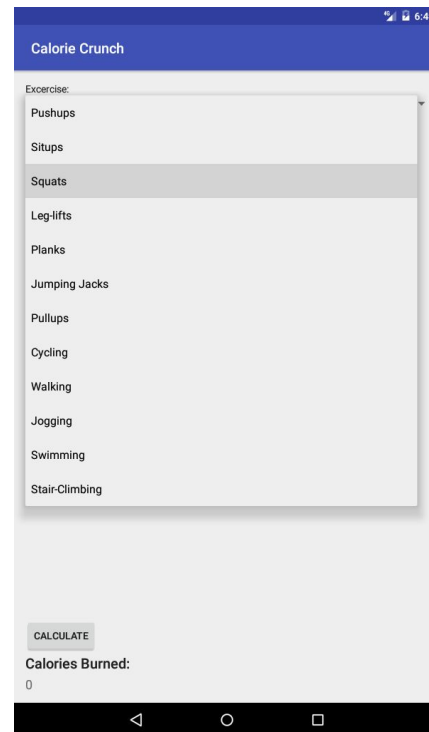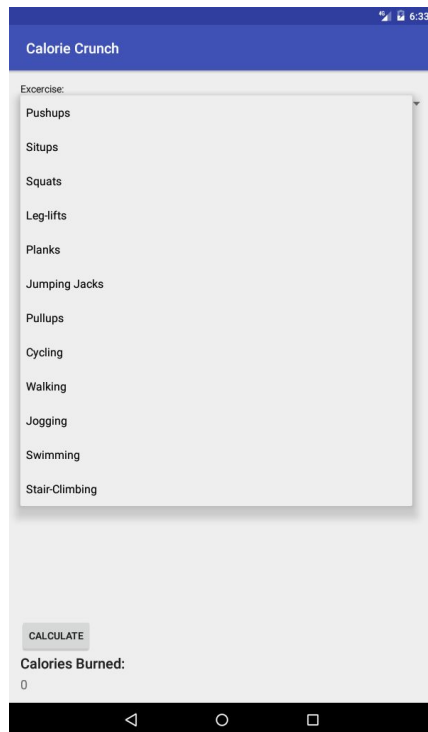
Next, the user must tap the entry box under the section titled "Amount." Upon doing so, a number pad will pop up and the user can enter the amount of exercise performed.
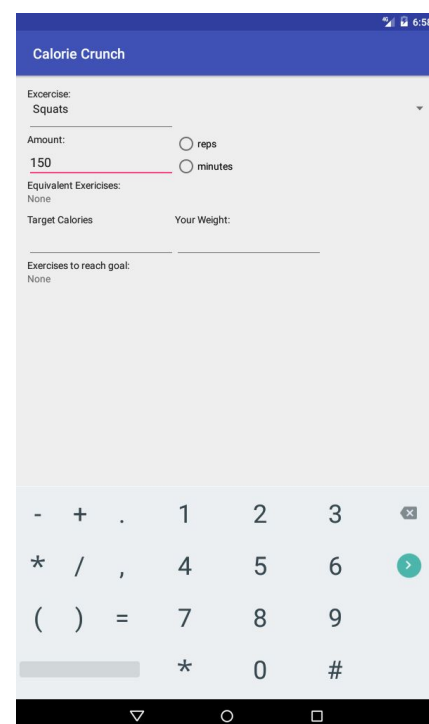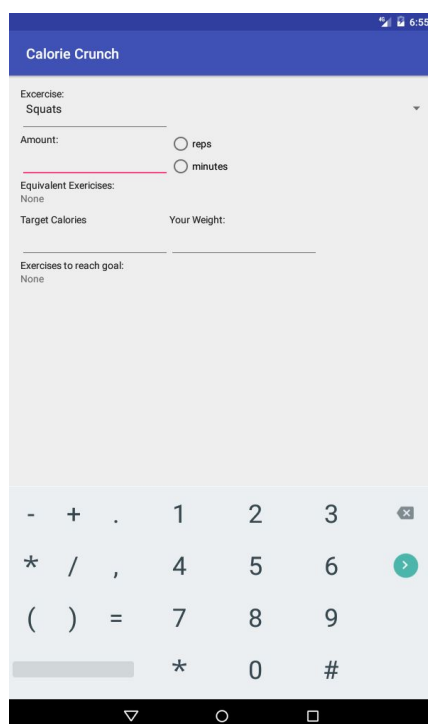
After entering the amount of exercise done, the user must select the correct option between "reps" or "minutes." Pushups, situps, squats, and pullups are counted in reps, and the rest are counted in minutes. Otherwise, the app creates an error message.

Now, if the user hits the "Calculate" button, the app will calculate the number of calories lost, as well as the amounts of other exercises to lose the same number of calories. After that, the user can fill in the "Target Calories" and "Your Weight" boxes.

As with the "Amount" section, the user must enter numerical values in the "Target Calories" and the "Your Weight" sections. Then, if the "Calculate" button is pressed, the app will update the previous calculations as necessary, as well as list exercises and their respective amounts that can be done to attain the user's goal.

Notice that the calculations have changed and that the "Exercises to reach goal" box has been updated. The user can change the values as necessary and the calculations will be updated once again if the "Calculate" button is pressed.