

CS160 PROJ1

CALORIE CONVERTER

A MOST WONDERFUL FITNESS APP

The screenshot shows the 'Calorie Converter' app interface. At the top is a blue header with the title 'Calorie Converter' and a menu icon. Below the header are two tabs: 'CONVERT' (active) and 'PLAN'. The main content area has a light gray background. It features a input field with '350' (underlined), followed by 'reps of' and a dropdown menu showing 'Pushups'. Below this is a large red box containing the text 'burns 100 calories'. Underneath the red box is the text 'which is the same as...'. At the bottom, there is a list of equivalent activities: 'Situps 200 reps', 'Squats 225 reps', 'Leg Lifts 25 minutes', and 'Planks 25 minutes'.

Activity	Equivalent Value
Pushups	350 reps
Situps	200 reps
Squats	225 reps
Leg Lifts	25 minutes
Planks	25 minutes

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Introduction

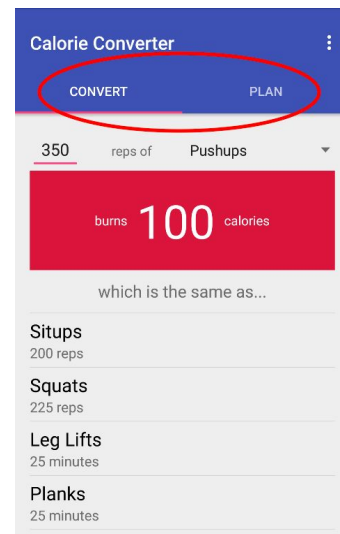
Welcome to the future. Welcome to fitness at your fingertips, to the achieving of all of your goals. **Calorie Converter** is all of this and more: an innovative and unprecedented approach to lifestyle and fitness technology that will revolutionize the way you approach healthy living.

The How-To

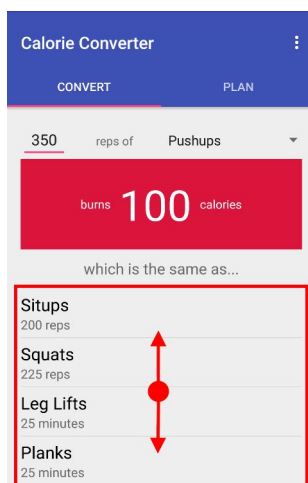
Calorie Converter consists of two main pages: the “Convert” tab and the “Plan” tab. You can navigate between these two pages easily by either tapping on either tab at the top of the page, or swiping left or right on the screen.

The Convert Tab

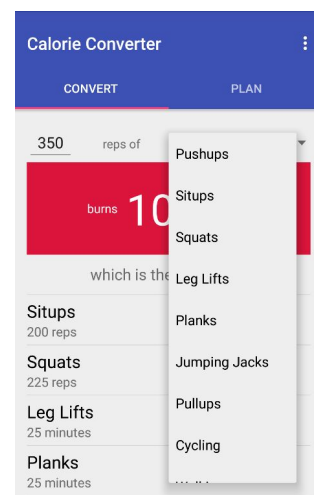
From the “Convert” tab, you are able to enter an amount of certain exercise and see both how many calories would be burned by doing the exercise, as well as the equivalent amount of a number of different exercises. The amount of the exercise can be entered into the top left input box, while the type of activity can be selected from the dropdown on the top right.



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The large red box in the middle of the screen will display the number of calories burned by doing the exercise, while the list on the bottom shows the conversions into different activities. The list can be scrolled up and down by dragging on the elements.



The Plan Tab

The “Plan” tab allows you to plan out a workout based on a specific goal of calories to burn. Entering a number of calories into the central input box will update the list on the bottom, showing the equivalent amount of the exercise. Just as on the “Convert” tab, this list is scrollable by dragging up and down on the elements.

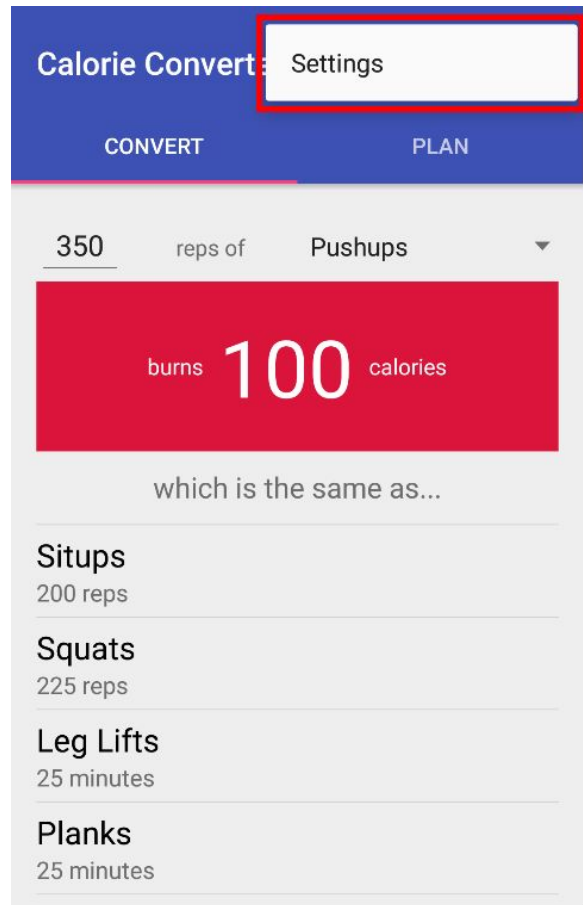
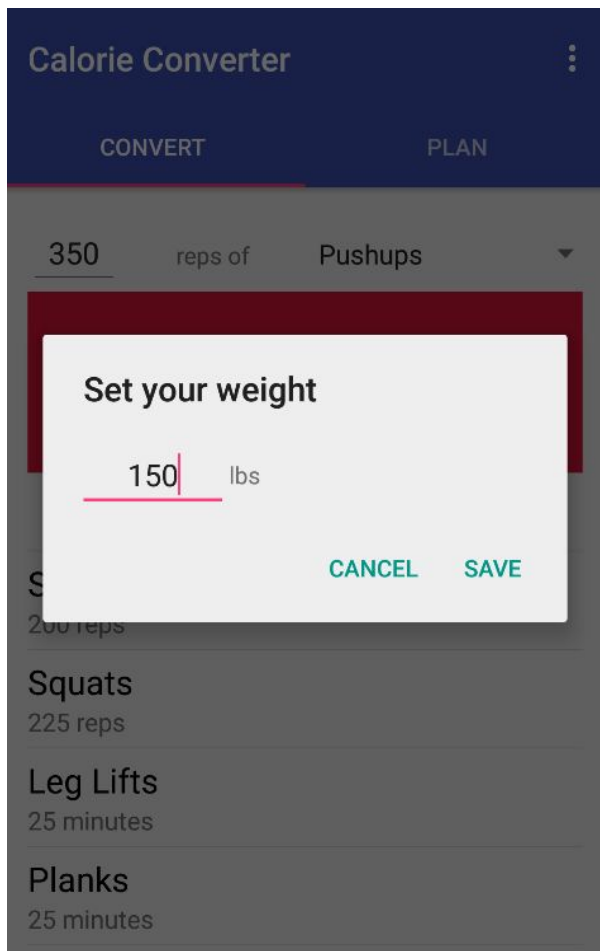
The screenshot shows the 'Calorie Converter' app interface. At the top, there's a blue header with the title 'Calorie Converter' and a menu icon. Below the header, there are two tabs: 'CONVERT' and 'PLAN', with 'PLAN' being the active tab. The main content area has a red background with the text 'To burn 100 calories'. Below this, it says 'do one of the following:'. A list of exercises is shown, each with its name and the equivalent amount of exercise: 'Pushups 350 reps', 'Situps 200 reps', 'Squats 225 reps', 'Leg Lifts 25 minutes', and 'Planks'.

Exercise	Equivalent Amount
Pushups	350 reps
Situps	200 reps
Squats	225 reps
Leg Lifts	25 minutes
Planks	

Setting Your Weight

To get the most accurate estimates from **Calorie Converter**, you can input your own weight and have it factored into our **Fancy Calorie Formula™**. Edit the current weight by tapping on the three stacked dots on the top right of the screen and selecting “Settings” from the resulting dropdown.

This will open up a modal in which you will be able to enter your weight. Press save to have your weight updated, and more accurate results appear on screen!



Links

Video: <https://www.youtube.com/watch?v=ujodFcBntHg>

GitHub Repo: <https://github.com/cs160-sp16/prog-01-crunch-time-jgraycar>