



## A PERSONALIZED FITNESS MOBILE APPLICATION

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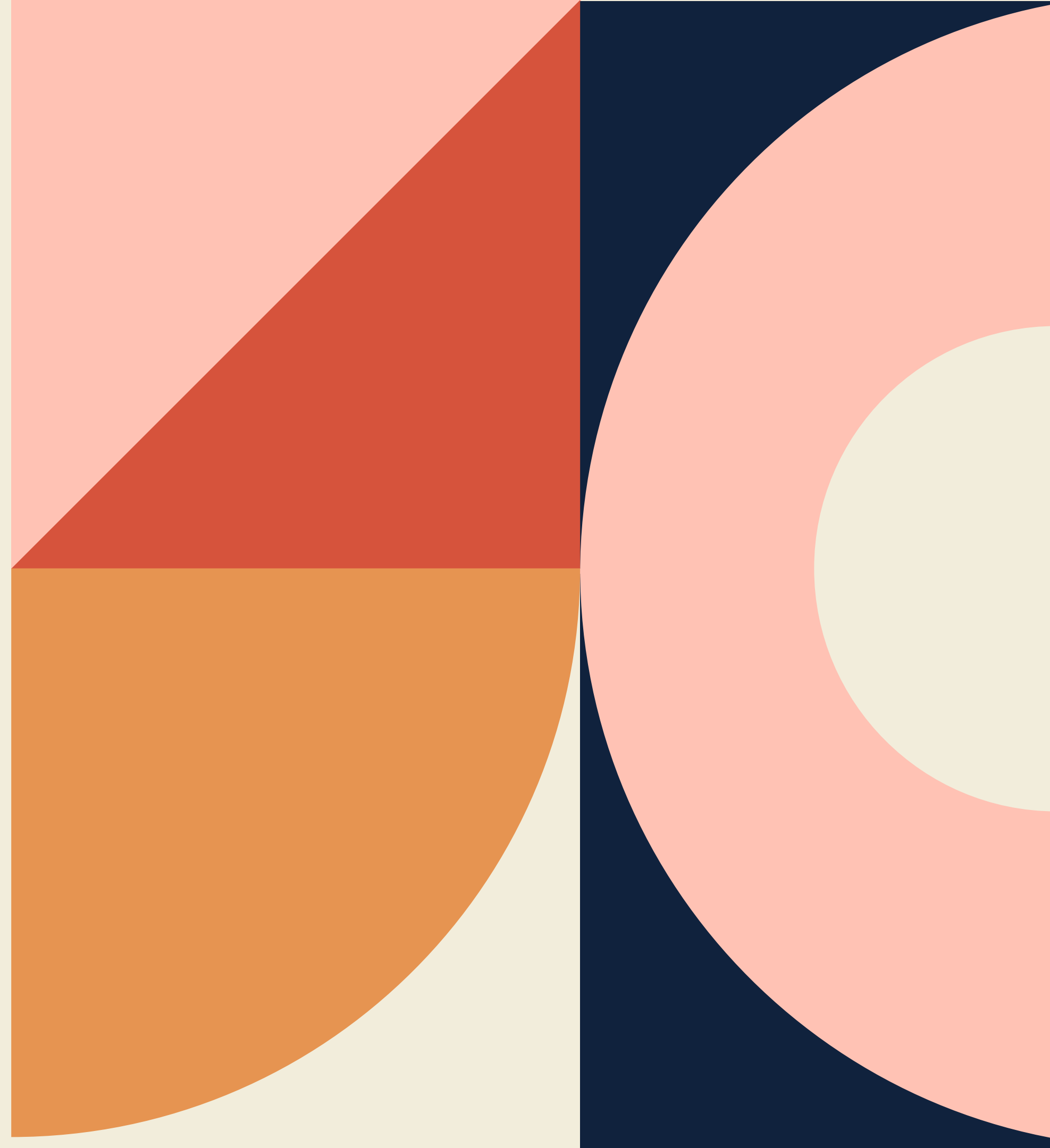
A Project by

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Vinit Kashyap 1806360

Dipanshu Gaurav 1806305



## WHAT IS D-TOX ?

D-TOX is an open-source, free fitness and wellbeing mobile application.

It gives you a personalized workout plan and a diet plan based on your body type and preferences.

## WHY D-TOX ?

D-TOX is non-profit so no annoying ads and nothing is hidden behind a pay-wall.

It is also very secure as it does not collect any personal information like other similar apps.

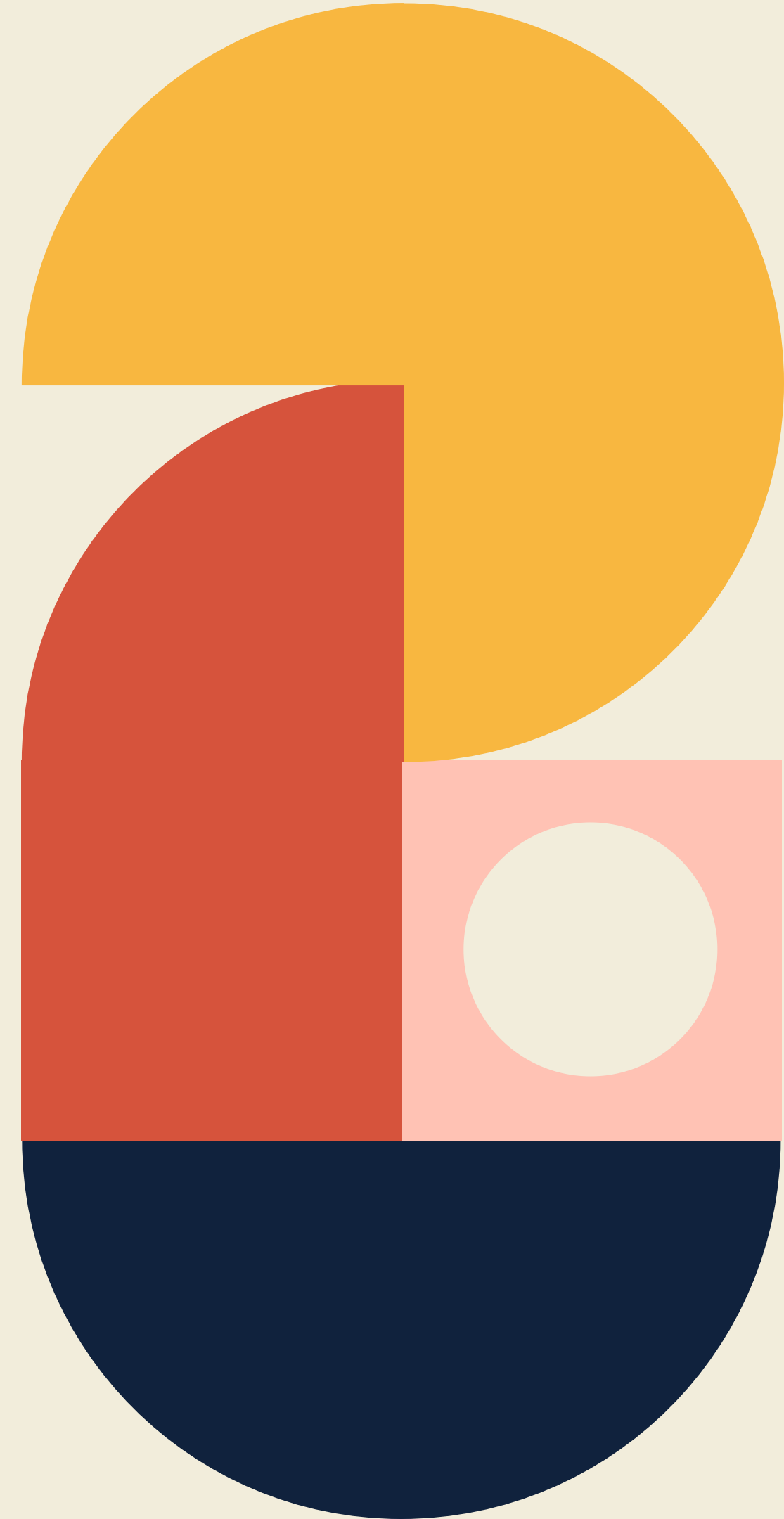


The background features a central dark blue horizontal band. Above and below this band are abstract geometric patterns composed of overlapping circles and semi-circles in shades of orange, red, and white. The top section includes a large red semi-circle on the left, a white semi-circle in the center, and a red semi-circle on the right, with a small yellow circle in the far right. The bottom section includes a large red semi-circle on the right, a white semi-circle in the center, and a red semi-circle on the left, with a small yellow circle in the far left.

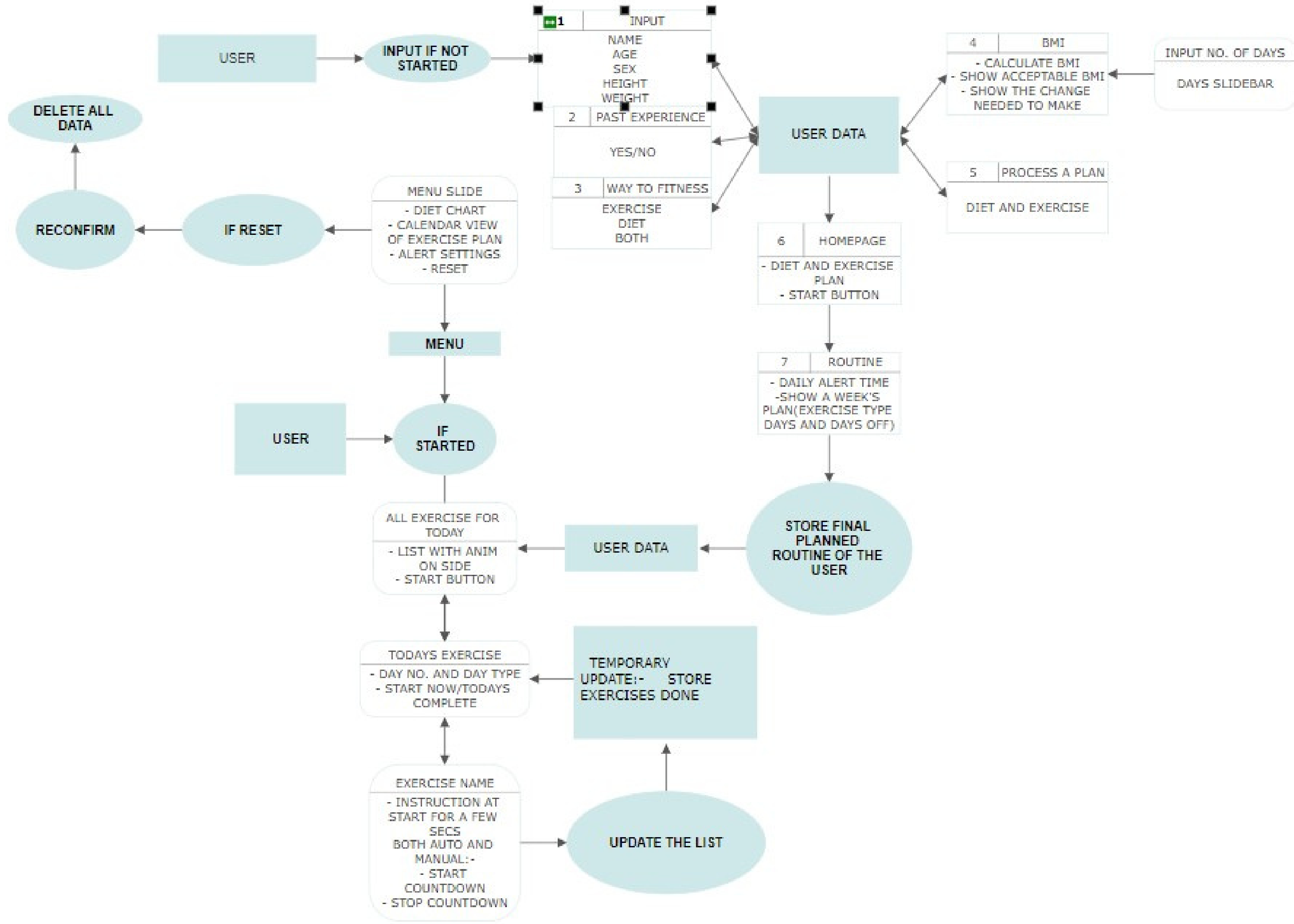
WHAT WE HAVE DONE SO FAR

## PLANNING AND RESEARCH

- Choose this project because of the lack of similar projects
- Preferences were based on the following basis
  - Age (3 categories)
  - Sex (3 categories)
  - Body Mass Index(BMI) (3 categories)
  - Past experience (2 categories)
  - Do the user want only to diet or workout or both(3 categories)
  - in total 108 cases
- The Diet will be on a weekly basis based on the BMI of the user
- Planned to make a mobile app with a website for support




DATA FLOW  
DIAGRAM



# MAKING THE UI/UX FOR THE MOBILE APPLICATION

- The UI of the mobile application was done in Adobe XD
- Along with the Design the flow of the application

Have nice body



PLEASE ENTER

Do you have past experience

☐ Yes ☐ No


Do you want to exercise or diet

☐ Exercese ☐ Diet ☐ Both

Next

# THE UI OF THE MOBILE APPLICATION

Have a good health



PLEASE ENTER

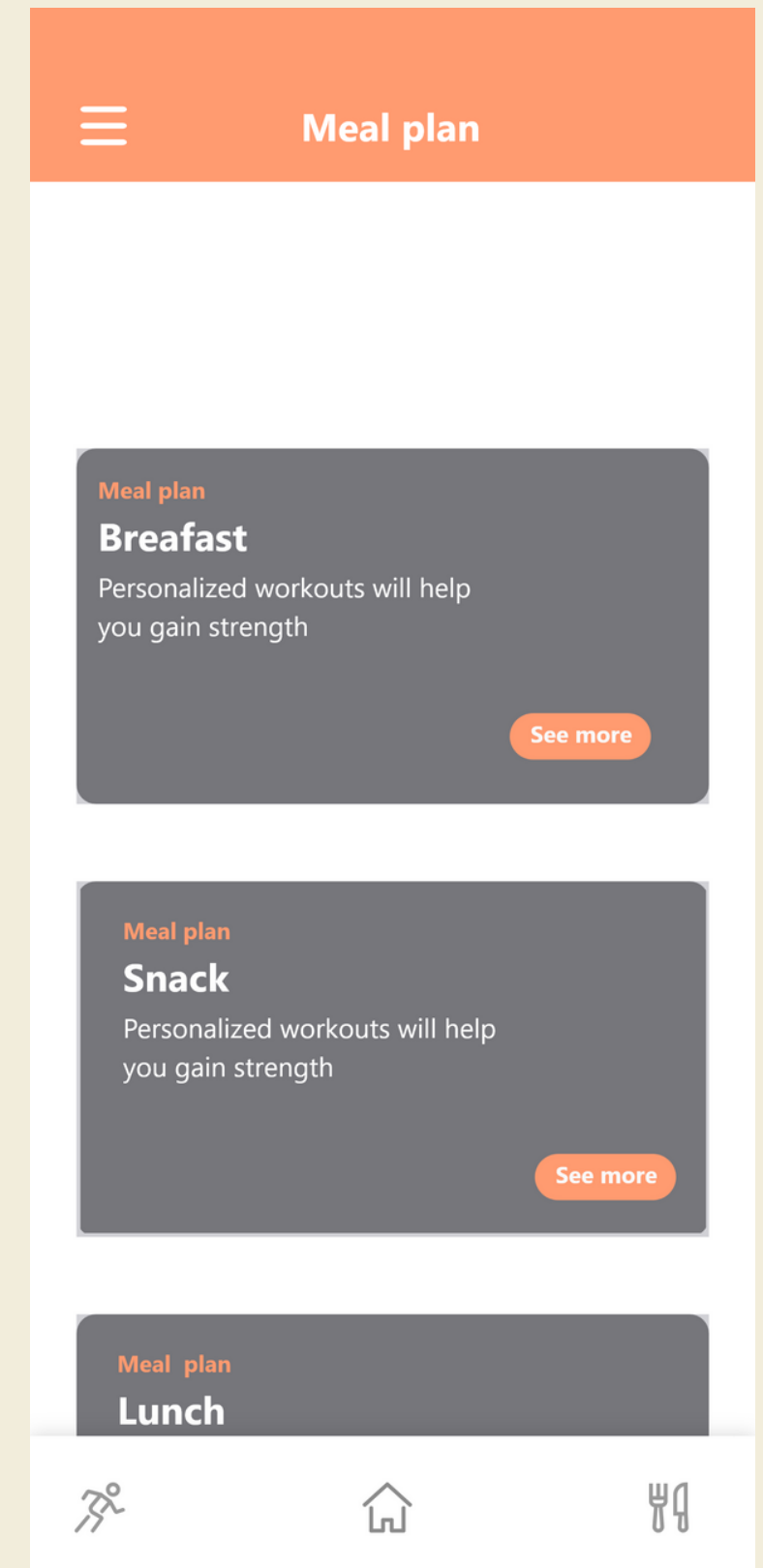
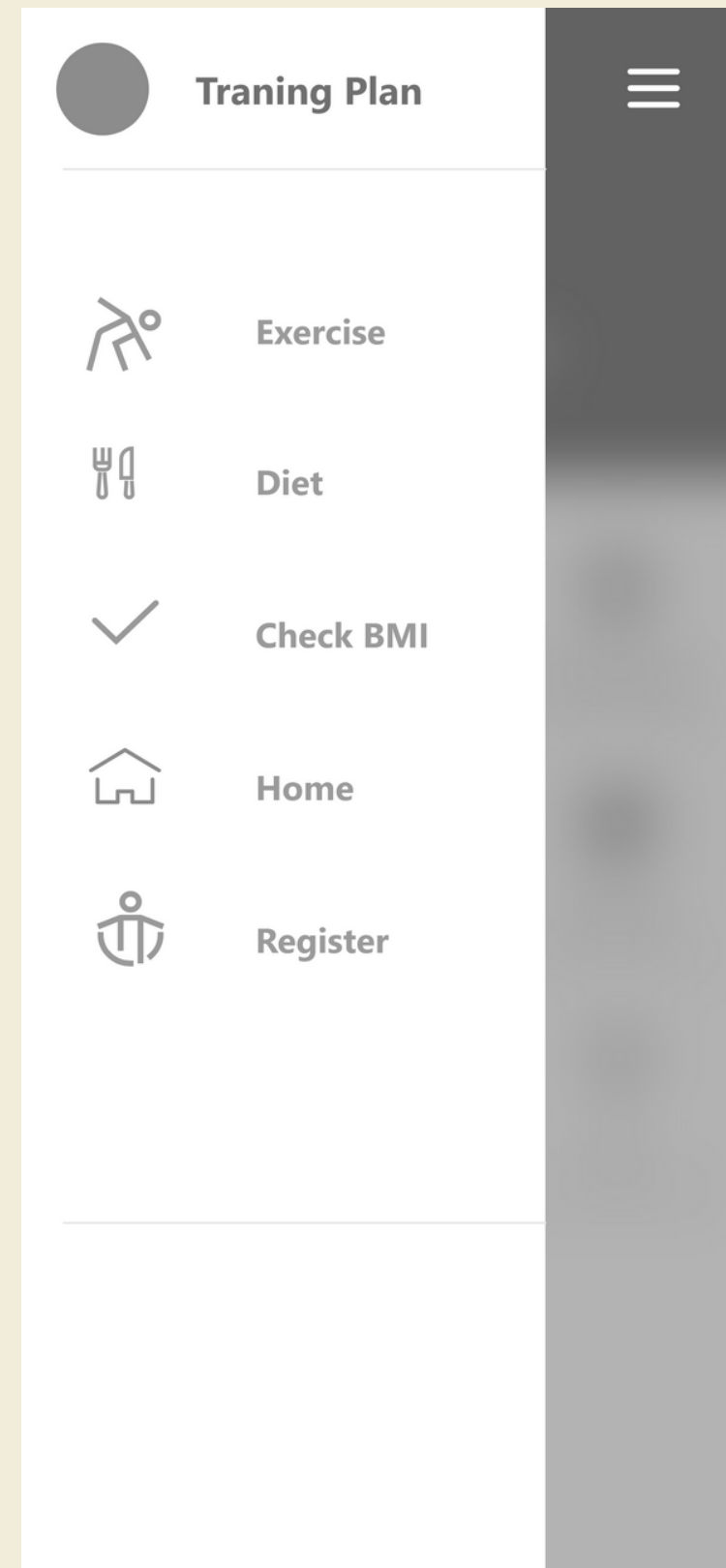
Your Age

Your Sex

Your Height

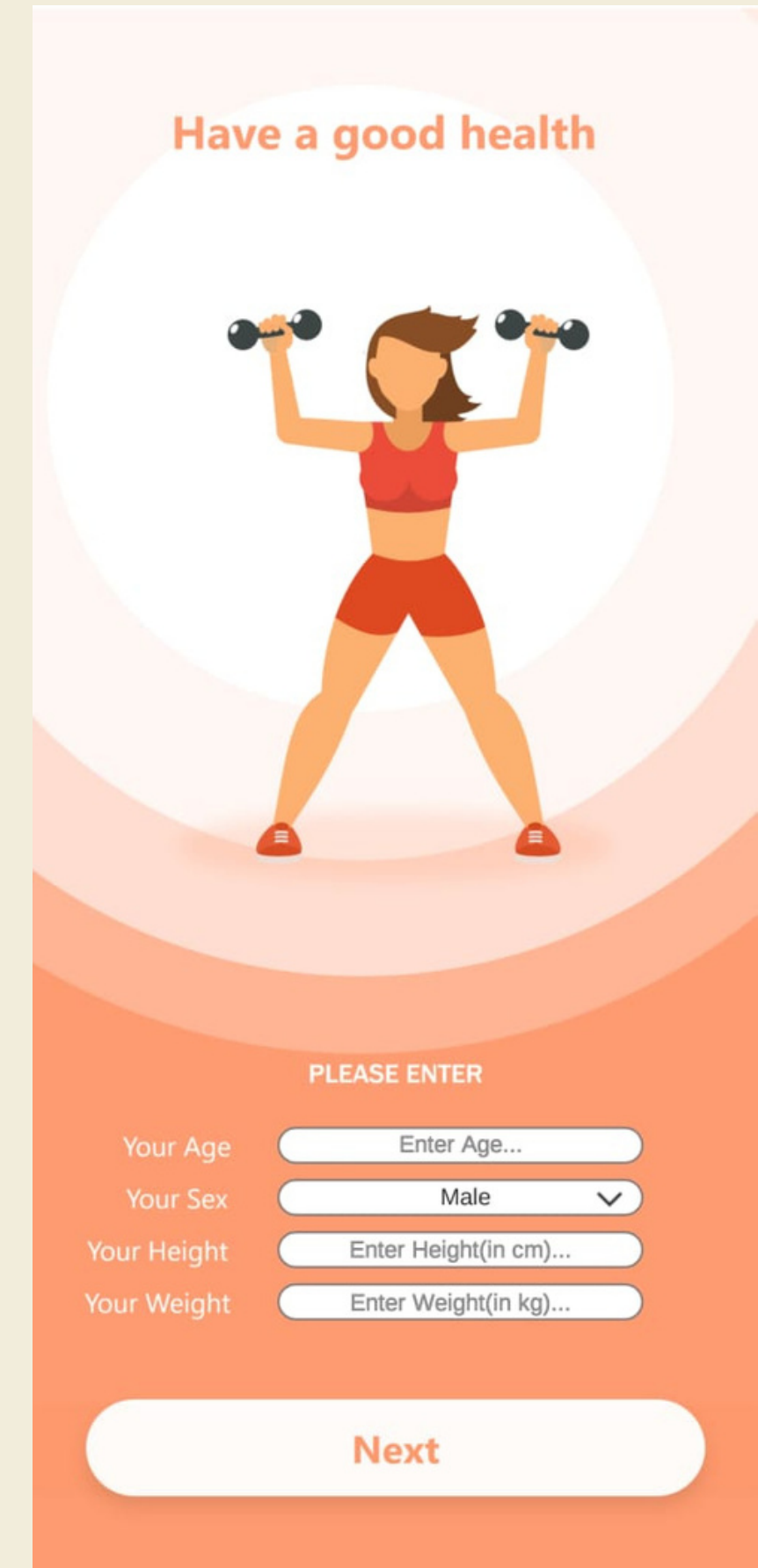
Your Weight

Next



# MAKING THE PROTOTYPE FOR THE MOBILE APPLICATION

- The prototype for the mobile application was made using unity 3D.
- It included all of the UI/UX elements that we wanted to add.
- It had 6 cases for personalized preferences for workouts
  - Past experience
  - BMI
- It included all the cases for the Diet section.
- Link for the APK of the prototype android application-  
[https://drive.google.com/file/d/1z8JbACQ8mrzq8JgpUM-sjw\\_nLmTJ8le4/view?usp=sharing](https://drive.google.com/file/d/1z8JbACQ8mrzq8JgpUM-sjw_nLmTJ8le4/view?usp=sharing)



Have a good health

PLEASE ENTER

Your Age

Your Sex

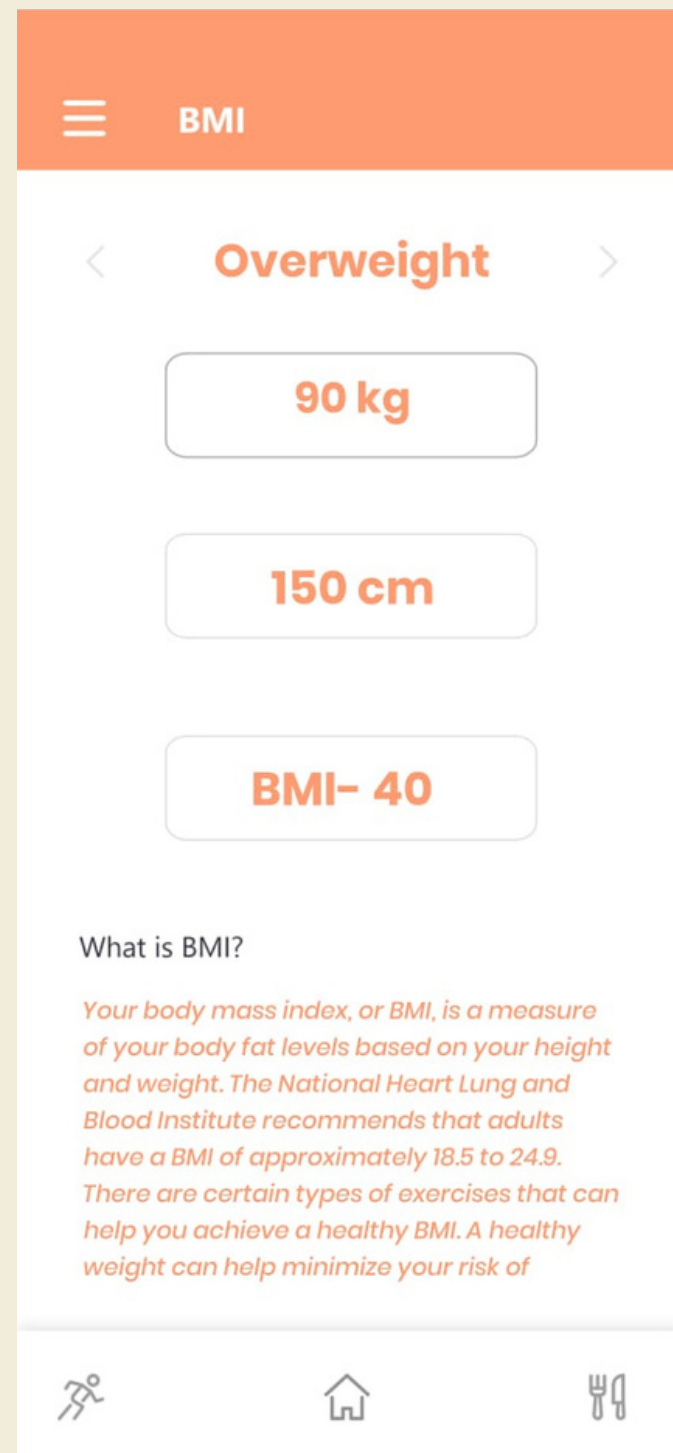
Your Height

Your Weight

Next



# THE PROTOTYPE OF THE MOBILE APPLICATION

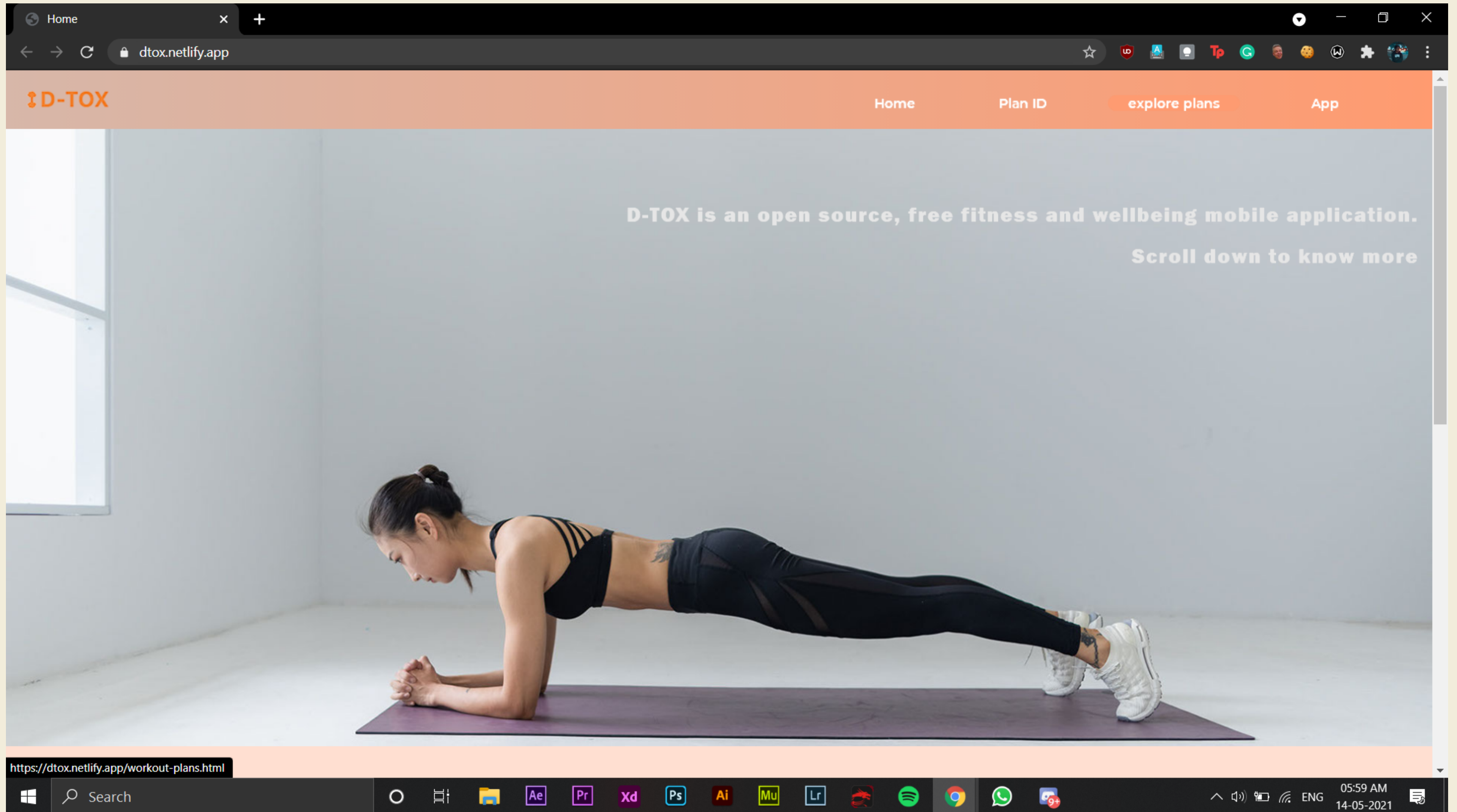


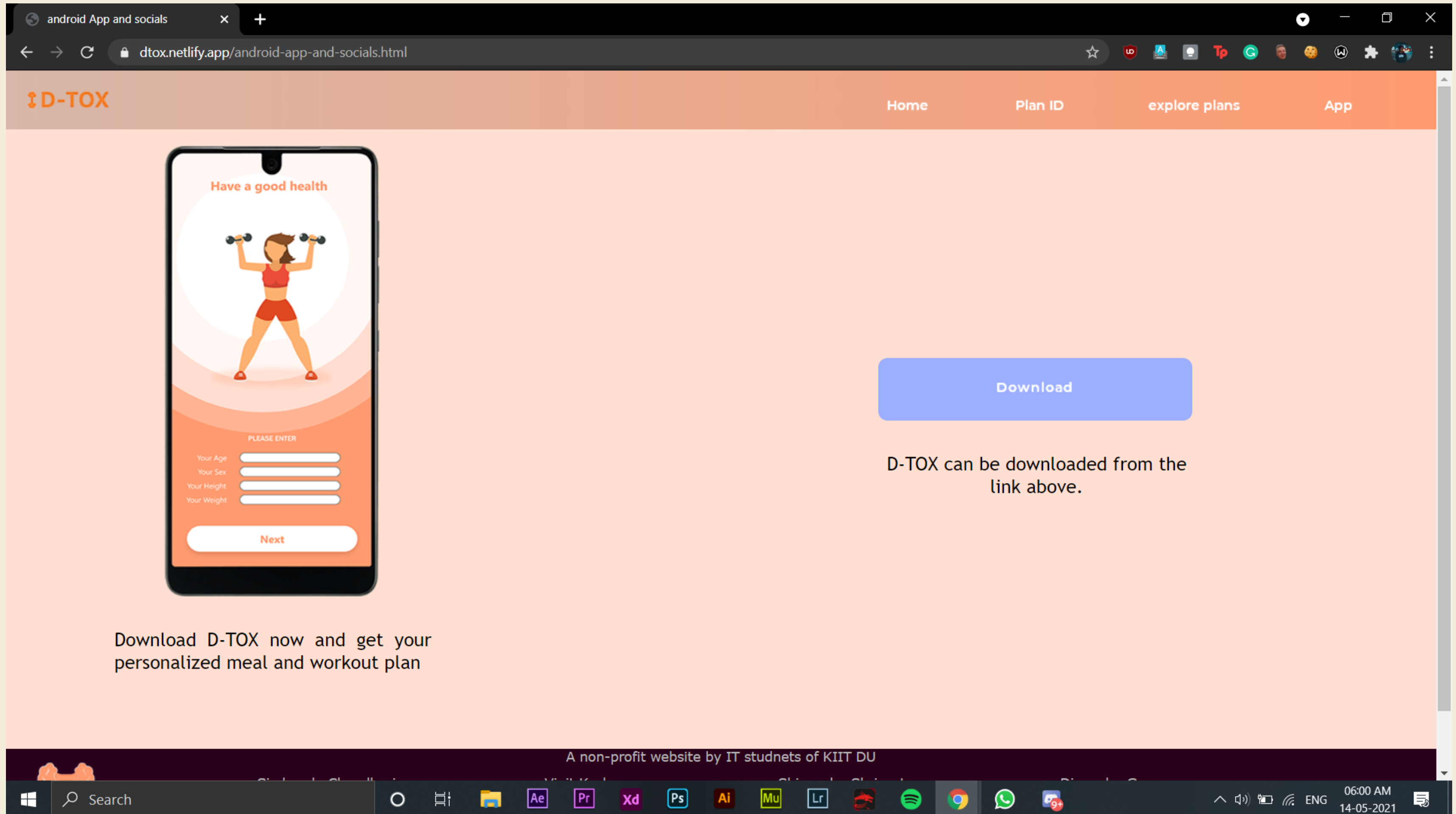
# 10

## MAKING THE PROTOTYPE FOR THE WEBSITE

- The Ui/UX for the website was designed in Adobe Photoshop
- The Prototype was created in Adobe Muse
- Elements were added as HTML and CSS code
- The Prototype website is published at:-  
<https://dtox.netlify.app/>

# STILLS FROM THE WEBSITE








Work out plan 10

dttox.netlify.app/work-out-plan-10.html


Your workout routine



### PUSH-UPS



Push-ups are simple and help build muscle in your arms and shoulders. To do a push up:

- Lie face down on the ground.
- Put your hands on the ground, palms flat, with your arms out at your sides and your hands shoulder-width apart.
- Slowly push your body up until your arms are fully extended. Keep your back and legs straight so that your body makes a straight line.
- Slowly lower yourself back down until your nose nearly touches the floor.
- Repeat as many times as you feel comfortable.



### Bench Presses

- Lie on a bench or step and begin with the weights over the chest, palms facing out.
- Bend the elbows and lower the arms down until the elbows are just below the chest (arms should look like goal posts).
- Press the weights back up without locking the elbows.
- Repeat for 15 reps.



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WHAT WE HAVE TO DO NEXT

## FOR THE ANDROID APPLICATION

- Add animations/ video explanations for the exercise
- Add photos for the food included in the diet
- Include all the 108 cases for greatly personalized routines.
- Adding a QR code reader support on the app for binding it better with the website
- Publish the application in the google play store



## FOR THE WEBSITE

- Making it more user intuitive
- Making the website more dynamic in nature not static.
- Getting a domain for it instead of hosting it in other domains as a subdomain.





## FEASIBILITY OF THAT WORK

Unity is very creator-friendly and is very advance in nature. So technology-wise we are not seeing any difficulties.

We are planning to make this a completely free, open-source application, so monetarily we are not looking for any incentive.

Problems can come when we go into research about the workout routines for so many different cases

We can solve the problem in research by talking to an expert in the field of fitness.



The background features a central dark blue horizontal band. Above and below this band are abstract geometric patterns composed of overlapping circles and semi-circles in shades of orange, red, and white. The text is centered within the blue band.

## TECHNOLOGIES USED IN THIS PROJECT

# TECHNOLOGIES USED FOR MAKING THE ANDROID APPLICATION

- Adobe XD is used for creating the UI/UX for the mobile application
- Adobe Illustrator is used for making some of the icons
- Unity 3D is used to make the prototype for the android application, which uses C#.
- Android studio is used to convert the Unity 3D package into an APK
- Adding a QR code reader support on the app for binding it better with the website
- Publish the application in the google play store



## TECHNOLOGIES USED FOR MAKING THE WEBSITE

- Adobe Photoshop is used for making some of the icons and the base design
- Adobe Muse was used for making the prototype of the website which is powered by HTML and CSS.
- For Publication of the prototype website netlify was used

## OUR UNDERSTANDING IN THE TECHNOLOGIES

The android studio is an easier open-source software that can be accessed and used easily.

Unity is free and can be accessed easily it didn't require any prior knowledge in the same as it's written in C++ (runtime); C# (Unity Scripting API) .

C# is not very distinct from OOP concepts so it needed only smaller modifications to reach the exact code required for the development of the application.

It was relevantly easier to design the website as it was part of our course in the 4th semester of our Graduation.



# Group cohesion and contribution of each member

## Sirshendu Chaudhuri

- Co-Created the UI/UX for the Android application
- Made the website from start to finish
- Made this PPT
- Logo Design

## Sivanshu Shrivastava

- Made the Prototype of the android application on Unity
- Made the Report

## Vinit Kashyak

- Co-Created the UI/UX for the Android application
- Made the Report
- Researched for all the possible personalized cases possible and the solution for them

## Dipanshu Gaurav

- Gave the idea of building an open source fitness mobile application
- Created all the icons needed for the app
- Researched for all the possible personalized cases possible and the solution for them



QUESTIONS?