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CIS 036

**FitnessTracker Documentation**

My application, FitnessTracker, is an application meant to help individuals track and maintain a healthy lifestyle. In its current iteration, the application mainly tracks and calculates body weight and fat percentage utilizing the body mass index and body fat percentage based on a circumference measurement of the neck, waist and, for women, hips.

My idea for this application was inspired by news that obesity is currently on the rise among all ethnic groups in America and around the world. In addition, the associative medical costs that come with those ailed by obesity are staggering, especially in America where healthcare costs are insanely high. I also have person experience in this area, when my dad received a quadruple by-pass surgery as a result of heart attack that was brought on by being overweight.

My other inspiration for building this app is because there is also a big issue regarding body image, especially among teenagers. The media has only exacerbated this issue and many of the applications out there have not done much to help. With that in mind, our goal is to be more welcoming and inclusive and discriminate based on age, gender, race, or sexual orientation. As the app continues to grow, it will not just take data as is and make sweeping recommendations, but hopefully break it down into more digestible parts and make it more relevant to each individual person based on their unique characteristics such as height, age, ethnic background, diet, etc. Our focus will not to shame or hurt anyone, but only provide invaluable data. Once we build up our user database and have more data, we can not only compare information against current scientific studies, but also against our user base to see things from multiple perspectives.

After giving the app to my family members to try and the consensus was that the main reason they liked this application is that it’s something that is constantly staring you in the face and reminding you that there are things within your control to improve your life. I also received a lot of great feedback on current features for the app as well as additional features.

In conclusion, I hope that this application will be a helpful and useful tool to give people more control over their lives and hopefully, to live long and prosper.

Helpful sources:

* <https://www.youtube.com/watch?v=MWP8geR76kI> – helped with inserting values to table
* <https://stackoverflow.com/questions/16434333/how-to-auto-increment-primary-key-in-visual-studio-built-in-sql-server> - helped with setting field to auto-increment
* <https://www.itworld.com/article/3007292/how-to-create-sql-server-connection-strings-in-visual-studio.html> - helped with connecting SQL Server to form text inputs