

My Personalized Fitness Tracker

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Github link: <https://github.com/rren4000/MyPersonalizedFitnessTracker.git>

Description:

- Language: Java
- “My Personalized Fitness Tracker” records a user’s health data and goals using text files. The tracker calculates health data given the user’s inputted data as well as gives the user ideas of activities to complete.

Features (4-5):

1. User Profile (Name, Age, Gender, Weight, Height)
2. Calorie Tracker
 - a. Calculate average number of calories consumed/ burned
 - b. Calculate average needed to reach goal body weight
3. Activity Tracker
 - a. Activity + Duration
 - b. Amount of Steps
 - c. Hours of sleep
4. Goal Setting
 - a. Body weight
 - b. Number of daily steps
 - c. Activity duration
 - i. Move (ie. 350/300 CAL where *calories burned/set goal*)
 - ii. Exercise (in minutes)
 - iii. Stand (in hours)
5. BMI Calculator (given user age, weight, and height)
6. Activity Generator (gives the user a randomly generated activity as an idea for them to complete that day)
 - a. activities that will randomly generate