Capstone Project Presentation
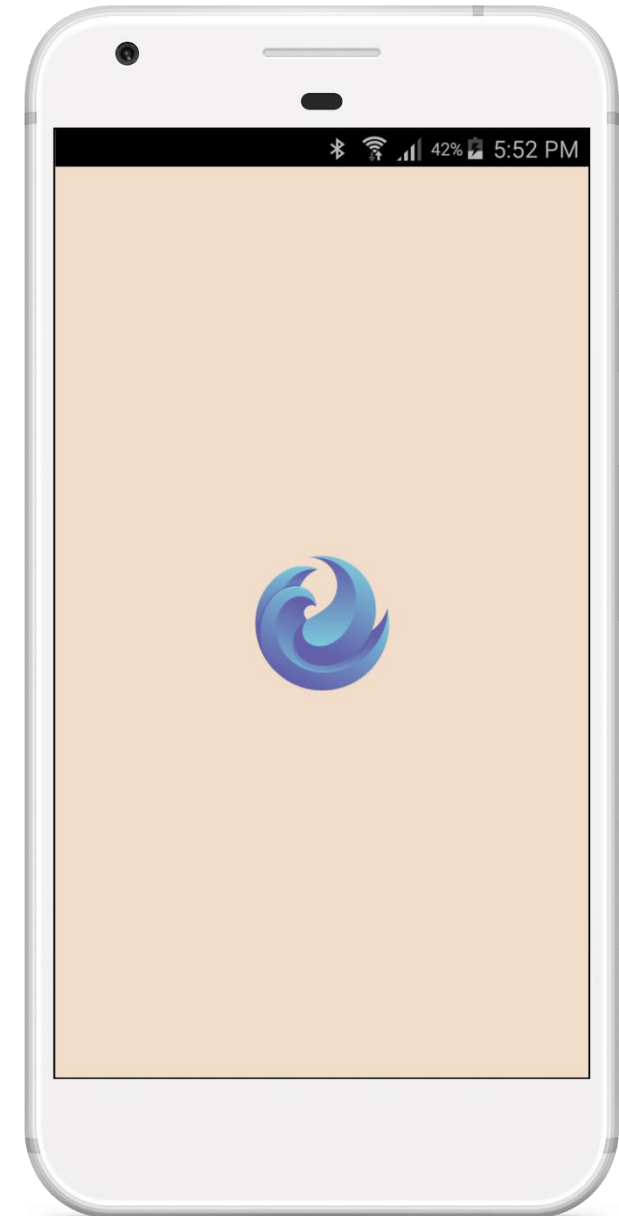
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ABSTERGO

ABSTERGO

- "ABSTERGO" is a health and fitness classified application based on android platform.

- It provides users with different categories, where they can check various diets and workout routines, access mental stability, and calculate the calorie intake and number of steps taken.

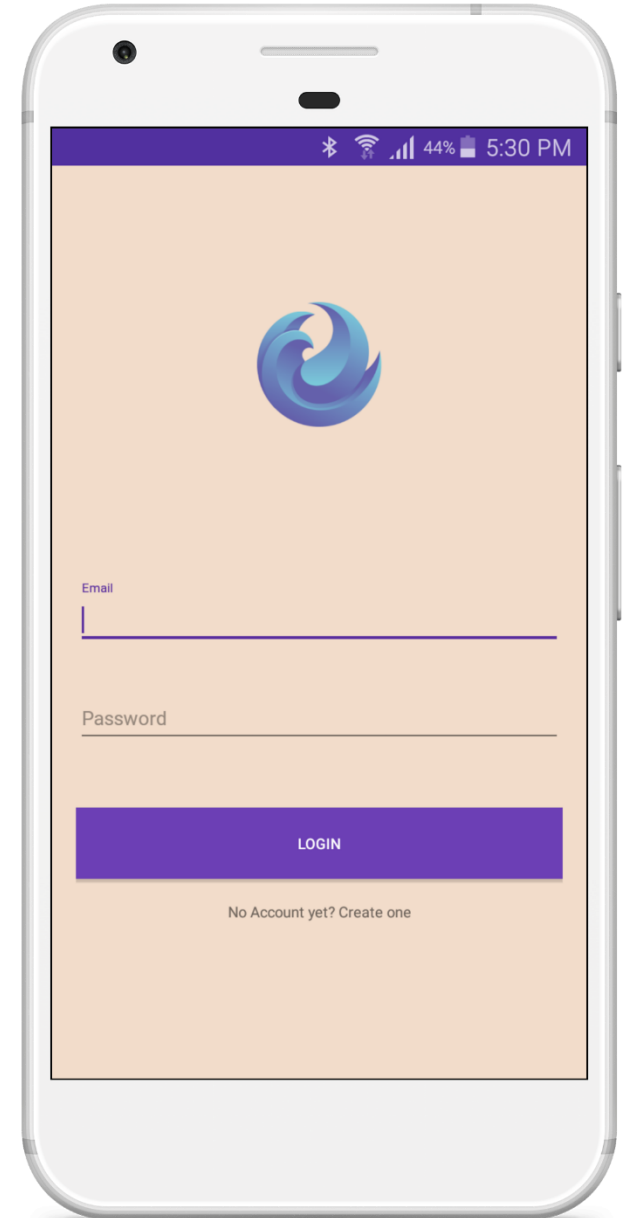- Mental health module adds to the uniqueness of the application.

Features of ABSTERGO

- Compatible with KitKat, Lollipop and Marshmallow versions of android.

- Allows users to browse through body-building routines, along with yoga routines.

- Allows users to asses Mental Health.

- User can browse through various diets, both Indian and International.

- Keeps a track of the previous meals and their calorific values.

- Allows only registered user for better security.
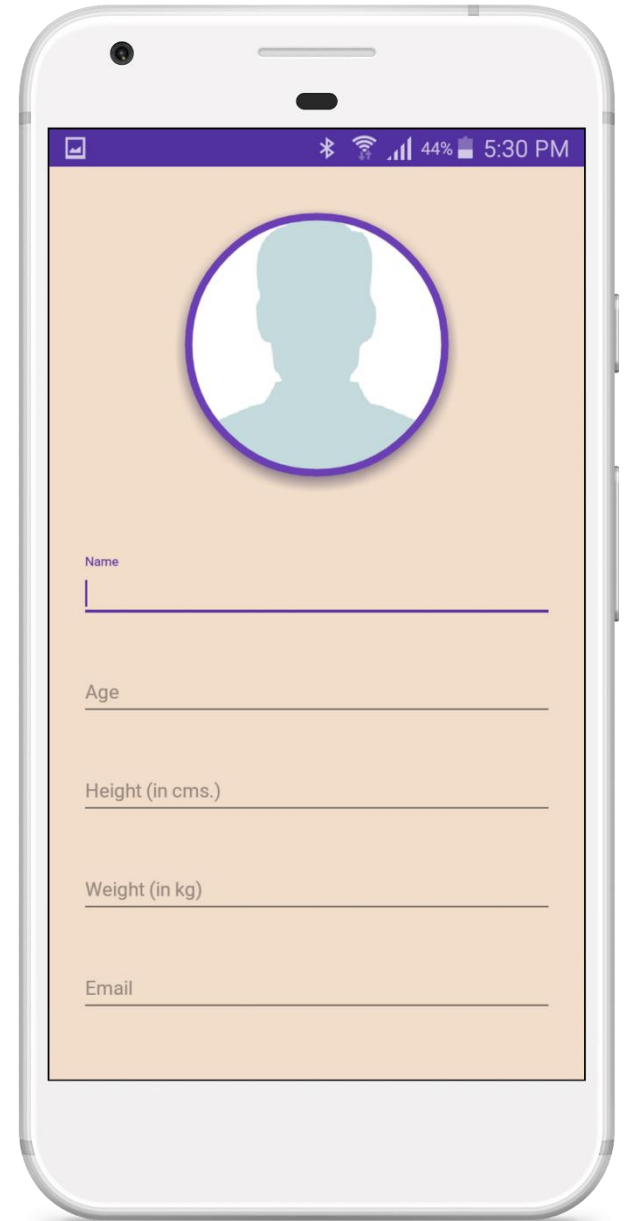
Application Description

User Login

- In order to log in, user needs to provide registered email address and password.

- If not registered then select "No account yet?" option provided at the bottom of the page.
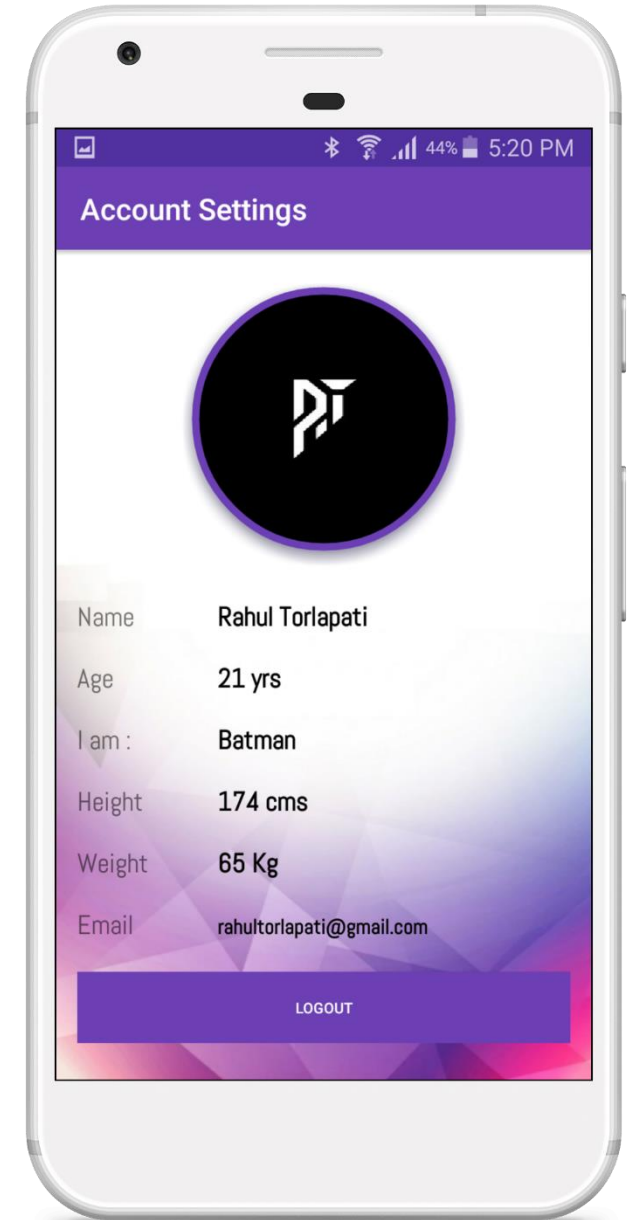
Steps:

- Enter your name.

- Enter your age.

- Enter your height and weight details.

- Enter a valid email address.

- Enter at least 8-character password including an uppercase, lowercase, number and special character.
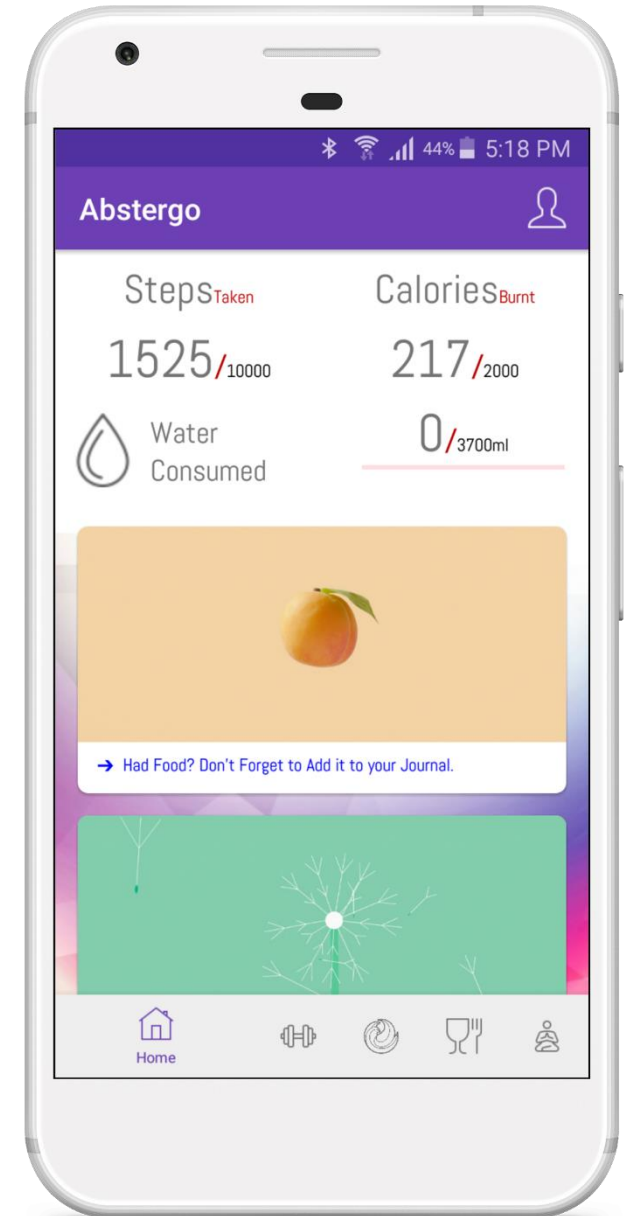
- Select Gender.

User Profile

- It allows users to view and edit his account details.

- User can also set the profile photo from gallery or camera.
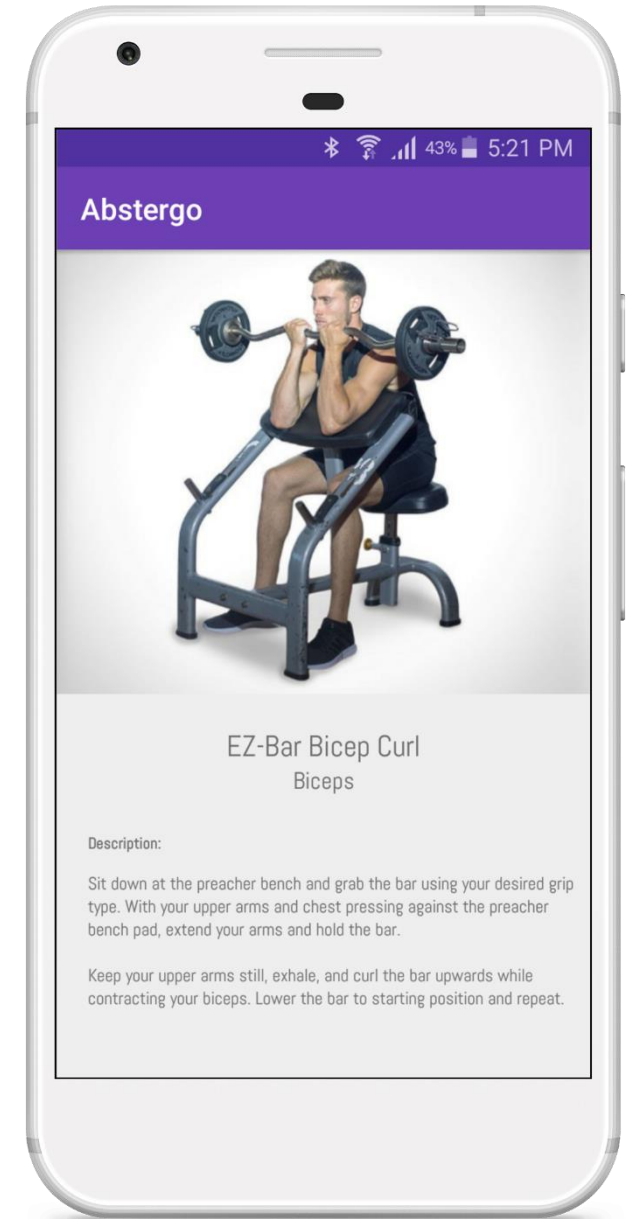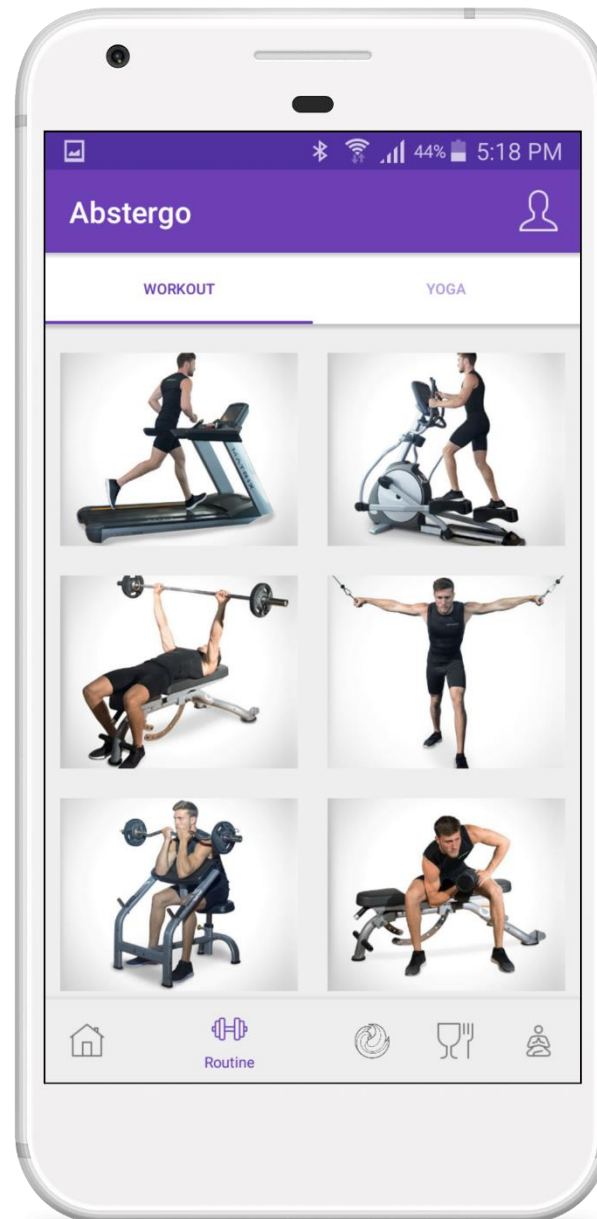
Home Screen

- Allows to calculate the number of steps.(Google Fit API)

- Simultaneously calculates the calories burnt.

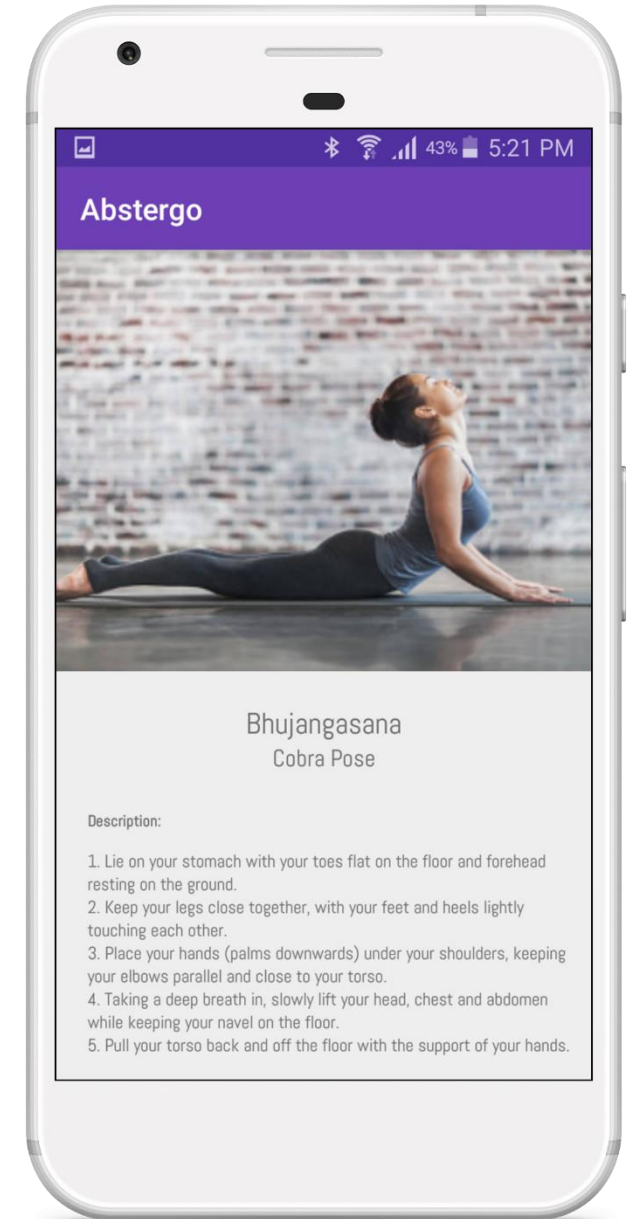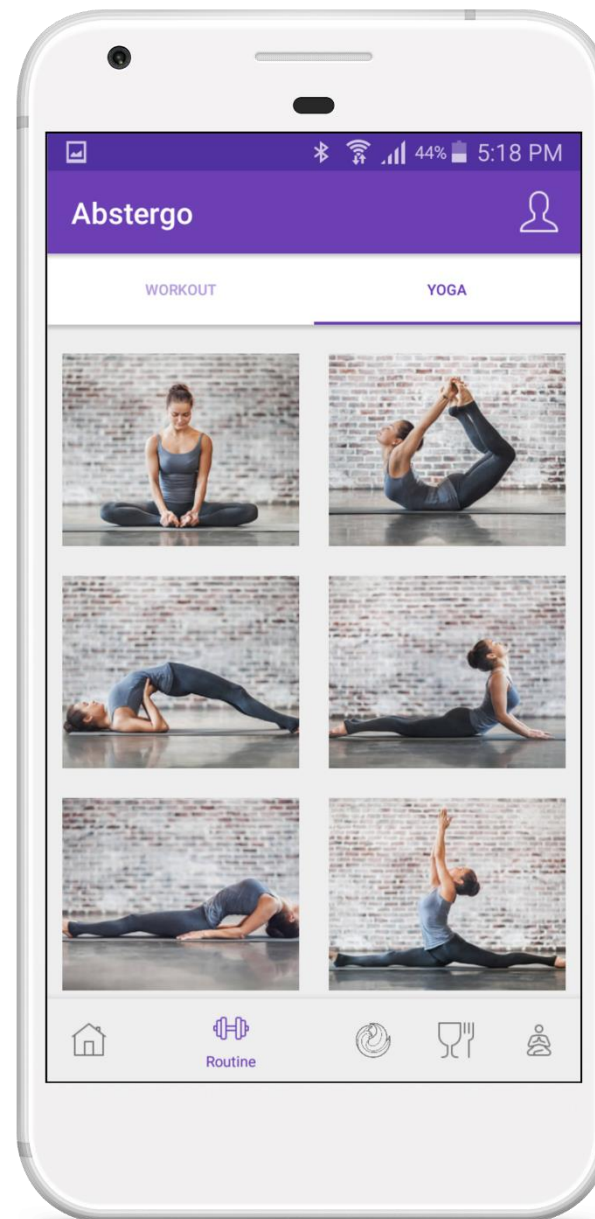- Helps to keep a check on the amount of water consumed on a daily basis.

Workout fragment

- Select the workout of your choice.

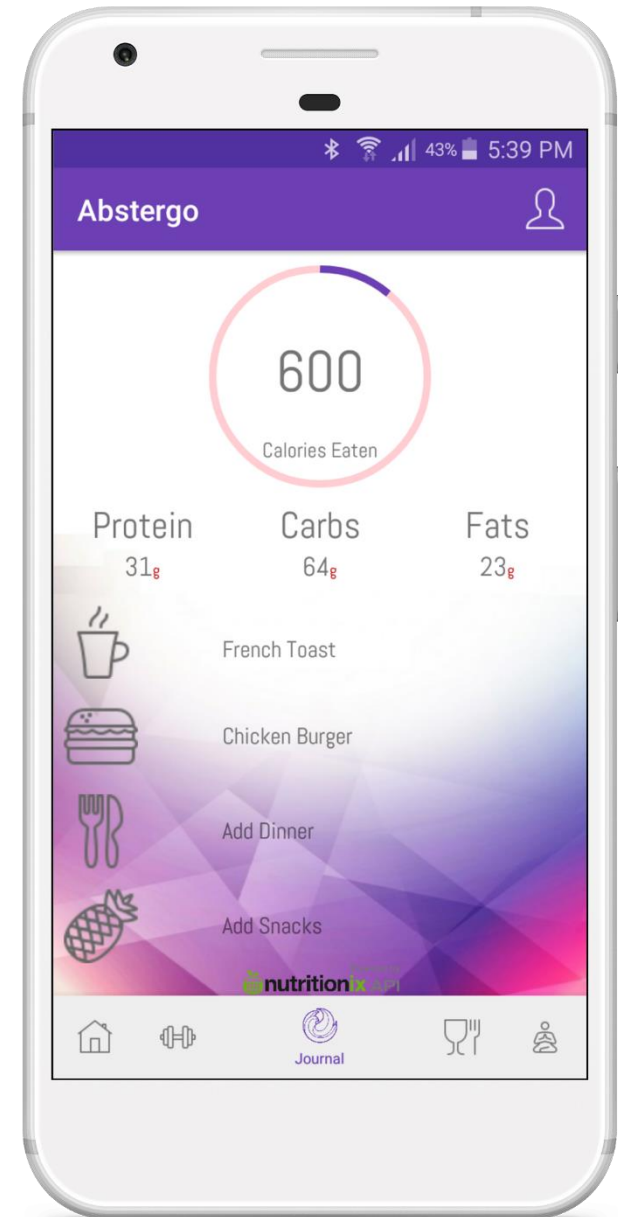- Choice of extensive workout routines are available.

Yoga fragment

- Select the workout of your choice.

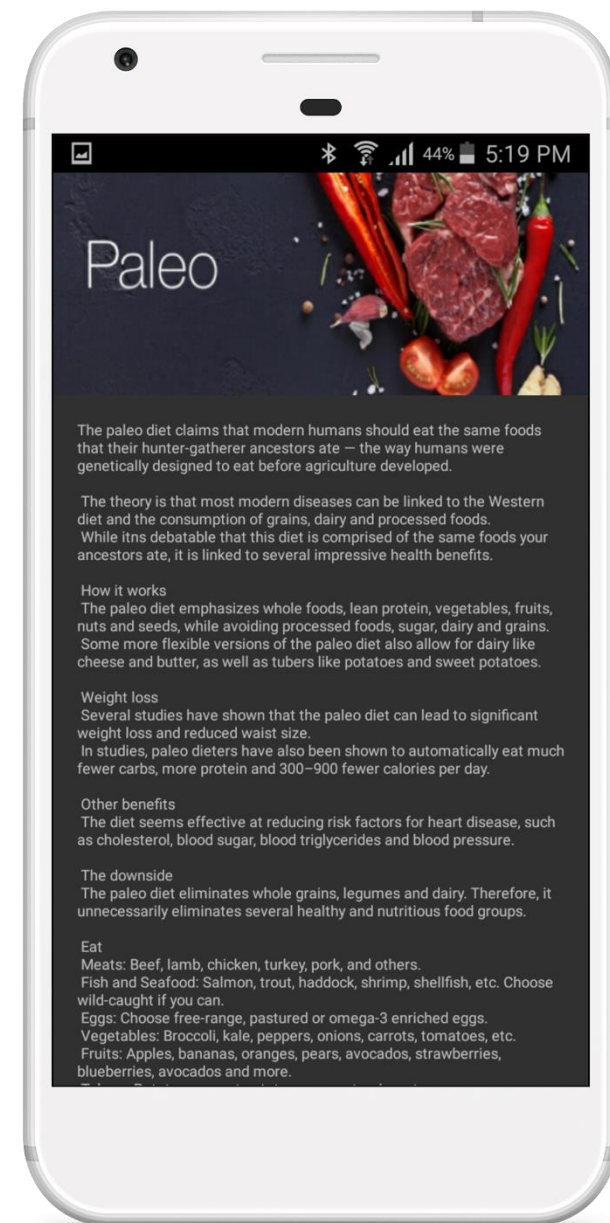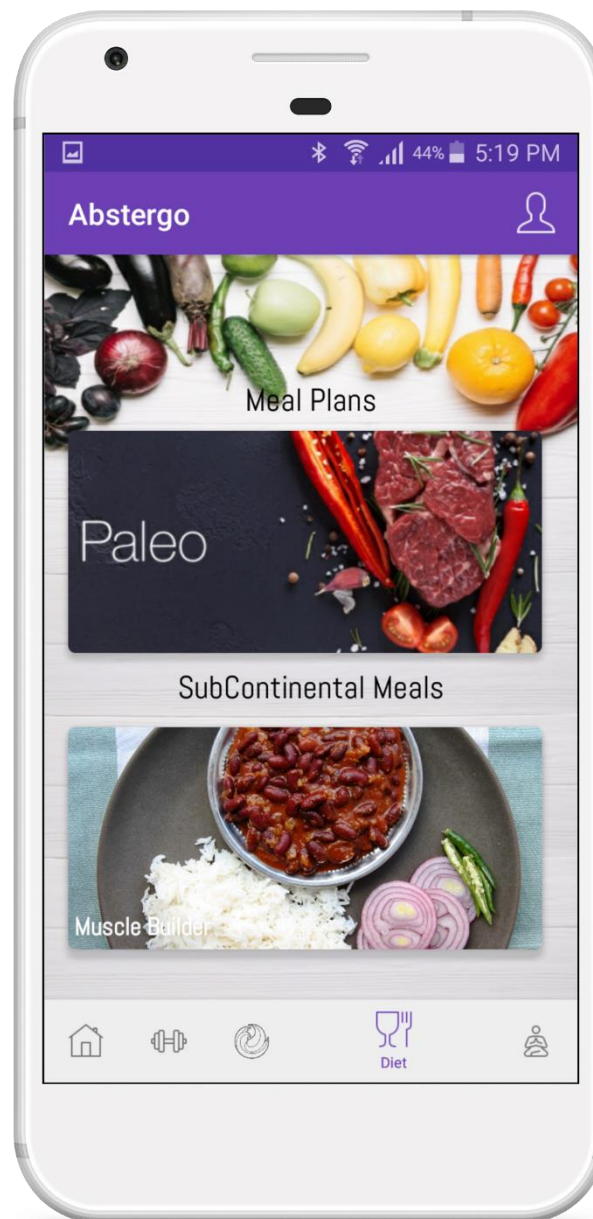- Choice of extensive yoga routines are available.

Journal fragment

- View calories consumed.

- Add meals to keep the calories in check.

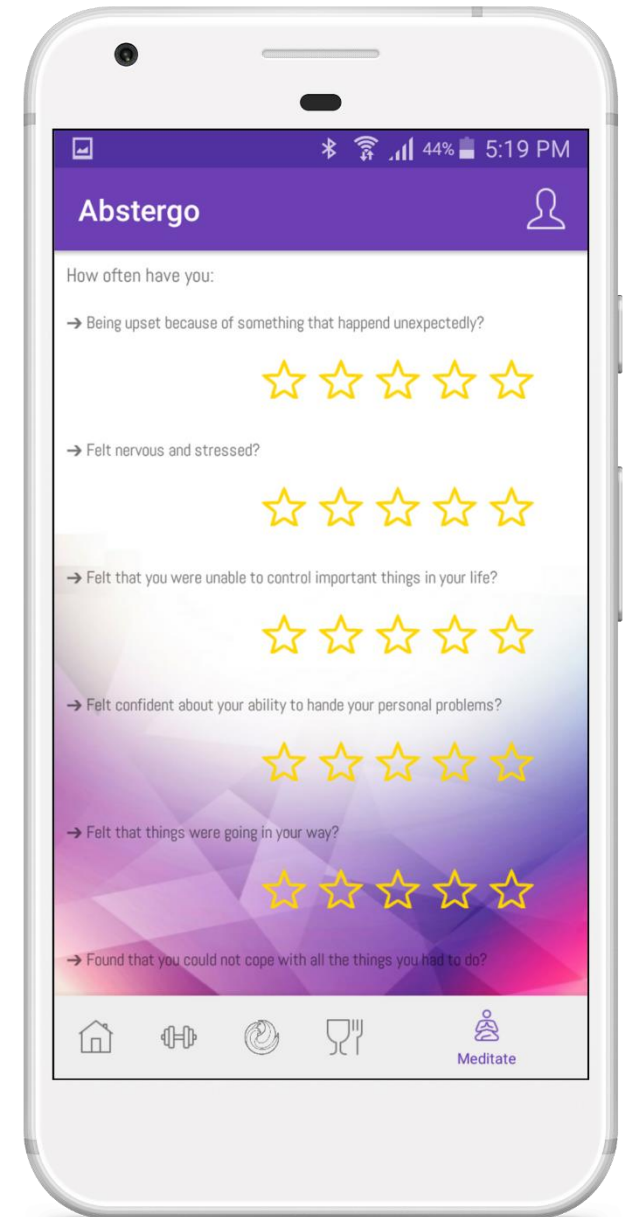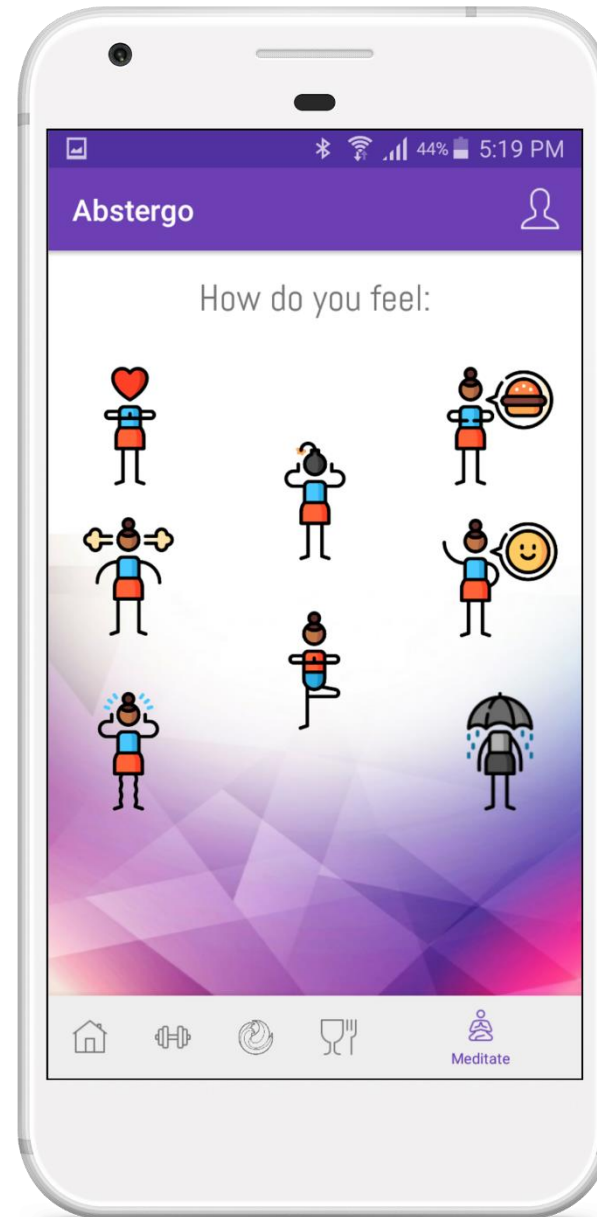- Display the calorific value of each meal.

Diet fragment

- Variety of diet plans to select from Meal plans customized with Indian and continental diets.

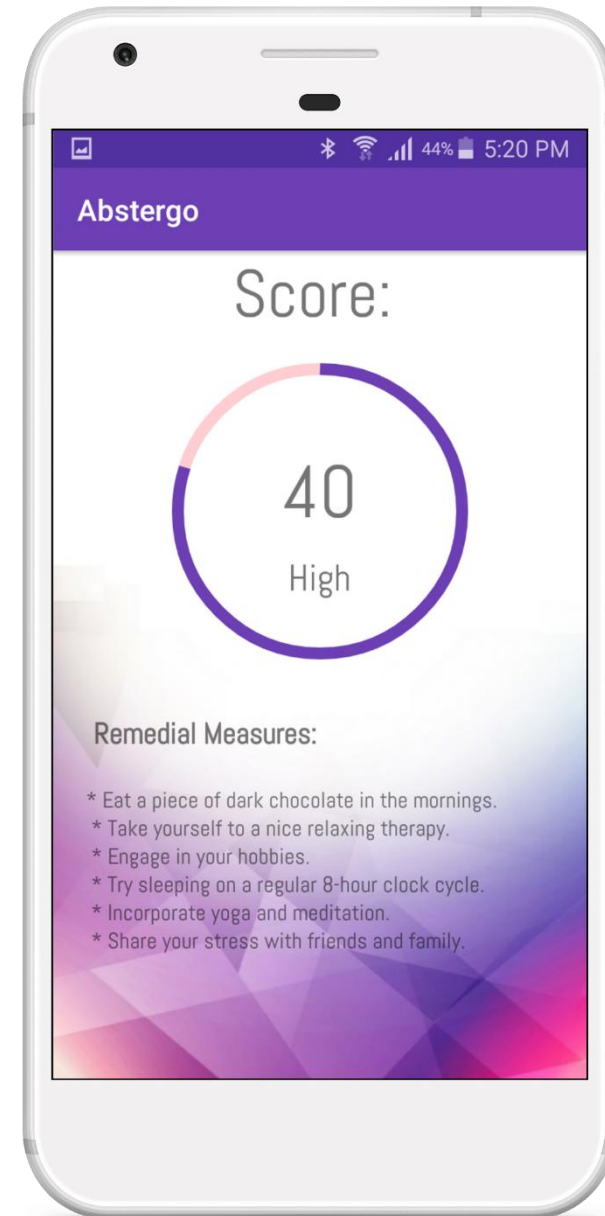Mental health fragment

- Choose how you feel.

- Answer the questionnaire to assess mental health.

Mental health fragment

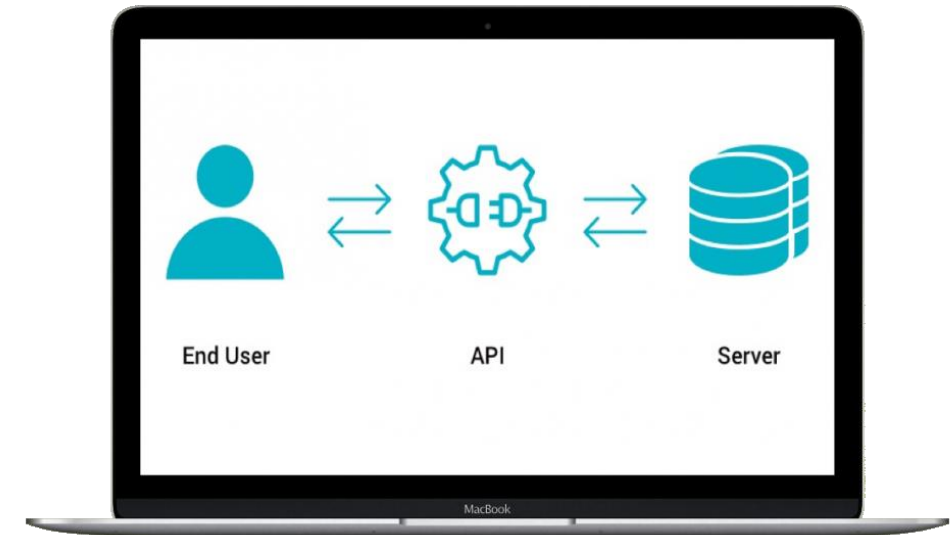- Obtain your score and proper suggestions to improve mental health.

JSON Parsing

Sending/Retrieving JSON Requests

JSON

- Create a JSON Object request with the appropriate parameters.

- Request is sent to Nutritionix API.

- The API responds by returning a JSON Array

- The JSON Array is parsed to get the appropriate values.

- The Values are displayed in the application in Journal Fragment.

Database Connectivity

Sending/Retrieving Data

SQLite

- User information is taken at the time of registration.

- The information is made a part an SQL query.

- Using SQLite Open Helper to create and manage the local database.

- The values from the local database are read to show User information in the Profile Activity.

- All the SQL queries are part of the Database Helper classes.

That's All