# Wellness Watch

By: Francesca Sosa, Juan Torres, Dongjin Li, Anthony Herrera, Jamal Mills, Gregorio Gomez

# Summary

Wellness Watch is a fitness app that provides the user with a variety of features to help them on their life long journey of health and happiness.

- Contains features to aid in healthy eating
  - a food log
  - a calorie counter
- Has fitness features that help the user find workouts
  - suits their needs
  - develop specific muscle groups they wish to strengthen
- Wellness Watch covers the important concepts that a person needs in order to lead a good healthy lifestyle

# Introduction

- Wellness Watch was inspired by the joys and difficulties of maintaining a healthy lifestyle and the benefits that come with it
- Many would agree that wellness is difficult thing to achieve. There is a lot that goes into being healthy.
- Wellness watch aims to provide people with information and tools to make the process of being happy and healthy easier.
- Currently Wellness Watch is focused on fitness and healthy eating, but future developments could increase the scope to other important concepts such as good sleep, and positive thinking.
- Our goal is to help people and Wellness Watch is here to do just that!

# Features

- Create an account
  - Log in & sign up
- Log meals throughout the day
  - Meal, calories, & time
- Food list
  - Display food and food nutrition info
- Generate at home workouts
  - Select muscle → generate workout
  - Instructions
- Get tips for fixing bad habits
  - Select target area → generate advice
- Set up reminders for yourself
- Calorie calculator
  - Calculate suggested daily intake calories for user
- Edit profile
  - Letting user upload profile pictures and updating their account
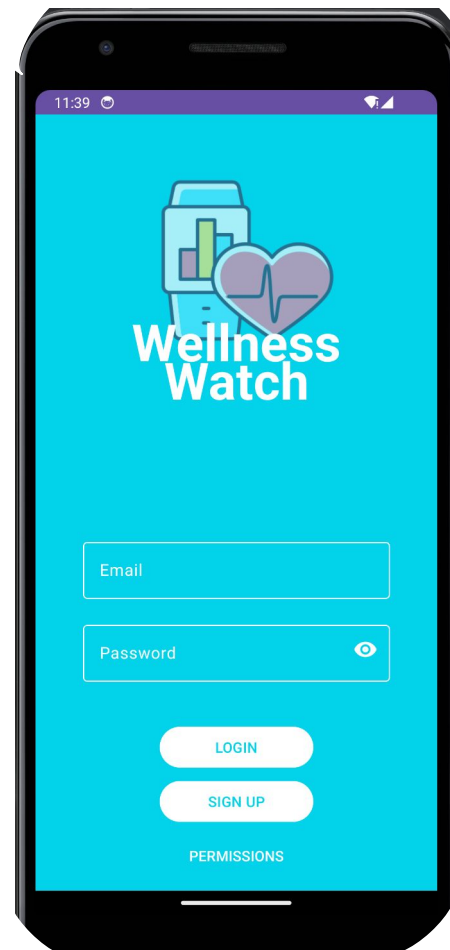
# Kotlin Concepts

- API
  - Pull food and nutrition data from USDA API in Nutrition Tab
- Navigation
  - Bottom nav to different fragments
- Fragments
  - Log Meal, Nutrition, Fitness, Health, and Profile
- Firebase
  - Firebase Firestore store user info and food logs
  - Firebase storage handle image data
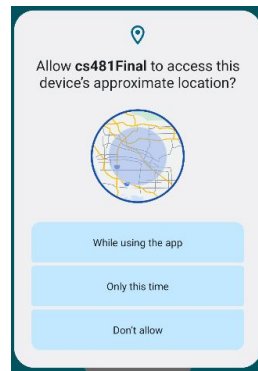
- Recycler View
  - Used in Nutrition fragment to display a list of food items
- Material Design
  - Used in Login, Sign Up, and Edit Profile
- Notifications
  - Health Fragment
- Permission
  - Location on login
  - Notification after login

# Discussion

## Challenges

- Getting started
- Having contributions from everyone early on/scheduling
- Working with fragments
- Finding a free API that can be utilized for our application

## Merits

- Encourage fitness and promote individuals to attain a stronger and physique to make everyday tasks more manageable
- Encourage healthy eating to aid reaching desired weight goals
- Categories show a strong correlation with better mindsets and moods.
  - Promote better sleeping habits

# Possible Future Implementations

- Search function to food list
  - Users can learn about nutrition info of the food that they are interested in
- Connect food log with our API
  - Having calorie info generated by inputting food only
- Provide more comprehensive fitness and health information to user
  - Connect to phone's health app
- Barcode scanner API
  - Scan food labels to input nutrition facts easier

# Limitations

- Weren't able to implement all features
  - Step counter
  - Macro charts

- Design was not a priority as time passed
  - Lack of visuals to assist user with workouts

# **Contributions**

### Juan Torres

- Firebase
- Login + Signup
- Creation of Fragments
- Navigation Menu
- Edit Profile

### Francesca Sosa

- Fitness Fragment (Spinner + Content)
- Health Fragment (Spinner + Content)
- Health Fragment Notification
- Permission (Location)
- Presentation

### Jamal Mills

- Health Fragment Notification
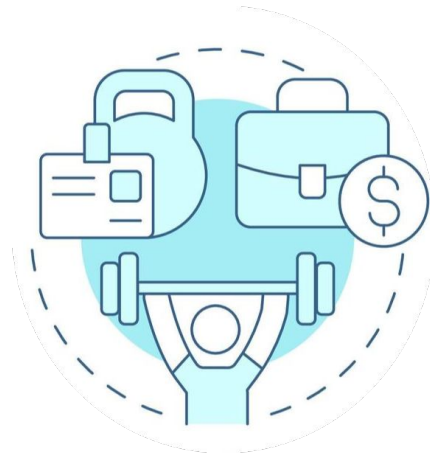- Permission (Notification)
- General Debugging

### Dongjin Li

- Profile Fragment
- Food List API
- Calorie Calculator
- Recycler View

### Anthony Herrera

- Debug Fitness Fragment (Spinner)
- Log Meals
- Presentation

### Gregorio Gomez

- Debug Notification

# Demo

kKmLzbnoBIT4QOtWfHOt

+ Start collection

+ Add field

age: "30"

confirmPassword: "123456"

email: "john2@gmail.com"

firstName: "John"

gender: "male"

height: "80"

lastName: "Doe"

logMeal                    iF5xeOkxWvF8QVThbyId

+ Add document          + Start collection

Q7qUH3e8WsmIwNw2MTb8    + Add field

Q1rGkHsPhawhoy4iehm9      calories: 200

SD9F9pArYJAQEjjto1jD       food: "bread"

StPmORaESW0V7JT6Tf77       meal: "noon"

TfuYoCbWmspO7QFRkpwt      user: "john2@gmail.com"

V1UKC9gAsZu5ZDrbCNNH

X5t4rGZQzzjDOaZkufgJ

XLDgbKuSU0UAHzxCs8T5

ZOg2TWZECFwu2P2DR9Yh

ZzEn7rVxYxnQN8rF7knf

iF5xeOkxWvF8QVThbyId

jVrL4aI18ugM0GFyZeg4

k5etmAnicrxJ6FvMJQyW

nGnV8kjDnmWx5qEg50XN

# Conclusion

One's health and fitness is an integral part of their well being!

- We aimed to create a program that's as easy to use, as it is fluid
- Working on overcoming challenges and finding solutions
- Creating a cumulative project, using what we know, and what we don't
- A project can always be improved and we have room to grow