Source code for fitness tracker app

import javax.swing.\*;

import java.awt.\*;

import java.awt.event.ActionEvent;

import java.awt.event.ActionListener;

public class FitnessTrackerApp extends JFrame {

private JTextField stepsField;

private JTextField distanceField;

private JButton trackButton;

private JLabel resultLabel;

public FitnessTrackerApp() {

setTitle("Health and Fitness Tracker");

setDefaultCloseOperation(EXIT\_ON\_CLOSE);

setSize(300, 200);

stepsField = new JTextField(10);

distanceField = new JTextField(10);

trackButton = new JButton("Track Activity");

resultLabel = new JLabel();

trackButton.addActionListener(new ActionListener() {

public void actionPerformed(ActionEvent e) {

int steps = Integer.parseInt(stepsField.getText());

double distance = Double.parseDouble(distanceField.getText());

// Perform calculations to estimate calories burned

double caloriesBurned = calculateCaloriesBurned(steps, distance);

// Display the results to the user

resultLabel.setText("Calories Burned: " + caloriesBurned);

}

});

JPanel inputPanel = new JPanel(new GridLayout(3, 2));

inputPanel.add(new JLabel("Steps taken:"));

inputPanel.add(stepsField);

inputPanel.add(new JLabel("Distance (km):"));

inputPanel.add(distanceField);

inputPanel.add(new JLabel());

inputPanel.add(trackButton);

JPanel resultPanel = new JPanel();

resultPanel.add(resultLabel);

add(inputPanel, BorderLayout.CENTER);

add(resultPanel, BorderLayout.SOUTH);

}

// Method to calculate estimated calories burned

private double calculateCaloriesBurned(int steps, double distance) {

// Simplified calculation; you can implement a more accurate formula

double caloriesPerStep = 0.04; // Sample value, modify accordingly

double caloriesPerDistance = 0.1; // Sample value, modify accordingly

return (steps \* caloriesPerStep) + (distance \* caloriesPerDistance);

}

public static void main(String[] args) {

SwingUtilities.invokeLater(new Runnable() {

public void run() {

new FitnessTrackerApp().setVisible(true);

}

});

}

}