The various states that an app can enter on your platform of choice  
  
Ans: According to apple developer guide in iOS, an app can be in one of five states: not running, inactive, active, background, or suspended. The app changes state over time based on events triggered by the user and the system.

1. **Not Running**: The app has not been launched or has been terminated by the system.
2. **Inactive**: The app is running in the foreground but is not receiving events. This can occur when a phone call is received or when the user switches to another app.
3. **Active**: The app is in the foreground and is receiving events. This is the state where the user is actively interacting with the app.
4. **Background**: The app is running in the background and can execute certain tasks, but it's not visible to the user. Apps can transition to this state when the user switches to another app or the home screen.
5. **Suspended**: The app is in the background but is not executing code. The system can terminate suspended apps if it needs to free up memory, but the app can be quickly resumed from this state.

The various states that you must consider for your app, why you must consider it, and what must happen in each state.

Ans: Currently I am considering four states for my app. Not running, Inactive, Active and Background.

1. Not Running: This state is important as it represents the initial loading phase of the app. I want to ensure that all required resources and settings are properly initialized when the app is launched. So, when the user starts the app, it should initialize data and load any necessary resources.
2. Inactive: This state occurs when the app is in the foreground but not actively receiving user input. This state occurs when there are interruptions like phone call or alerts or user switches to another app,etc. In this state I will pause any ongoing processes that don't need to run in the background like live game updates.
3. Active: This is the main interactive state where users engage with the app. It's crucial for providing a responsive and interactive experience. In this state I want to display live data, such as current game scores and injury reports. Also, I want to enable user interactions, such as navigation to different sections (Schedule, Injury Report, Fantasy Points, Tips).
4. Background: This state occurs when the app is no longer visible but still running in the background. Users may switch to other apps or press the home button. In this state I want to save important data like current score and fantasy points to persistent storage to prevent loss. I also would stop unnecessary processes like updating live scores and fantasy points.

Reference:  
https://developer.apple.com/documentation/watchkit/life\_cycles/handling\_common\_state\_transitions