Weight Control App

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**Course:** SODV3203 - Mobile Application Development

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# Weight Control App

# One of the applications we feel is lacking on Android environment is a good and simple weight control application, what would be an equivalent of Apple Health, for IOS. With that in mind, our propose is to create an application where the user can follow up weight and height information. We are intending to use a free API to calculate the BMI (Body mass index) and a second API to get the BMI description. The user will also be able to set a weight goal and control the goal evolution through the time.

The application would have 3 main pages

* Profile Page
* Home Page
* Add Weight Page

Graphical user interface, application

Description automatically generated

# Profile Page

Graphical user interface, application

Description automatically generated

* Profile page is where the user will insert the main information used for the application.
* The profile will contain name, height, weight, and goal.
* The name of the user is a text field that can contain at most 30 characters and must be informed.
* Weight:
  + Numeric (decimal) field, separated by point.
  + It will be informed in kg.
  + The value included can go from 20kg to 1000kg.
  + This field is mandatory and cannot be zero or null.
* Goal is a numeric field and will follow the same rules of the weight field.
* Height:
  + Numeric (integer) field.
  + It will be informed in cm.
  + The value included can go from 20cm to 300cm.
  + This field is mandatory and cannot be zero or null.
* The profile page can be accessed from the home page.
* Every time the application is opened, the system will check if the user has entered the profile information already. If not, the user will be automatically directed to the profile page.
* After the profile page is correctly completed, the user will be able to access the home page.
* The profile page will show a save button that will be enabled once all the fields informed on the screen are correct.
* Once the save button is pressed, the information from this page will be recorded on a database. The profile page will then be closed automatically, and the user will be redirected to the home page.
* A toast message will also be presented confirming that the profile page was successfully updated.

# Home Page

Table

Description automatically generated

* The home page will have a shortcut button to the profile page.
* The home page will display a shortcut button to the add weight page.
* The home page will present a table (scrollable) containing date, weight, and BMI.
* The home page will also automatically bring these 3 read only fields:
  + Current BMI
    - Current BMI (Body Mass Index) will be calculated by calling an API. The API documentation can be found on the following website: (<https://rapidapi.com/principalapis/api/body-mass-index-bmi-calculator/>)

* + Goal
    - The goal field will fetch the goal weight from the user profile information.
    - Goal is a weight, respecting the weight field requirements.
  + To go
    - To go is the difference between the goal and the current weight.
    - This field is calculated by a formula (goal - current weight).
    - This field is in kg.

# Add Weight Page

Graphical user interface, application

Description automatically generated

* On this page, the user will be able to add a new weight.
* The user will be able to enter the date and the weight in kg for that day.
* Date field
  + The date will be informed by the user and will be initially loaded with the current date.
  + The user can enter any valid date from the past until the current date.
  + The user cannot inform a future date.

* Weight field
  + Numeric (decimal) field, separated by point
  + It will be informed in kg.
  + The value included can go from 20kg to 1000kg.
  + This field is mandatory and cannot be zero or null.

* Once the fields are entered and saved, the user will get 3 read only fields:
  + Current BMI
    - Current BMI (Body Mass Index) will be calculated by calling an API. The API documentation can be found on the following website (<https://rapidapi.com/principalapis/api/body-mass-index-bmi-calculator/>)
  + Goal
* The goal field will fetch the goal weight from the user profile information.
* Goal is a weight, respecting the weight field requirements.
  + To go:
* To go is the difference between the goal and the current weight.
* This field is calculated by a formula (goal - current weight).
* This field is in kg.

* The user will have available a save button, that once clicked, will save the date and weight informed by the user into the database.
* The system will allow only one weight record per day. If the user tries to insert another weight for a date that already contains a weight information, the system will provide the possibility to update the recorded information, or to edit the information entered in the screen.
* Once the information is correctly recorded, the user will be redirected to the home page. A toast message will inform the user that the weight was successfully recorded.
* The home page shall then bring the weight history updated with the information recently added.