20CE 504L Programming Skills Development-II Laboratory (2022-23 Sem-I)

Synopsis for HealthifyMe

Group Members :

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Problem Statement :

Creating a healthify app in android studio**. (**The chief goal of this work is to HealthifyMe enables you to track your daily calorie intake ,weight goals,workouts,
Setting a daily water intake goal**.)**

Technology Selected: Android Java

KeyWords :

- BMI Calculator
- Step Counter
- Sleep tracker

- Drink Water Notifier

Abstract :

This the clone of Healthify Me app with login and sign In features.
A registration form for all your input details,also a aesthetic dashboard With features such as BMI calculator which calculates bmi based upon height and weight.Next is water tracker which notifies you regularly to drink water also stores your previous history of water.Sleep Tracker takes your sleep time and wake up time and play a alarm at wake up time.Step Counter will track your steps.

Module Wise Scope :

Scope of functionality -

❖ **BMI Calculator :** BMI measures body fat based on height and weight. It correlates weight with height and evaluates whether weight is appropriate for   your stature.

❖ **Step Counter** : Step counter is a digital tool that measures distance and steps.

❖ **Sleep tracker** : Sleep tracker can help to create habits around good sleep hygiene by telling its time to sleep.

❖ **Drink Water Notifier** : Water Drink Reminder reminds you to drink enough water.get reminders to stay hydrated.

Technological features covered

1.SQLiteDatabase
2.AlertDialog
3.Android Notifier

4.Reminder
5.Alarm Manager
6.Android Intent
7.Progress Bar

Conclusion :

This project contains two parts,Background database and Android Application.The background database was implemented with SQLite.

We conclude that this application helps user to maintain health.HealthifyMe is a digital platform that provides services such as BMI calculator,Sleep tracker,Step count,Drink Water Notifier.when user uses this application they get their BMI report ,step count and water drinking notification on their mobile.

References :

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➢ https://www.tutorialspoint.com/android/android_application_components.htm
➢ https://www.digitalocean.com/community/tutorials/android-recyclerview-android-cardview-example-tutorial