

# **SNACK SQUAD - A CUSTOMIZABLE SNACK ORDERING AND DELIVERY APP**

## **1. INTRODUCTION**

### **1.1 OVERVIEW**

Snack Squad is a customizable snack ordering and delivery app designed to make snacking convenient, fast, and easy. With Snack Squad, you can order your favorite snacks from a variety of options, and have them delivered right to your doorstep.

The app offers a wide selection of snacks, ranging from healthy options like granola bars and nuts, to indulgent treats like chocolates and chips. You can customize your snack order by selecting your preferred snacks, choosing the quantity, and setting a delivery time that works best for you.

Snack Squad also offers a user-friendly interface, making it easy to navigate and place orders. You can save your favorite snacks for easy access in the future, track your orders in real-time, and receive notifications when your snacks are on the way.

In addition, Snack Squad offers a subscription service that allows you to have your favorite snacks delivered to you on a regular basis, without having to manually place orders every time.

Whether you're at home, work, or on-the-go, Snack Squad is the perfect solution for all your snacking needs. So why wait? Download the app today and start snacking smarter!

## **1.2 PURPOSE**

The purpose of Snack Squad is to provide a customizable snack ordering and delivery app that allows users to easily order and receive their favorite snacks on demand. Snack Squad aims to streamline the process of ordering snacks by providing a user-friendly platform that allows customers to select their favorite snacks and have them delivered straight to their doorstep.

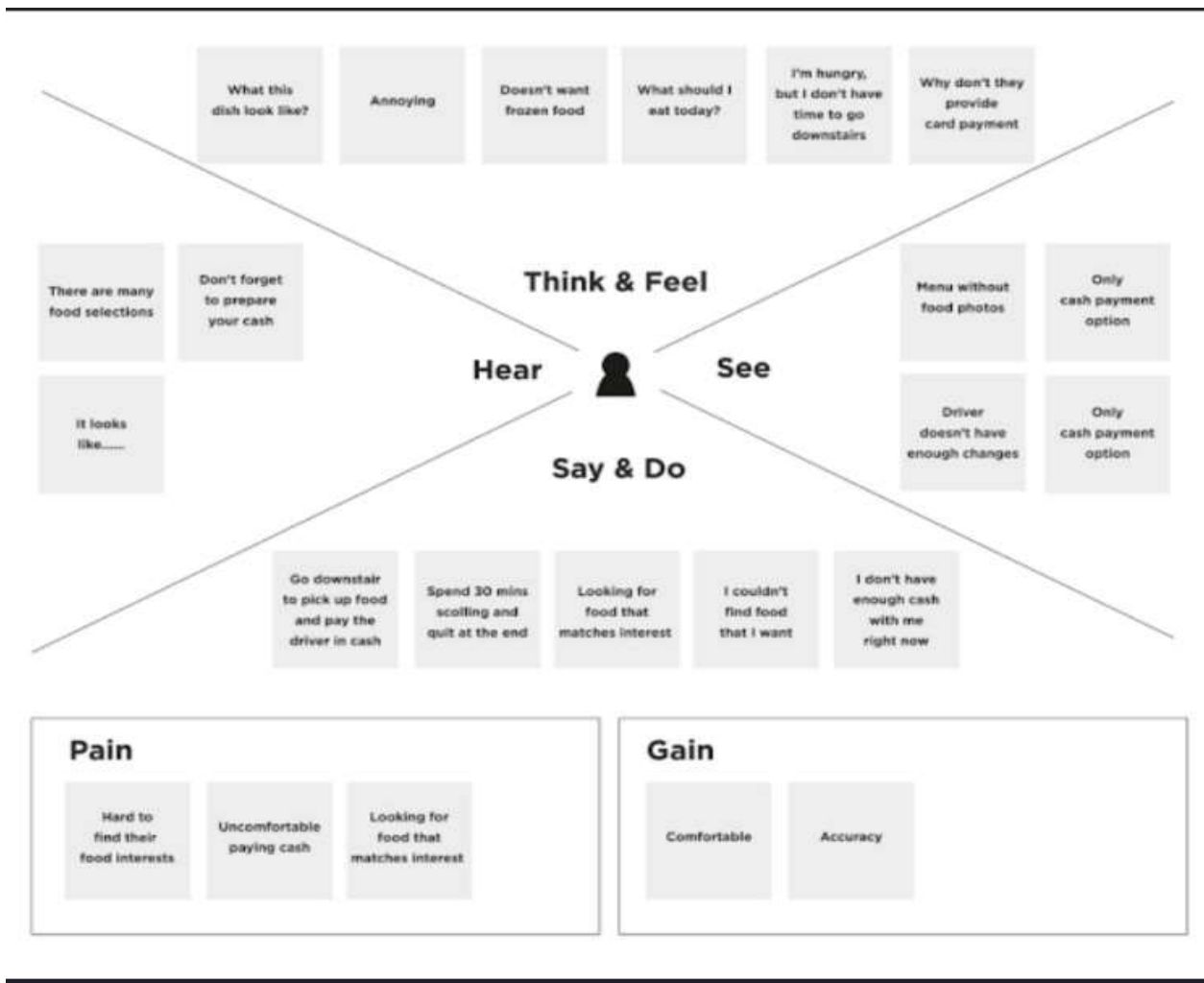
The app provides a range of snack options from healthy snacks to indulgent treats, catering to a wide range of dietary preferences and requirements. Users can easily customize their orders, selecting specific snacks or requesting modifications based on their preferences.

Snack Squad also prioritizes convenience, with fast delivery times and flexible payment options, including the ability to pay using mobile payment methods such as Apple Pay or Google Wallet. The app also provides real-time tracking of orders, allowing users to track the progress of their snack delivery from start to finish.

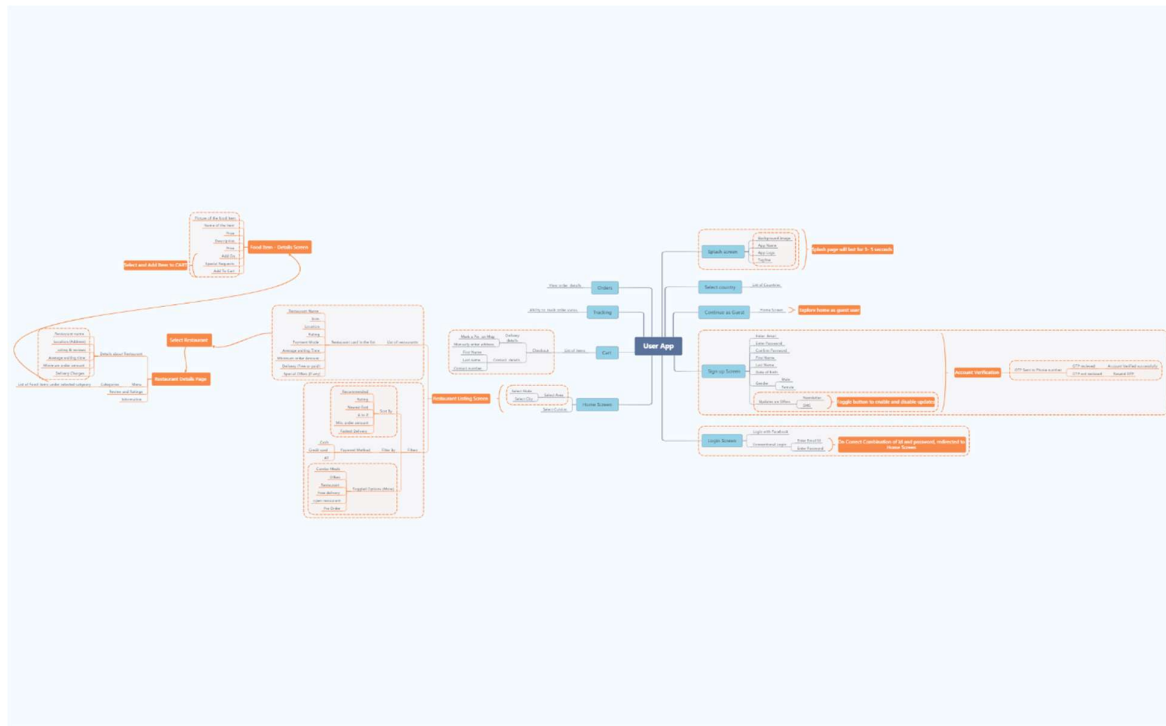
Overall, the goal of Snack Squad is to provide a seamless and personalized snack ordering and delivery experience that satisfies customers' cravings and saves them time and hassle.

## 2. PROBLEM DEFINITION& DESIGN THINKING

### 2.1 EMPATHY MAP

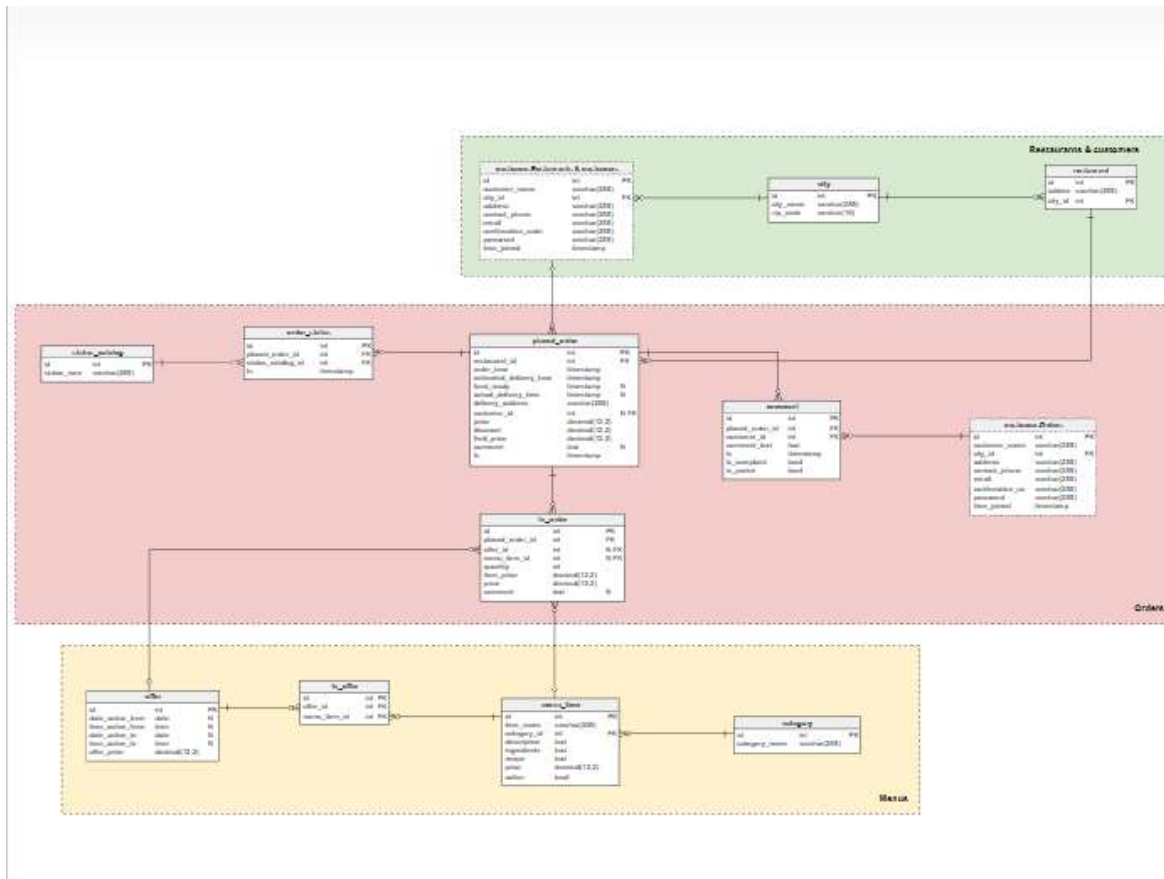


## 2.2 IDEATION & BRAINSTORMING MAP



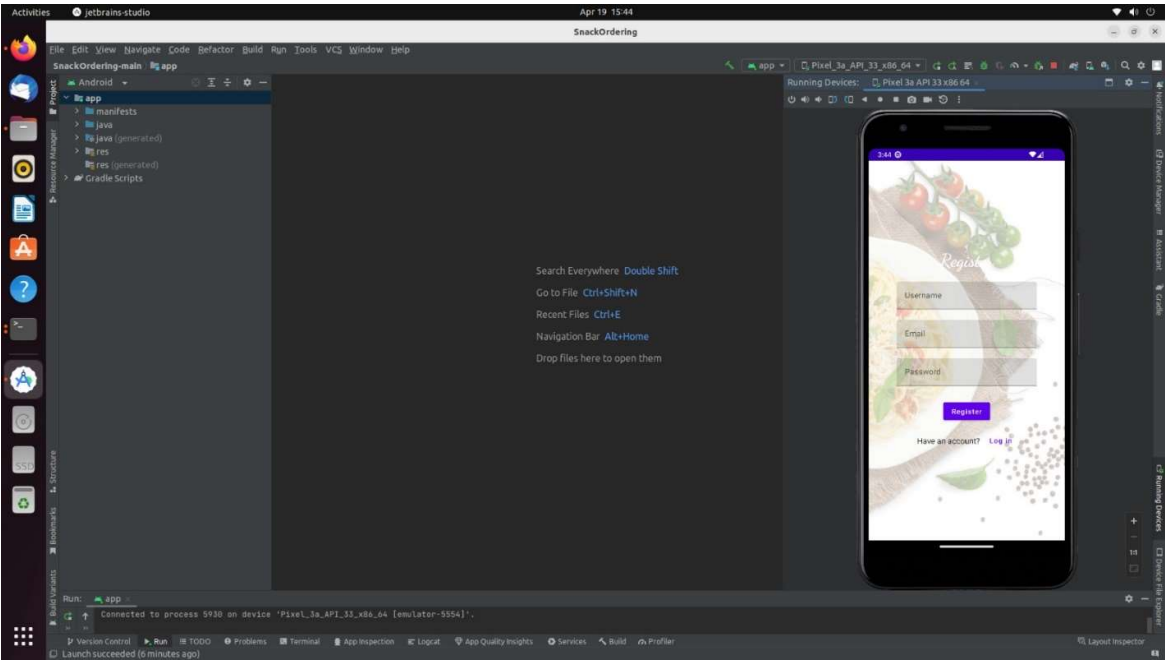
### 3.RESULT

### 3.1 DATA MODEL

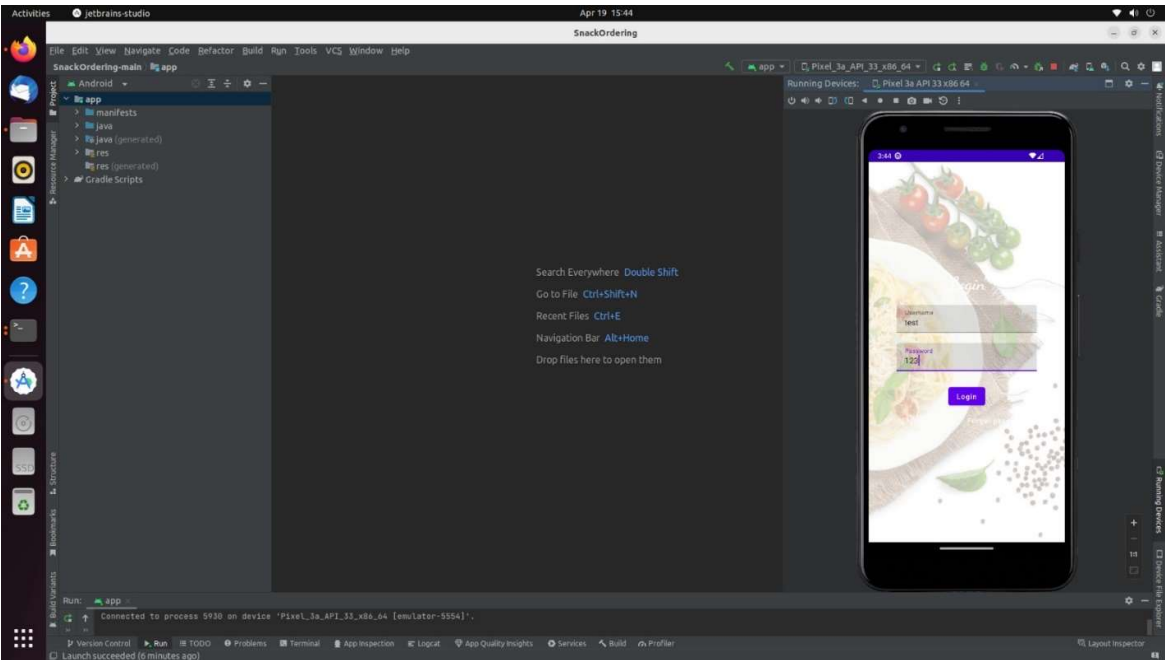


## 3.2 SCREENSHOT

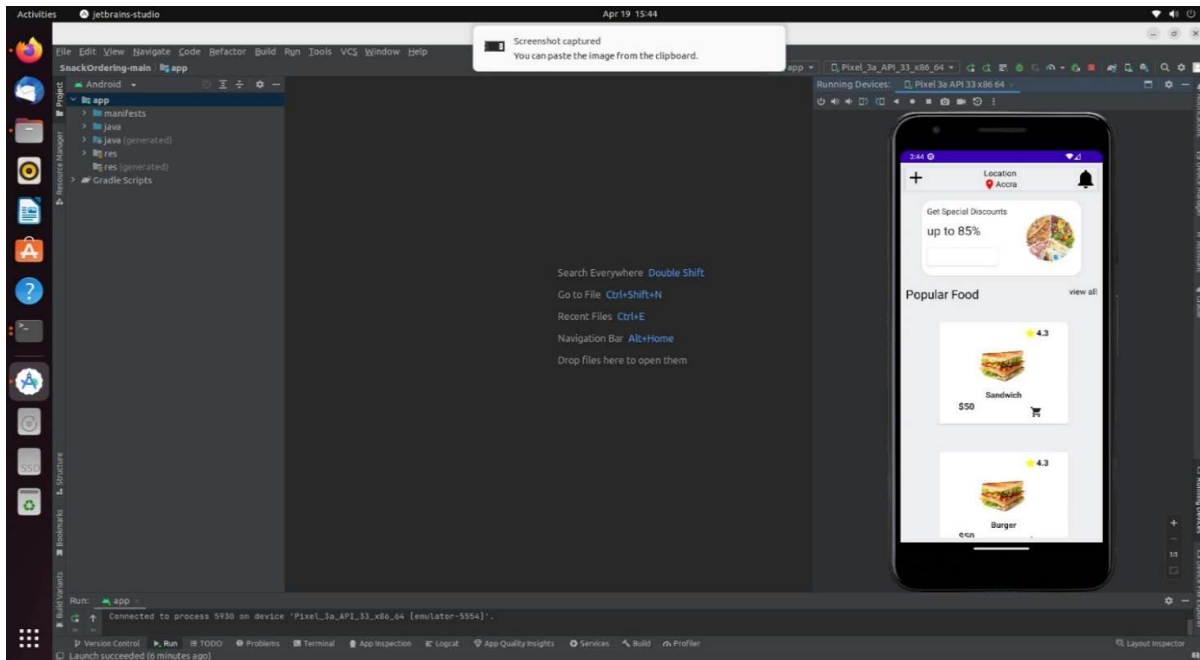
### REGISTRATION PAGE



### LOGIN PAGE



# ORDER PAGE



## 4. TRAILHEAD PROFILE PUBLIC URL

Team Leader - <https://trailblazer.me/id/siddheswaran>

Team Member 1- <https://trailblazer.me/id/praveensp>

Team Member 2 - <https://trailblazer.me/id/vvicky944>

Team Member 3- <https://trailblazer.me/id/thamp35>

## **5 ADVANTAGES & DISADVANTAGE**

### **5.1 ADVANTAGES**

#### **ENERGY BOOST**

Having a snack before or during your workout can provide you with a quick source of energy. This can be particularly useful if you're feeling low on energy or if you have a long and intense workout session ahead.

#### **IMPROVED PERFORMANCE**

Consuming a snack that contains carbohydrates, such as a piece of fruit or a granola bar, can help replenish glycogen stores in your muscles. This can potentially enhance your performance during squat exercises by providing fuel for your muscles.

#### **PREVENTING MUSCLE BREAKDOWN**

Eating a protein-rich snack before or after your workout can aid in muscle recovery and prevent muscle breakdown. This can be beneficial for maintaining and building muscle mass, which can be especially important if you're aiming to increase strength and improve your squatting performance.



## **5.2 DISADVANTAGES**

### **DIGESTIVE DISCOMFORT**

Consuming a snack right before or during your squat workout may cause digestive discomfort, such as bloating or stomach cramps. This can negatively impact your performance and make your workout experience unpleasant.

### **DISTRACTION**

Eating a snack while squatting might shift your focus away from proper form and technique. Squats require concentration and attention to maintain the correct posture and alignment. Eating during this exercise could divert your attention and increase the risk of injury.

### **PERSONAL PREFERENCES**

Not everyone enjoys or benefits from eating snacks during exercise. Some individuals may find it disrupts their workout routine or feel uncomfortable with food in their stomach while engaging in physical activity.

## 6.APPLICATIONS

**Choose the right snacks:** Opt for snacks that are easy to consume, provide a good balance of carbohydrates and protein, and are easily digestible. Examples include fruits, protein bars, Greek yogurt, nut butter with whole grain crackers, or a small handful of nuts and dried fruits.

**Timing is key:** Consider the timing of your snack in relation to your workout. Eating a light snack with carbohydrates and protein about 30 minutes to an hour before your workout can provide a source of energy. If your workout is longer or more intense, you may benefit from having a small snack during your workout to maintain energy levels.

**Portion control:** Be mindful of portion sizes to avoid feeling overly full or experiencing digestive discomfort during your workout. Aim for a snack that provides a sufficient energy boost without weighing you down.

**Experiment and listen to your body:** Everyone's nutritional needs and preferences are different, so it's important to experiment and find what works best for you. Pay attention to how different snacks affect your energy levels, digestion, and overall performance during squat exercises.

**Stay hydrated:** Don't forget to hydrate yourself adequately before, during, and after your workout. Water is essential for maintaining proper bodily functions and optimal exercise performance.

## 7. CONCLUSION

The concept of having a snack while performing squats can have both advantages and disadvantages. On the positive side, a snack can provide an energy boost, improve performance, and aid in muscle recovery. It can be particularly beneficial if you need an immediate source of energy or if you're looking to build muscle mass. However, there are potential drawbacks to consider, including digestive discomfort, distraction from proper form, and personal preferences. Ultimately, the decision to incorporate snacks into your squatting routine should be based on individual needs and preferences. Consulting with a fitness professional or a registered dietitian can provide personalized guidance to help you make the best choice for your fitness goals.

## 8.FUTURE SCOPE

**Snack options and innovation:** As the fitness and wellness industry continues to evolve, we can expect to see a wider variety of snack options specifically designed for pre-workout, intra-workout, and post-workout consumption. These snacks may be formulated to provide optimized combinations of macronutrients, including carbohydrates, proteins, and healthy fats, along with other beneficial ingredients such as vitamins, minerals, and antioxidants.

**Personalized nutrition guidance:** With advancements in technology and personalized nutrition, individuals may have access to more precise recommendations on snack choices based on their unique goals, dietary preferences, and genetic profiles. This could involve utilizing wearable devices, nutritional tracking apps, or even genetic testing to provide personalized snack recommendations and optimize workout performance.

**Integration of functional ingredients:** Snacks in the "snack squad" category may incorporate functional ingredients known for their performance-enhancing or recovery-promoting properties. This could include ingredients like adaptogens (e.g., ashwagandha or rhodiola) for stress reduction, caffeine for increased alertness and focus, or natural anti-inflammatory compounds for improved recovery.

**Convenience and accessibility:** The future of the "snack squad" concept may involve more convenient and easily accessible options. This could include pre-packaged snack kits designed specifically for workouts, snack delivery services tailored to fitness enthusiasts, or even on-the-go vending machines offering healthy and nutritious snack options.

**Research and evidence-based practices:** As the interest in nutrition and exercise science continues to grow, we can anticipate more research being conducted to understand the optimal timing, composition, and effectiveness of snacks in enhancing workout performance and recovery. This research can help establish evidence-based guidelines for incorporating snacks into different types of workouts and for different fitness goals.

## 9.APPENDIX

### SOURCECODE

```
import android.content.Context
import android.content.Intent
import android.os.Bundle
import androidx.activity.ComponentActivity
import androidx.activity.compose.setContent
import androidx.compose.foundation.Image
import androidx.compose.foundation.layout.*
import androidx.compose.material.*
import androidx.compose.runtime.*
import androidx.compose.ui.Alignment
import androidx.compose.ui.Modifier
import androidx.compose.ui.graphics.Color
import androidx.compose.ui.layout.ContentScale
import androidx.compose.ui.res.painterResource
import androidx.compose.ui.text.font.FontFamily
import androidx.compose.ui.text.font.FontWeight
import androidx.compose.ui.unit.dp
import androidx.compose.ui.unit.sp
import androidx.core.content.ContextCompat
import com.example.snackordering.ui.theme.SnackOrderingTheme

class MainActivity : ComponentActivity() {
    private lateinit var databaseHelper: UserDatabaseHelper
    override fun onCreate(savedInstanceState: Bundle?) {
        super.onCreate(savedInstanceState)
        databaseHelper = UserDatabaseHelper(this)
        setContent {
            SnackOrderingTheme {
                // A surface container using the 'background' color from the theme
                Surface(
                    modifier = Modifier.fillMaxSize(),
```

```

        color = MaterialTheme.colors.background
    ) {

        RegistrationScreen(this,databaseHelper)
    }
}
}
}
}
}
}

```

@Composable

```

fun RegistrationScreen(context: Context, databaseHelper: UserDatabaseHelper) {

```

```

    Image(
        painterResource(id = R.drawable.order), contentDescription = "",
        alpha = 0.3F,
        contentScale = ContentScale.FillHeight,

    )

```

```

var username by remember { mutableStateOf("") }
var password by remember { mutableStateOf("") }
var email by remember { mutableStateOf("") }
var error by remember { mutableStateOf("") }

```

```

Column(
    modifier = Modifier.fillMaxSize(),
    horizontalAlignment = Alignment.CenterHorizontally,
    verticalArrangement = Arrangement.Center
) {

```

```

    Text(
        fontSize = 36.sp,
        fontWeight = FontWeight.ExtraBold,

```

```

        fontFamily = FontFamily.Cursive,
        color = Color.White,
        text = "Register"
    )

    Spacer(modifier = Modifier.height(10.dp))

    TextField(
        value = username,
        onChange = { username = it },
        label = { Text("Username") },
        modifier = Modifier
            .padding(10.dp)
            .width(280.dp)
    )

    TextField(
        value = email,
        onChange = { email = it },
        label = { Text("Email") },
        modifier = Modifier
            .padding(10.dp)
            .width(280.dp)
    )

    TextField(
        value = password,
        onChange = { password = it },
        label = { Text("Password") },
        modifier = Modifier
            .padding(10.dp)
            .width(280.dp)
    )

```

```

if (error.isNotEmpty()) {
    Text(
        text = error,
        color = MaterialTheme.colors.error,
        modifier = Modifier.padding(vertical = 16.dp)
    )
}

Button(
    onClick = {
        if (username.isNotEmpty() && password.isNotEmpty() &&
email.isNotEmpty()) {
            val user = User(
                id = null,
                firstName = username,
                lastName = null,
                email = email,
                password = password
            )
            databaseHelper.insertUser(user)
            error = "User registered successfully"
            // Start LoginActivity using the current context
            context.startActivity(
                Intent(
                    context,
                    LoginActivity::class.java
                )
            )

        } else {
            error = "Please fill all fields"
        }
    },
    modifier = Modifier.padding(top = 16.dp)
) {

```



```

        Text(text = "Register")
    }
    Spacer(modifier = Modifier.width(10.dp))
    Spacer(modifier = Modifier.height(10.dp))

    Row() {
        Text(
            modifier = Modifier.padding(top = 14.dp), text = "Have an account?"
        )
        TextButton(onClick = {
            context.startActivity(
                Intent(
                    context,
                    LoginActivity::class.java
                )
            )
        })

        {
            Spacer(modifier = Modifier.width(10.dp))
            Text(text = "Log in")
        }
    }
}

private fun startLoginActivity(context: Context) {
    val intent = Intent(context, LoginActivity::class.java)
    ContextCompat.startActivity(context, intent, null)
}

```