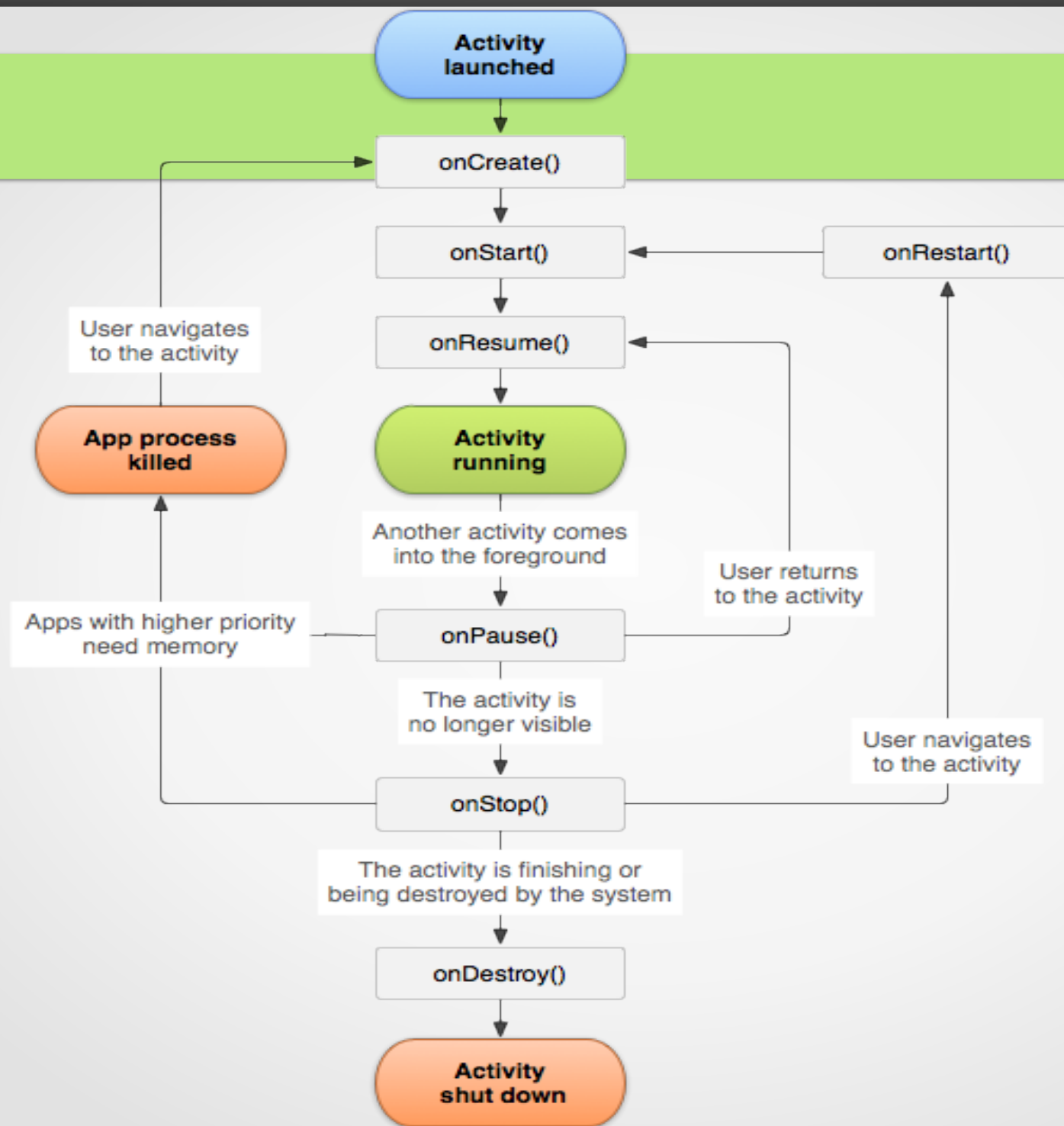


# The Activity Lifecycle

A good implementation of the lifecycle callbacks can help ensure that your app avoids:

- Crashing if the user receives a phone call or switches to another app while using your app.
- Consuming valuable system resources when the user is not actively using it.
- Losing the user's progress if they leave your app and return to it at a later time.
- Crashing or losing the user's progress when the screen rotates between landscape and portrait orientation.



# The Activity Lifecycle

- onCreate
- onStart
- onResume
- onPause
- onStop
- onDestroy

# The Activity Lifecycle

- Activity state and ejection from memory
- Navigating between activities
- Saving and restoring activity state