CSC 471

2019-2020 Winter

Final-Project

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Individual Project

* Project Title: WorkOut
* Project Description

This app is an assistance tool for people who want to change/maintain their body shape. Target user are people who want to keep their body shape or willing to give effort to get a better body shape.

First function will test user’s current BMI (Body Mass Index) and ask for user’s objective (length of period, objective BMI). Then analysis the input information to generate suggestions for daily calorie intake. Also allow user to change their plan anytime during the process.

Second function will generate Quartz 2D Drawing by asking user’s daily BMI changes. The figure will show user’s BMI change during this period and give feedback to achieve user’s primary objective.

Third Function is offering user indoor/gym workout suggestions. Apply Multi-touch events to switch around different body workout suggestions. (online link also available)

* API features used

1. Auto-Layout
2. Embed Stack-View
3. External Link with Web-view
4. Quartz 2D drawing
5. Multi-touch events

* Preliminary screen design

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