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Software Development I

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Project Milestone

The GetFit! App is designed to allow users to input information about themselves and then see nutritional information, like how many calories they should be eating each day. This type of application is something that interests me because I am very cautious about what foods I eat, how much exercise I get, and what I need to do to maintain my weight. The way the fitness trackers work has always been something I have wondered about when using them so I think being able to actually program one is really exciting for me.

I spent a decent amount of time in the beginning looking up different articles about how other fitness trackers use the information the user puts in to calculate other values, like caloric intake. Then, I planned out how the code needed to be set up using pseudocode. As I began actually coding the program, I started off by having all of the questions for the user input sections. Then, I ran into some difficulties when I started trying to incorporate the database. I am currently trying to figure out how to connect the data that the user inputs to a database so that they can store it. If I am unable to do that, I will make it so they have different options of things that they can find out about nutritional data that they can figure out by using the app.

After recently learning about classes in Java, I have begun to think that the use of a class might be helpful for storing a user's information on the app. I am going to try to modify the code that I have so far so that it uses a class. That way, when a new person puts their information in, it will essentially create an account for them.

The app is designed to easily help users figure out the nutritional information they need quickly. To start, the user puts in their name, gender, age, height, and weight. Then, they say if they want to lose weight, gain weight, or stay the same. Finally, they say how active they are on a daily basis. After inputting their information, the program calculates how many calories they should be eating each day by using the Mifflin St. Jeor equation. Once I get the database working, I will make it so the user can be able to "log back in" and track their progress by inputting their weight each day and also have a goal weight so they can see how much more weight they need to lose in order to reach that goal.

The database is my biggest challenge right now. However, after I get past that, I should be able to spend my time making it so GetFit is more like an app where you have different options to do various things. This might be too ambitious for the time I have left, but I would like to try to make it in a graphical window just so it looks nicer than just running in the shell. Although it has been challenging so far, I feel like I have learned a lot by working through those challenges and teaching myself some new topics that we haven't had a chance to cover in class yet.

UML Diagram



References

- Frey, Malia. "How Many Calories Should I Eat to Lose Weight?" *Verywell*. About Inc., 15 Mar. 2017. Web. 05 Apr. 2017.
- "Resting Metabolic Rate (RMR) Calculation." *WpCalc*. Wow-Company, 12 Mar. 2016. Web. 05 Apr. 2017.