FitAssist

Keeping track of ones fitness in their busy life schedule is a difficult task. The Goal of FitAssist is to provide a user a comprehensive fitness tracker application. FitAssist uses your android phone’s sensor capabilities to achieve this goal. FitAssist is free to use and can be currently downloaded from the following web link.

Installation Instructions:

1. Download the APK file from the link <http://1drv.ms/1fBllUo>
2. Install the APK file on your android device.

Running the Application:

1. Open the installed “FitAssist” applications from the applications list.
2. For the first run, a user has to enter his/her details using the Register my info button.

The information includes height in centimeters, weight in pounds, age in years, body fat percentage in percentage (default value is 15) and his/her gender. Once the information is entered, user can press save my information button and save his details.

1. Once the Information is entered into the application, they are stored into the Android’s SQLite database.
2. Whenever a user wants to change his/her information, he/she can re-register their information using the same Register my info button.
3. Once the application is started, the step tracker automatically starts and tracks user’s steps.
4. A user can manually record his/her other activities using log it button. Once a user clicks log it button, he can select a particular activity from the drop down menu and enter the duration of the activities. The activities get save when user presses Log it! Button.
5. User can check his summary ie., calorie estimates for putting weight, losing weight, his/her BMI, BMR , calories burned with all the activities and the number of steps taken by pressing the Calculate button.
6. A user can share his/her summary by pressing C:\Users\Rajagopalan\Desktop\share.png icon on the top-right corner of the application screen.
7. The user automatically gets his/her summary of activities in the notification panel every 3 hours

Terminologies used:

1. BMI – Body Mass Index is a body fat measure based on height and weight of a person.
2. BMR- Basal Metabolic Rate is the amount of energy consumed by humans at rest.
3. Calorie – A unit of energy.

Source Code:

The source code for the project is available at <https://github.com/kcvrgopal/Android-Application-Development/tree/master/FitAssist>

Bug Reporting:

Extensive Care has been taken while developing the application but there might be some minor bug. The user is free to email at [raj\_vrg@yahoo.com](mailto:raj_vrg@yahoo.com) to report the bug.