

Crunch Time: Workout Whiz

Your mobile gym companion

VIDEO LINK:

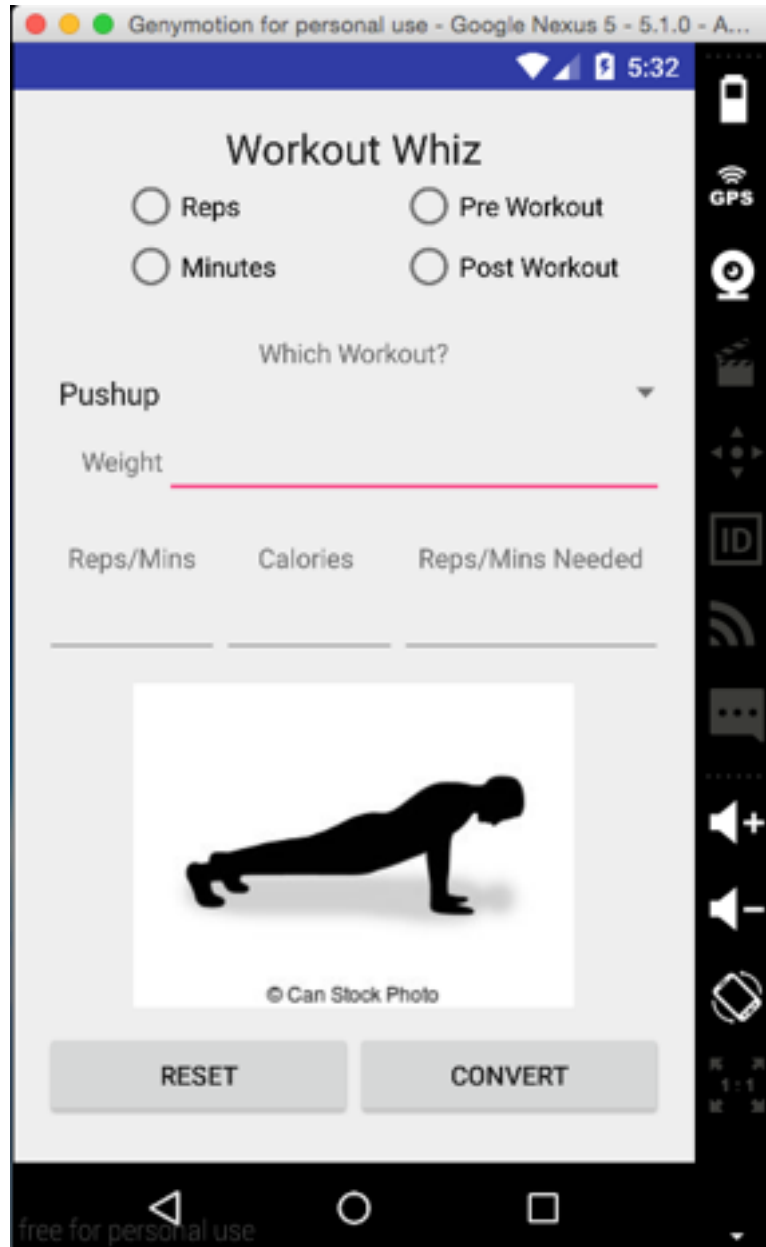
<https://youtu.be/KoeOxGJG3ml>

GITHUB LINK:

<https://github.com/cs160-sp16/prog-01-crunch-time-leoleblanc.git>

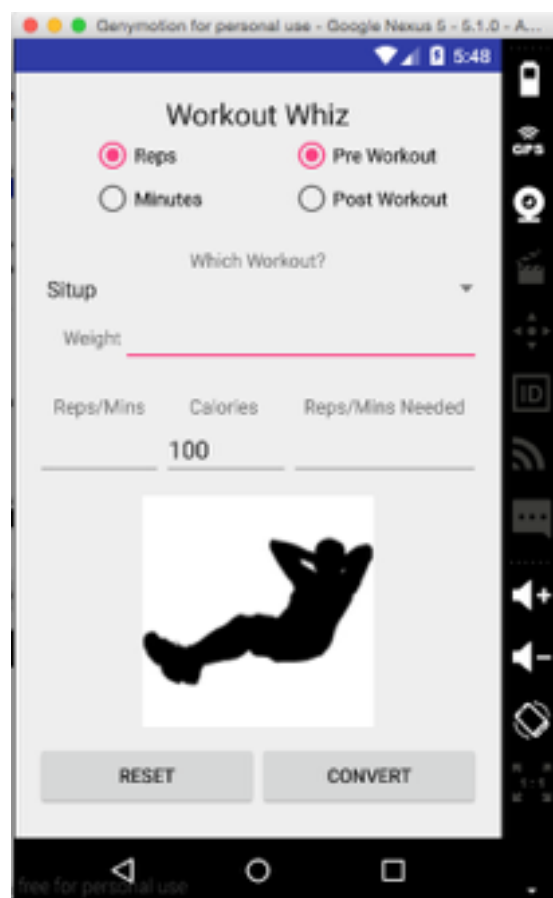
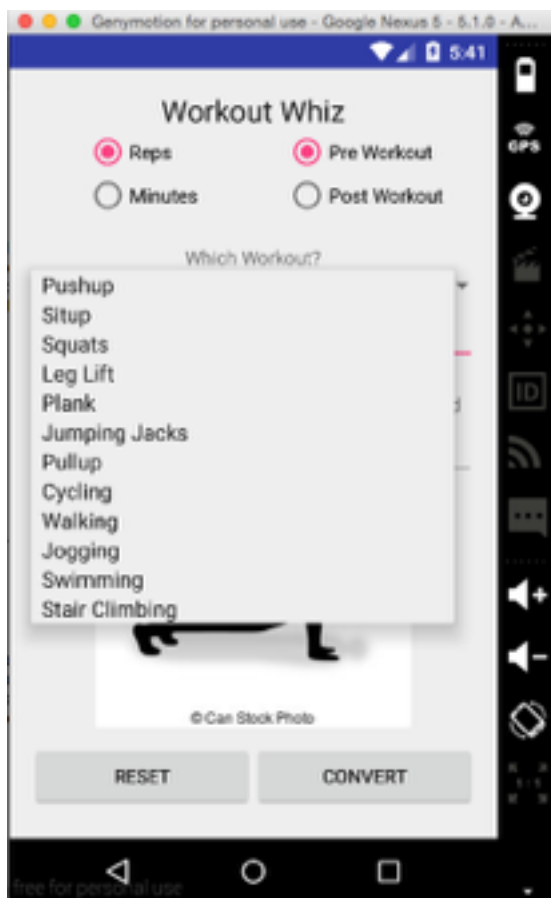


This application is very intuitive, with an interactive user interface that is easy on the eyes. To get started, we are presented with this screen:



Immediately, you see that you can choose either Repetitions (Reps), or Minutes, and you can also choose either Pre Workout or Post Workout, that is, if you want to see how many calories you want to burn from the workout, or how many calories you have burned from the workout. In order to calculate values, one button from either group must be pressed.

Suppose you wanted to see how many repetitions or minutes of sit-ups you had to do to burn 100 calories. So, you would select either Reps or Minutes (it does not matter which is chosen when determining how many Reps or Minutes are needed to burn an amount of calories), choose Pre Workout, and then choose Situp from the drop-down menu. Note that the picture at the bottom will change depending on which exercise or workout you have chosen, to represent the actions taken during the exercise. Next, enter the amount of calories you want to burn under Calories. You may also enter your weight if you wish to for a more accurate measure, but it is not required.



Now press Convert and to the right of the Calories you want to burn it will display how many Reps or Minutes of the chosen exercise must be done to burn that amount of calories!

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Workout Whiz


☒ Reps ☒ Pre Workout
☐ Minutes ☐ Post Workout

Which Workout?

Situp

Weight

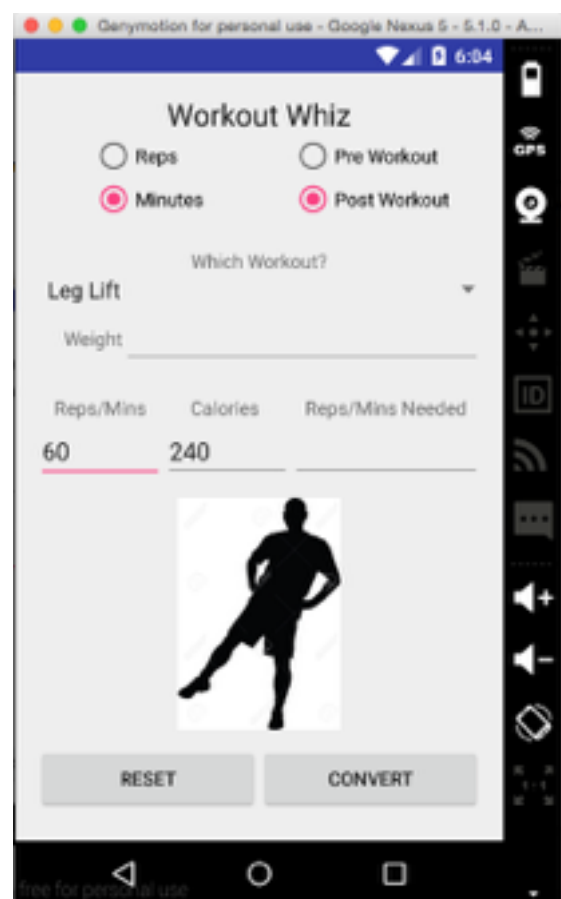
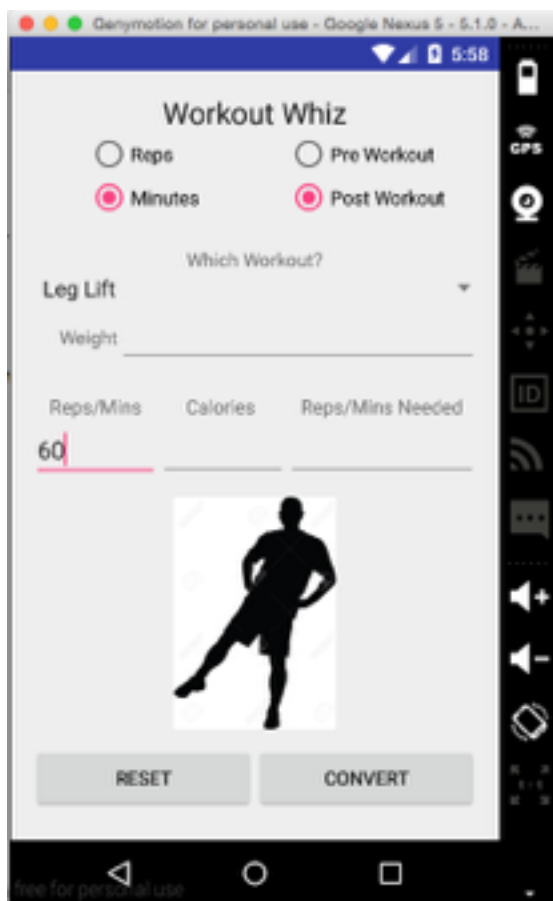
Reps/Mins	Calories	Reps/Mins Needed
	100	200 Reps



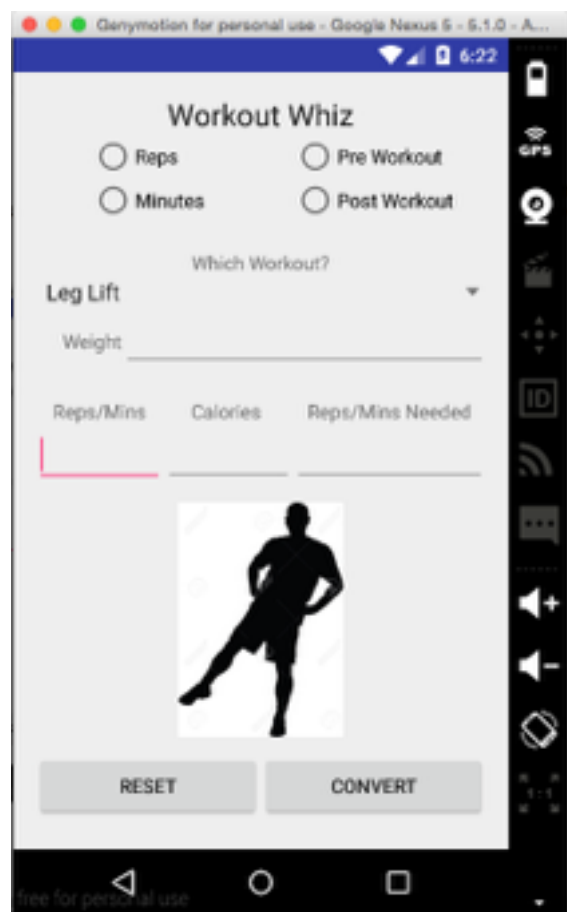
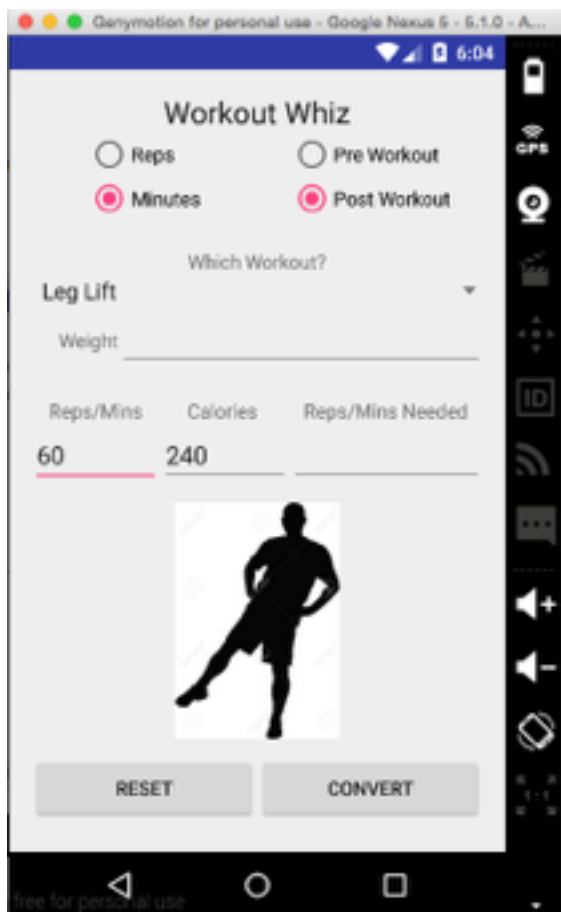
RESET CONVERT

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Suppose instead that you wanted to calculate how many calories you have done after performing an hour of leg lifts. First, choose the Reps or Minutes of the exercise you have done, then choose Post Workout, and after that choose the Leg Lift from the drop-down menu. Then, press Convert, and now the Calories you would burn is displayed under Calories!



If there are too many inputs on the screen at once (such as when Reps/Mins done and Reps/Mins Needed both have inputs), or you just want for the screen to be clear of inputs, you may opt to press the Reset button which resets all fields and buttons, but does not reset the exercise image or the exercise chosen.



A few side notes:

- Attempting to press Convert after entering numbers that are not whole numbers greater than 0 (such as negative numbers or decimal numbers) into the Reps, Minutes, or Weight Fields will display a message stating that those are not valid inputs.
- Attempting to press Convert after entering non-numbers will display a message saying that that is an invalid input.

Honorable Mentions:

- jayamohan from stackOverflow, posted a code snippet that proved helpful for my function that determines if inputs are valid.
- Anke from stackOverflow, helped a ton with getting the layout to look nice.