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GetFit

Description

Increasing percentage of population today spends a large part of their day on a desk and long hours of sitting coupled with little to no exercise is causing serious health concerns. the app will encourage users to adopt a healthier lifestyle by giving customised friendly reminders to move around and suggestions for exercise and meal plans.

Intended User

1. Any one who currently leads a sedentary lifestyle
2. works on a computer for more than 6hrs a day
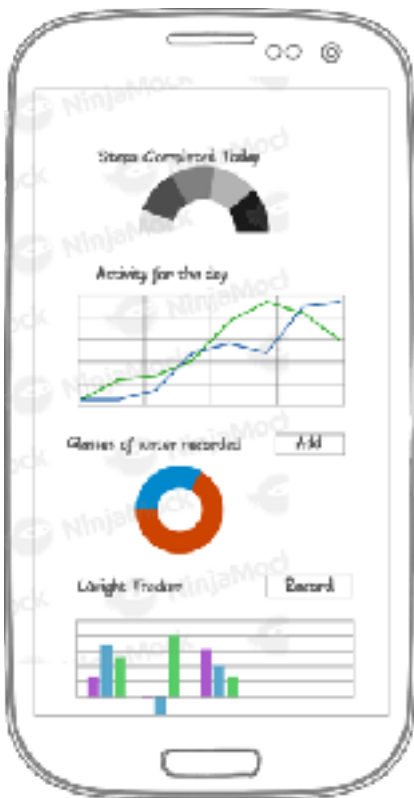
Features

1. Customised reminders for
   - Close eyes for a minute
   - Do neck exercises and stretch hands and legs
   - Take a 10 minute walk
   - Drink water
2. Step Tracking on a map
3. Weight Tracker
4. Play songs during workout(Store playlist)
5. Exercise suggestions
   - HIIT workout videos
   - Strecthing/Yoga videos
6. Meal Plans(Subscription only)

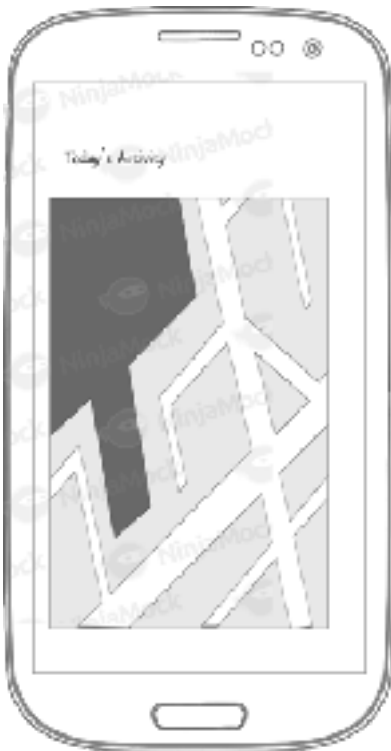## User Interface Mocks

App Widget :

Screen 1

Steps Completed Today

Activity for the day

Glasses of water recorded   Add

Weight Tracker   Record

Screen 2 - Menu

Home

Route Tracker

Reminders

Playlist

Workouts

Screen 3

Today's Activity

Screen 4

Set Reminder

Remind me to

Every   Text Field   hour
                        Day

1	2	3
4	5	6
7	8	9
	0	

Screen 5

Blink

You have been working since 2 hours.
Stop, look away, close
eyes for a minute

Cancel   Start Timer

00:60

Screen 6

Key Considerations

How will your app handle data persistence?

Firebase Realtime Database

Describe any edge or corner cases in the UX.

1. When exiting workout video should goto suggested videos screen
2. When adding weight by default take current date
3. When adding songs to playlist open device file manager and allow only videos to be selected

Describe any libraries you'll be using and share your reasoning for including them.

App performs short duration, on-demand requests, app uses an AsyncTask.
App uses Firebase Realtime Database to load data to views.

Describe how you will implement Google Play Services or other external services.

1. Location services
2. Firebase Analytics

Task 1: Project Setup

1. Configure Libraries

Task 2: Implement UI for Each Activity and Fragment

1. Build UI for landing page - add pop up for incrementing glass of water and weight
2. Build UI for maps tracker
3. Build UI for setting up reminder
4. Build a notification service for reminder
5. Build UI for creating, displaying and playing a playlist
6. Build UI to show exercise videos - pull videos from google

Task 3: Your Next Task

1. Add Google Play Libraries
2. Build unpaid version