



WellMe

APP DI SALUTE E BENESSERE

AMBIENTI DI PROGRAMMAZIONE E PROGRAMMAZIONE MOBILE

A. A. 2024-2025

1. OBIETTIVI

- APPLICAZIONE: WellMe
- DESCRIZIONE: app mobile per monitorare, analizzare e gestire la propria attività fisica e la propria salute mentale.
- SCOPO: offrire un modo semplice e stimolante per prendersi cura del proprio corpo e della propria mente.
- OBIETTIVI: monitorare le attività fisiche, monitorare lo stato d'animo, archiviare lo storico dei dati.
- TARGET: principianti e professionisti.

2. LAVORI CORRELATI

- WellMe vs Salute IOS

Analogie: target ampio e monitoraggio dello stato d'animo.

Differenze: monitoraggio personalizzato e context-aware vs monitoraggio generico.

- WellMe vs Google Fit

Analogie: monitoraggio attività fisica e interfaccia utente intuitiva.

Differenze: benessere psico-fisico, context-aware vs benessere solo fisico, monitoraggio generale.

3. PROGETTAZIONE E FEATURES

- Monitoraggio salute fisica
- Monitoraggio benessere mentale
- Suggerimenti personalizzati (Context-aware)

FEATURE DA AGGIUNGERE

- Applicazione multilingua.
- Login e sincronizzazione con il cloud.

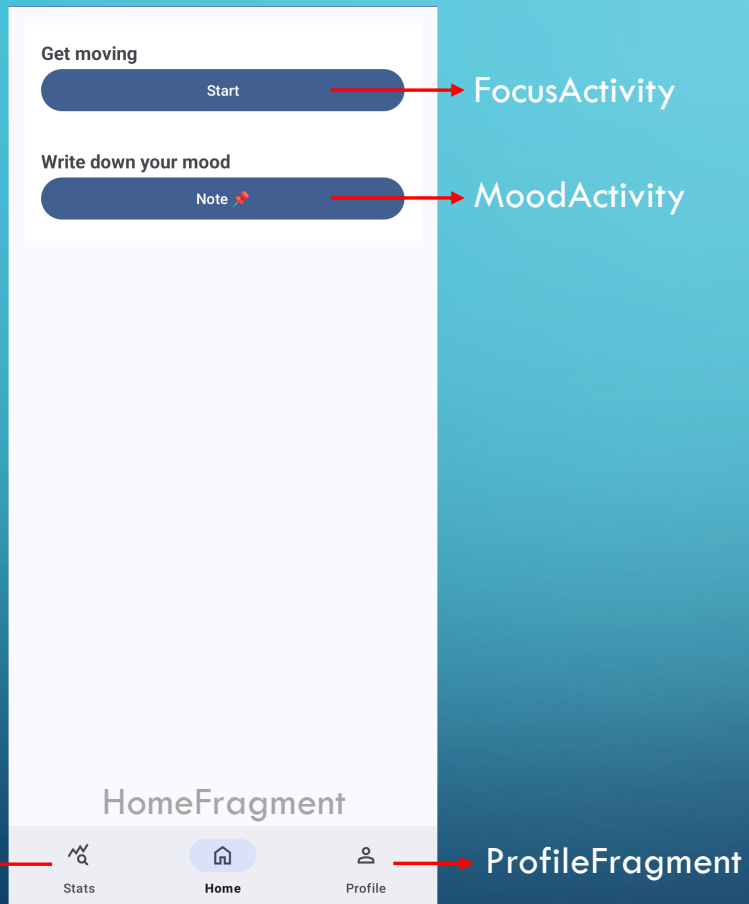
4. IMPLEMENTAZIONE

- MainActivity
- FocusActivity
- MoodActivity
- ViewItemActivity

ROOM – DATA MANAGEMENT

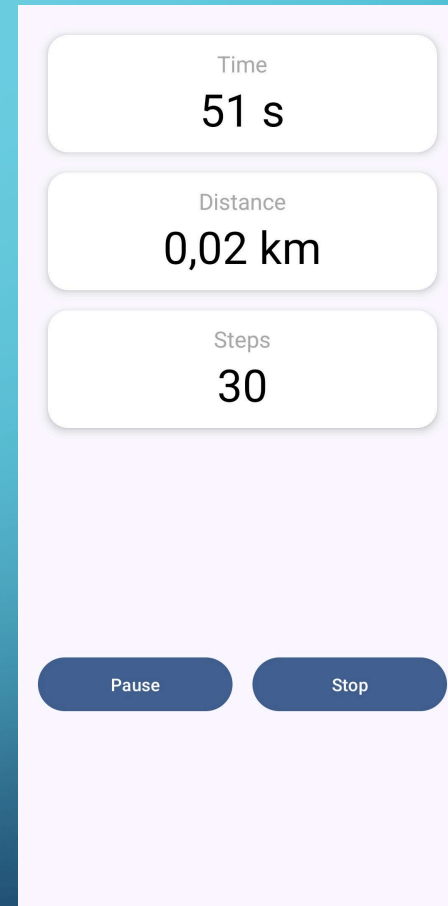
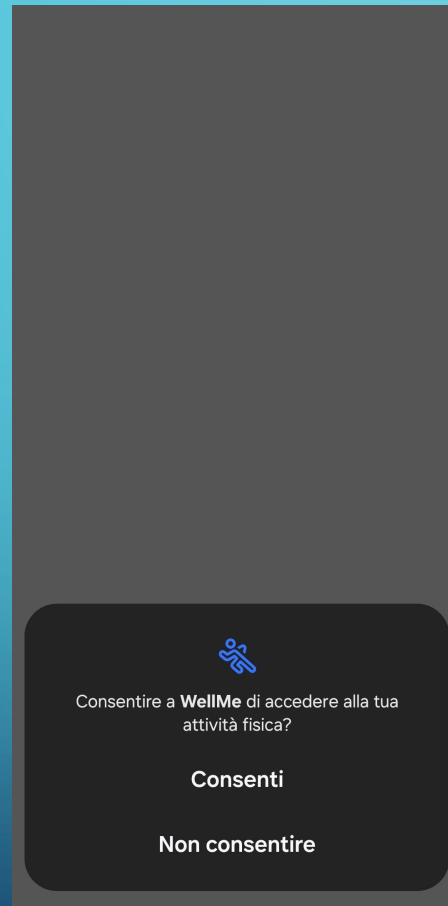
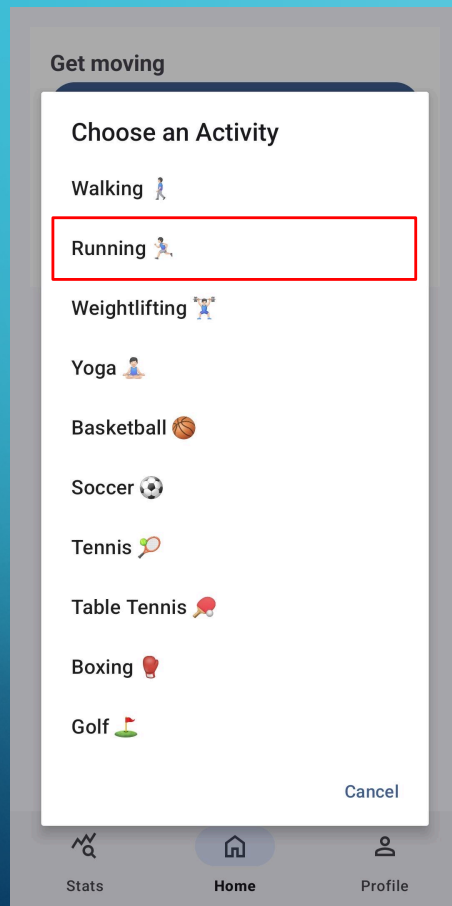
- ActivityStat e MoodStat (ENTITIES)
- ActivityStatsDao e MoodStatsDao (DATA ACCESS OBJECTS)
- ActivityViewModel e MoodViewModel (VIEW MODELS)
- ActivityAdapter e MoodAdapter (Adapters)
- WellMeDatabase

MAIN ACTIVITY



- BottomNavigationView
- HomeFragment
- StatsFragment
- ProfileFragment
- Context-Aware

FOCUS ACTIVITY



- Steps Permission
- DataFragment
- ControlsFragment
- Location Access

MOOD ACTIVITY

Write down an emotion or your mood

Describe today

Describe this moment 15:39 PM

Very Unpleasant

What best describes what you're feeling?

Deep Sadness

Despair

Severe Anxiety

Panic

Hopelessness

Severe Stress

Overwhelm

Guilt

Shame

What is having the biggest impact?

Physical Health

Exercise

Personal Care

Hobbies

Identity

Spirituality

Social Life

Family

Self-Esteem

Personal Achievements

Creativity

Self-Discovery

Mental Clarity

Personal Development

Surrounding Environment

Nature Exposure

Technology & Social Media

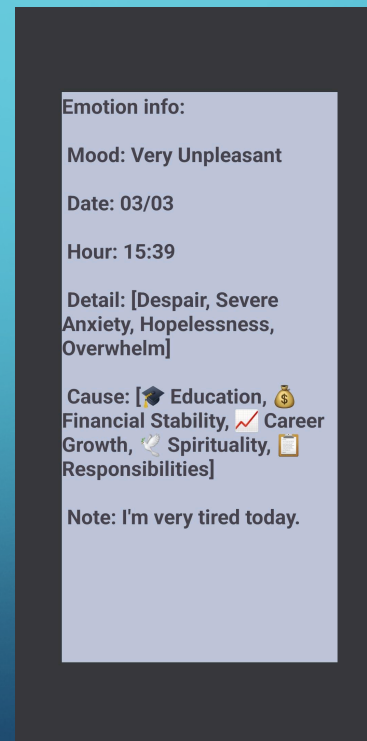
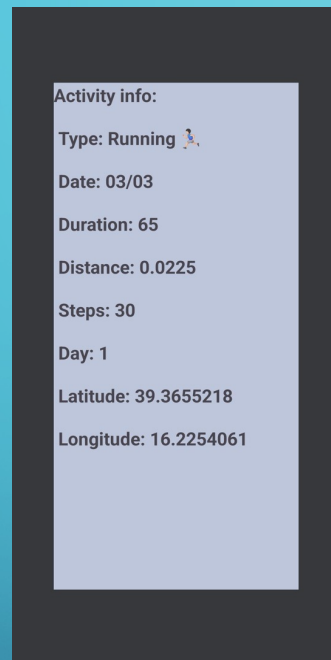
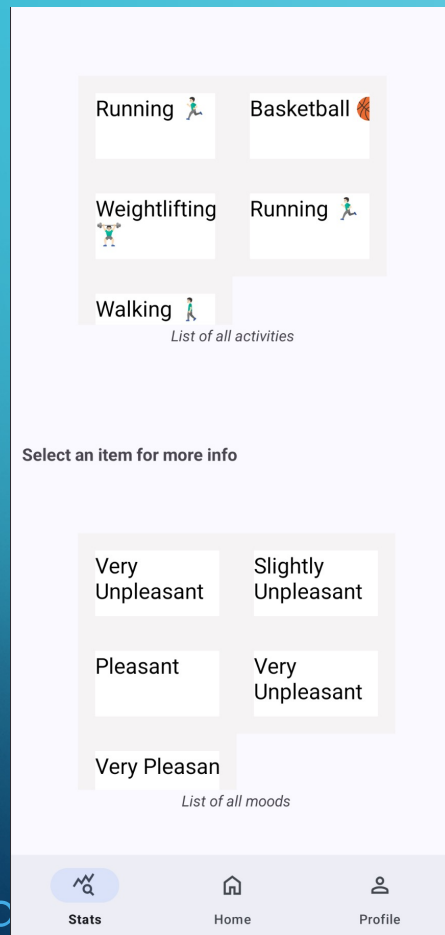
Write down your thoughts about what happened.

I'm very tired today.

Note

- Material Buttons
- SeekBar
- TextView
- ChipGroup
- EditText
- Button

VIEW ITEM ACTIVITY



- TextView
- Intent
- Visualizzazione informazioni di attività o stato d'animo selezionato

The background is a blue gradient. In the corners, there are white line-art illustrations of circuit boards, featuring various lines, right-angle turns, and small circles representing components or solder points.

Grazie per l'attenzione!