

```
isVideo = (Type type) => type == Type.video;
isUrl = (Type type) => type == Type.url;
isElement = (Type type) => type == Type.element;
isObject = (Type type) => type == Type.object;

// Check if boxer is already active, then kill it
if ($("#boxer").length > 1 || !isVideo())
    return;
}

// KILL event
_killEvent(e);

// Cache internal data
data = $.extend({}, {
    $window: $(window),
    $body: $("body"),
    $target: $target,
    $object: $object,
    visible: false,
    expiresIn: null,
    touchTimers: null,
    gallery: {
        active: false
    }
});
```

# Fitness Tracker - Dart/Flutter

Proposal

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## Overview

The Fitness Tracker App is a personal health tracker designed to give users the ability to record and track workouts, monitor daily calorie intake, and see their progress over time all with notifications and reminders to keep them on track.

Users will be able to log various exercises such as running, weightlifting, or even bodybuilding. An added integration of sets, reps, and the duration of the workouts for user inputs in the tracker. Additional integration to allow users to track caloric intakes by inputting daily nutrition facts, with a progress dashboard of charts that show performance trends.

## Functionality:

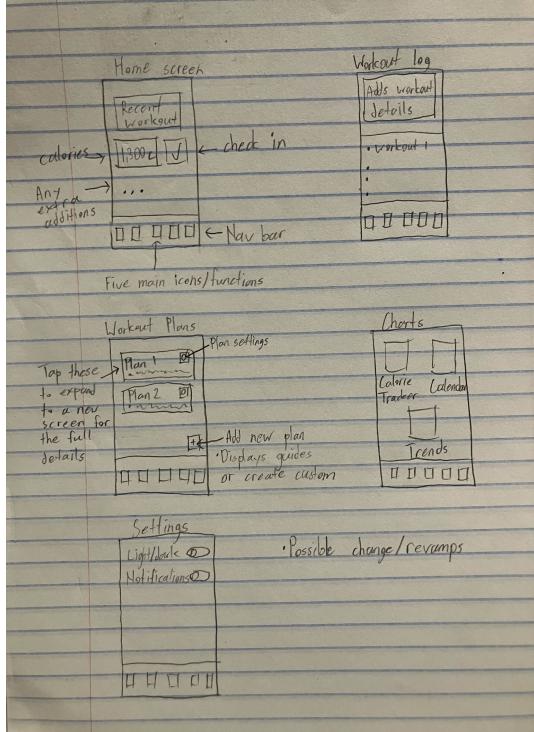
From	To	Description
Nav Bar	Home	Tap the Home icon to go to Home
Nav Bar	Workout Log	Tap the Workout Log icon to go to Workout Log
Nav Bar	Workout Plans	Tap the Workout Plans icon to go to Workouts Plans
Nav Bar	Charts	Tap the Charts icon to go to Charts
Nav Bar	Settings	Tap the Settings icon to go to Settings
Home	Selected Workout	Tap the Recent Workout icon to navigate to the Selected Workout page
Charts	Calorie Charts	Tap the Calories icon to navigate to the calories chart
Charts	Calendar	Tap the Calendar icon to navigate to the calendar
Charts	Trends	Tap the Trends icon to navigate to the trends chart

## Layout and User Experience

- Navigation Bar
  - Home, Workout, Charts, Settings
- Screen 1 (HomePage):
  - Tabs that send users to specified screens and shows minimal information

- Shows most recent workout, calories tracked, calendar checker for the day
- Screen 2 (Workout Log):
  - Allows users flexibility by letting them free form their workouts then log it
  - Empty feature to wipe out workout logs
- Screen 3 (Workout Plans):
  - Select (takes user to screen 4), add, delete, favorite workouts
  - Includes a beginner, intermediate, and advanced workout guide as additional options
- Screen 4 (Selected Workout):
  - Edit workout settings (color of the tab, add short description)
  - Edit and display workout names, sets, reps, and duration
- Screen 5 (Charts):
  - Display options to choose to send user to 3 other screens
    - Screen6, 7, and 8
- Screen 6 (Calorie Tracker):
  - Input for calories had
  - Progress for calorie tracking chart throughout the week
- Screen 7 (Calendar):
  - Calendar that displays all days you have worked out with green checks
- Screen 8 (Trends):
  - Trends chart of inputted information
- Screen 9 (App Settings):
  - Dark/light mode toggle
  - Notification toggle
  - Clear History toggle

## Base Design Idea:



## Milestones

### 1. Milestone 1:

- Build UI screens for workout log and calorie tracker
- Implement add/remove workout functionality with temporary data
- Display progress screen with static data chart

### 2. Milestone 2:

- Integrate local database (SQLite)
- Enable saving and viewing progress history dynamically
- Add remind/notification feature

## Testing and Approach

Throughout development, we will test how the users would go about using the app to get a better perspective on the functionality, design, and ease of use. This would be done by creating test cases of what users would do based on our own experiences in the fitness field and how most people would go about using a fitness tracker.

## GitHub Repo Link

- [https://github.com/kvo110/fitness\\_tracker.git](https://github.com/kvo110/fitness_tracker.git)

"I understand that I will be graded individually on group assignments and may not receive the same grade as all members"

(X Kenny Vo)