Project 1: The Lifestyle App

Project Description:

As your client, I want you to develop an app. This app is a **lifestyle** app, designed to help people manage their daily lives. If you think about how the internet used to work, people often had a "home page", which would be the starting point for their internet adventures. I want the lifestyle app to be something similar, but a starting point for my fitness and daily well-being.

Required Functionality (Modules):

1. I want the app to take in my name, age, location (city and country), height, weight, and sex, and store a full profile picture for me. I'd like the app to show a little thumbnail version of that same profile picture of me at the top right.

2. Depending on where I am in my fitness regimen, I sometimes want to either lose weight, maintain my weight, or gain weight. I want the app to have a module that takes in my height and weight, asks me whether I'm sedentary or active, estimates my BMR (Basal Metabolic Rate, the basic number of calories I need to survive), and then tells me how many calories I need to eat if I want to lose or gain x lbs a week, where x is a number I decide. If I say that I want to maintain weight, I want the app to tell me how many calories to eat to maintain that weight. I sometimes get overzealous, so I want you to warn me if I'm trying to lose or gain more than 2 lbs a week. I also want you to warn me if my requirements end up making me eat too few calories (<1200 for men, <1000 for women).

3. I also want the app to show my BMI (Body Mass Index) on the tap of my button. Fortunately, you already got all the information you need for this when you built my user profile.

4. I want to be able to use the app to find nice hikes near me with the tap of a button and show them to me on Google Maps.

5. I want to be able to see today's weather for my current city at the tap of a button.

6. I want to be able to change my fitness goals at any time. Remember, my three goals are: gain weight, lose weight, maintain weight. The rest of the app should always take my current goal into account.

Design Features:

1. One reason I'm coming to you is that I've heard you're good at designing stuff for both phones and tablets. I want the same app to look good and function well on both a phone and a tablet.

2. I want to be able to see all the module names on-screen at the same time. When I tap one, I want to be able to access that particular module. On a tablet, I want the list of modules to always be visible on the left, even when I'm currently using a module. On a phone, there's not enough room, so I'd like to be able to only see the module I'm currently on.

3. I'd like to have nice looking buttons for each module. I hate tapping on those grey buttons or on text.

4. I want to be able to go in and change my user data at any time.

5. I may add other modules later, so I want you to program things to be efficient right from the outset.

6. Just a warning: I may want to add other users to my app in the future. You don't have to add any login/authentication functionality right now, but I think it's important for you to know that more than one person may eventually use this app. Of course, as a non-technical person, I'm not sure what that means in terms of how you code/design things.

7. I want the app as a whole to look appealing in terms of colors and text. I'd like it if you could follow the Material Design guidelines for button sizes, text sizes, and text colors.

8. This is pretty obvious, but I want the app to work even if I rotate the device, hit the back button inside the app, switch out of the app and back to it.

9. I want the app to be well-tested! I don't want it to crash or be too annoying!

10. When I enter my data, I don't want to be forced to type anything other than my name.

11. I want to be able to view a summary of my entered data at any time.

Optional Features:

1. If you could design a custom icon for each module and put that on the button with some text below it, that would be great!

2. If you could optimize the app for portrait and landscape modes on both phones and tablets, that would be helpful as well.