

### Escola Superior de Tecnologia de Setúbal

# Aplicação móvel para auxiliar o treino desportivo - Not So Chubby

Licenciatura em Engenharia Informática



DOCENTE

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**AUTORES** |

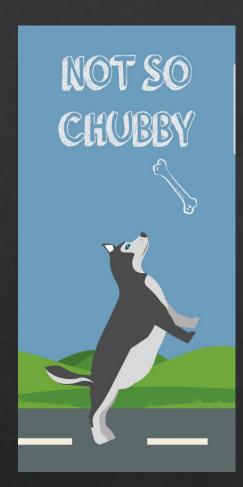
César Nero

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João Silva

Rúben Ferreira





## Login Screen

Login na aplicação através do google ou do facebook



peso

ernidade

dade

#### Rúben Ferreira



Notícias



**Treinos** 



Dieta



Agenda



Mapa



**Chubby Go Wild** 



Perfil



Notificações



Cantiauracãos



Menu lateral da aplicação



@ 85 100% EED 01:54



#### Notícias



Emagrecer com saúde: O consumo desta vitamina acelera a perda de peso

2018-12-06 | Saúde



Maratona da Maternidade junta famílias para promover a natalidade

2018-11-30 | Geral



Associação Portugal AVC distinguida a nível europeu

2018-11-25 | Saúde



Rótulos Alimentares: Tudo o que precisa de saber para os decifrar

2018-11-16 | Dieta





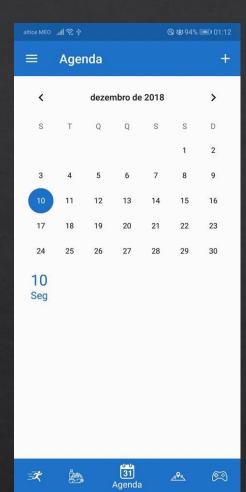






### Noticias

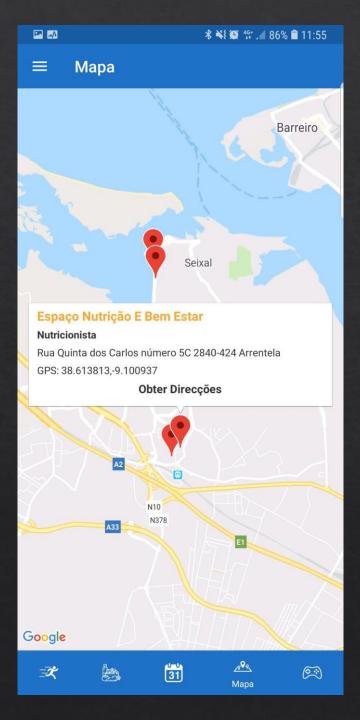
Mostra as todas as noticias que estão na base de dados





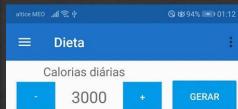
## Agenda

Permite ao utilizador adicionar eventos desportivos na agenda (a ser desenvolvida em React)



## Mapa

O mapa mostra todos os ginasios na zona



#### Pequeno-Almoço



#### Gluten-Free Pumpkin Waffles

These gluten-free spiced pumpkin waffles with your choice of toppings will soon be a new family favorite

#### Pequeno-Almoço





These gluten-free spiced pumpkin waffles with your choice

Lightly coat waffle baker with cooking spray. Preheat a waffle baker on high (the waffle baker needs to be well heated to avoid sticking). Preheat oven to 200°F. Set a wire rack on a baking sheet; place in oven while its preheating.

Meanwhile, in a medium bowl combine gluten-free all-purpose flour, whey protein powder, coconut flour, flaxseed meal, sugar, arrowroot, baking powder, the 2 teaspoons cinnamon, the baking soda, and ginger.

In a large bowl whisk together almond milk, pumpkin, egg whites, grapeseed oil, and vanilla. Add flour mixture to pumpkin mixture; stir until well mixed. Let stand for 5 to 10

Spoon a scant ¼ cup of the batter into each section of the waffle baker; spread batter to cover grids. Close lid quickly; do not open until done. Bake according to manufacturers directions. When done, use a fork to lift waffle off grid; transfer waffle to wire rack in oven. Repeat with the

**Gluten-Free Pumpkin Waffles** 

minutes or until batter thickens

Confection

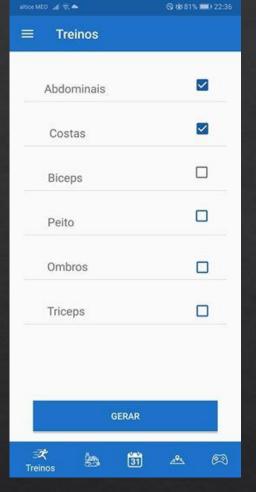
of toppings will soon be a new family favorite

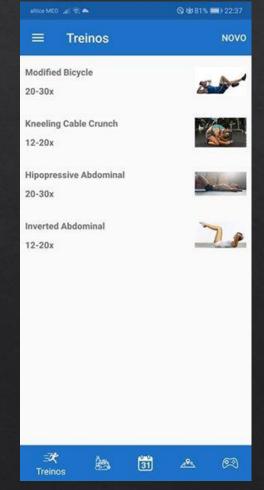
### Alimentação

Mostra a lista de ementas que estão na BD

### Treino

- O utilizador escolhe que músculos quer treinar;
- A aplicação retorna 2 exercícios aleatórios de cada musculo









## Jogo

Jogo Chubby Go Wild, jogo para o entretenimento do utilizador



### Poster