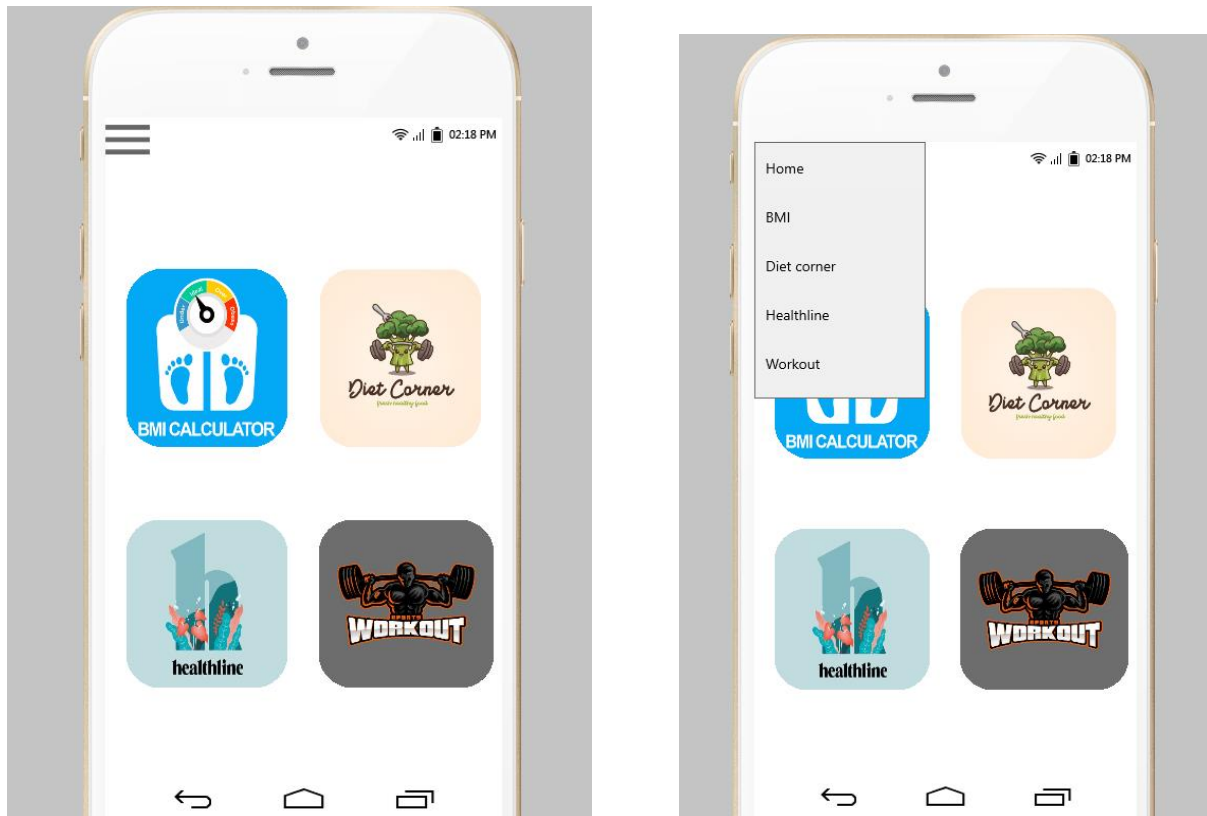
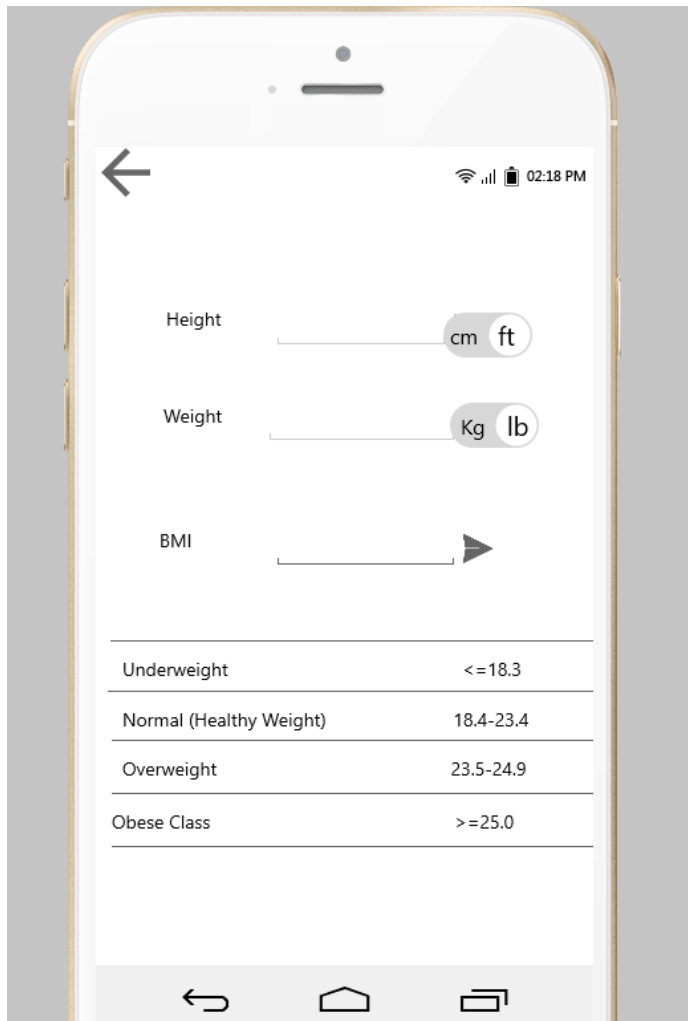


Following are the explanation of my prototype: **FITNESS**

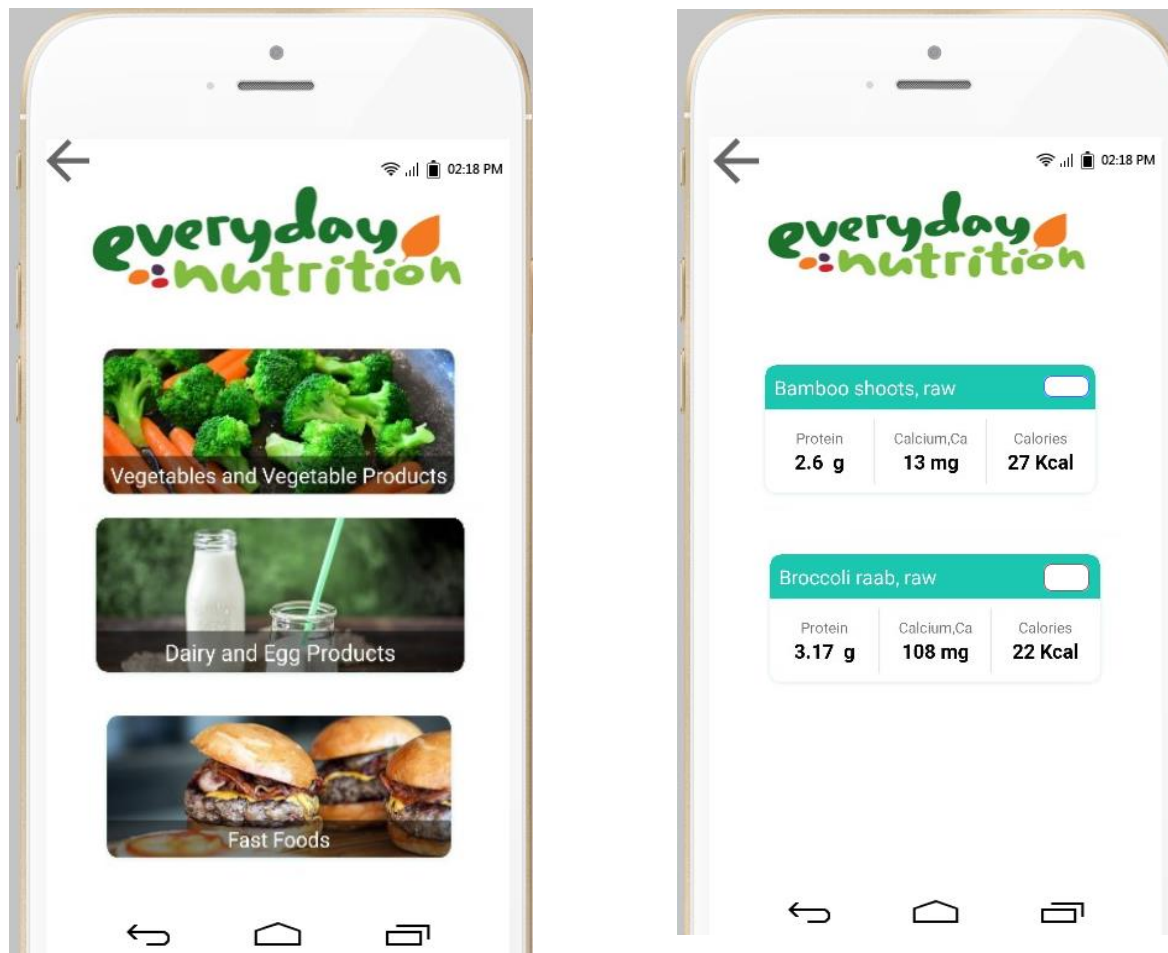


This is the first page to be displayed when I open the application. There will be 4 options or buttons which will be explained below. There is also a popup menu which also gives the same functionalities for selecting the buttons.



1. BMI calculator

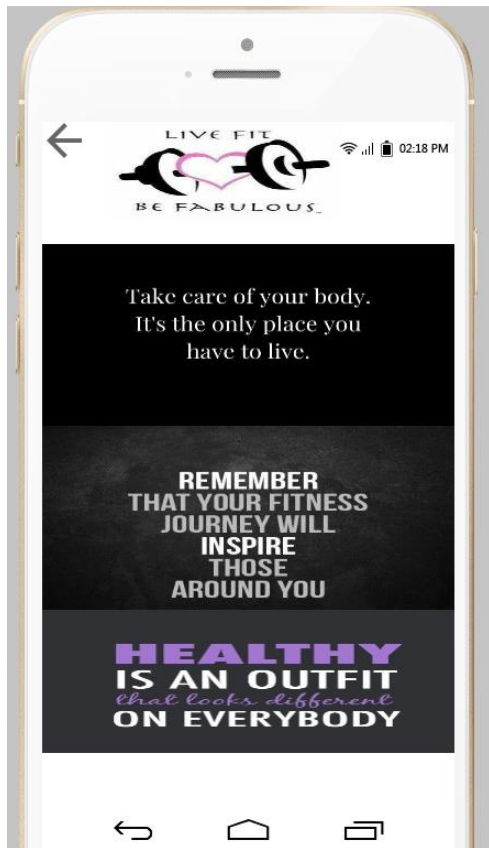
- The first feature allows the user to calculate their BMI. After the calculation of their BMI the status in which their BMI falls will be highlighted (Eg: overweight). The users can write their height either in cm or in terms of feet. The weight can also be written in terms of kg or lbs (pounds).



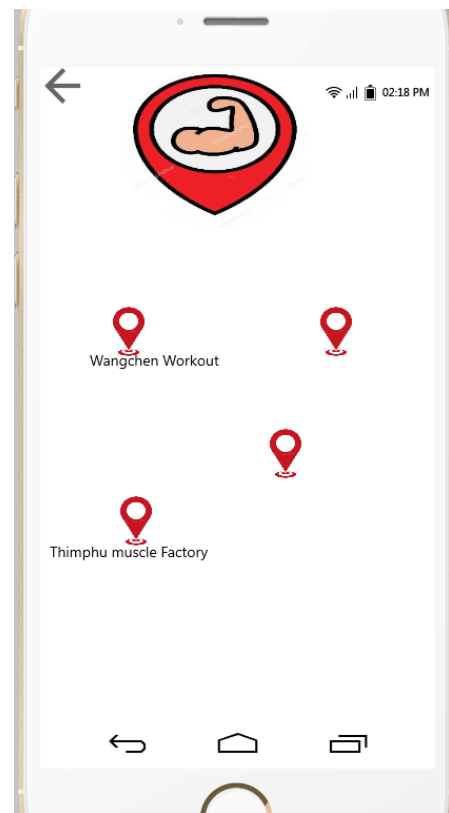
2. Diet Corner

- This feature shows the nutrition data (like protein and calorie content) of foods/diets that we eat on a regular basis. After selecting the food types, the nutrition content of that selected food type will be displayed.

Knowing the nutrition and calorie content of the food will help the users to manage and choose their diet according to their BMI.



3. HealthLine



4. Workout

- The **healthline** feature displays the news or the quotes related fitness and the importance of physical health so the users can be reminded of how important fitness is in one's life.
- The final feature **workout** will show the location of gyms that are near you, so it will help you locate the nearby gyms easily without having to waste your time.