# SYNOPSIS

**on**

## "FITNESS APP"

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**INTRODUCTION**

Since the emergence and popularization of smartphones, many mobile applications that track and record data about their users have been created. The classic example of this is the pedometer which utilizes the mobile device’s built-in accelerometer to track the number of steps the user takes each day. Applications in this category, that track and record health or activity data about their users, are typically called Wellness or Fitness Apps. These Wellness Apps are designed to assist the user in pursuing a healthy lifestyle by encouraging them to perform positive activities, and improve lifestyle choices. Factors that are typically targeted by such applications include exercise, sleep, and diet. Understanding the nature of this relationship is crucial when designing a Wellness App. Applications like this have the potential to motivate its users into maintaining a cycle of positive lifestyle decisions and/or breaking a cycle of negative lifestyle decisions. Diet, exercise and sleep can influence several physiological pathways associated with depression and a bidirectional relationship likely exists between depression and these lifestyle factors, thereby creating a potentially increasing cycle of influence .The goal of this project: The purpose of this project was to create a wellness application for the Android platform capable of tracking, recording, and displaying data relevant to a user’s sleep, activity, and mood habits. This application also enables individuals to become aware of deficiencies in their everyday habits and will hopefully encourage the user to selfregulate towards improvement. The addition of an avatar to represent the user’s current wellness . features further promotes user engagement and continued usage of the application. The overall goal is to show the user his or her daily habits and help them to make choices that will result in a healthier lifestyle, and therefore, a happier life. This document will comprehensively describe such an application’s research, design, testing, and development.

Problem Definition:

Applications that manage wellness have become some of the most popular downloads for smartphones today. These apps commonly track various types of user inputs such as exercise, sleep and other health habits. In theory, organizing this information in an easily interpretable way, motivates the user to continue a healthy lifestyle. Each of these apps has a unique way of expressing data to the user, and some methods have proven more effective than other.

Objectives & Scope

Studies have shown the positive effects that increased exercise can have on a person’s overall mood, and it has been widely recommended that people suffering from a history of mental disorders such as depression and anxiety incorporate more exercise into their daily routines (Peluso Mam et al 62). There are several theorized reasons for this correlation between an increase in daily exercise and an improved state of mind. The first is the idea of distraction. A person placing his or her focus on exercise rather than the stressful or anxiety-inducing aspects of life, are more likely to temporarily forget about these depressants and have an improved state of mind. Another possible side effect of continuous daily exercise is a general improvement of a person’s self-image due to becoming more physically fit, and healthier overall. Exercise can lead to an increase in self-esteem, and physical acceptance (i.e one’s acceptance of his or her own physical body). In general, there is a direct correlation between a person’s self-esteem and their overall happiness. Finally, when a person exercises, they are constantly overcoming obstacles and improving themselves. For example, a person that is only able to run for one mile at one point in time might be able to run two miles after spending several months running on a daily basis. This sense of achievement brought about by hurdling a personal obstacle, can also lead to an increase in overall mood.

### **METHODOLOGY**

**TOOLS AND PLATFORM**

**Hardware Requirement:**

**Processor: intel CORE i5 RAM: 2GB or more**

**HD: 500 GB**

**Software Requirement: Operating System : Window**s 10: android studio java xml

**Modules**

* the fitness app features :
* Fitness goal calorie, fitness tracker, fitness calorie calculator
* Fitness goal calorie:
* A calorie is **a unit that measures energy**. Calories are usually used to measure the energy content of foods and beverages. To lose weight, you need to eat fewer calories than your body burns each day.
* fitness tracker-A fitness tracker is a **device that uses sensors to track your orientation, movement, and rotation**. The device collects data and converts it into steps, calories, sleep quality and general activity you perform through the day. ... A fitness tracker can easily figure whether you are running or spinning.
* Fitness calories calculator: Use our calorie-intake calculator to determine your daily caloric needs based on your height, weight, age and activity level. In addition to determining the calories needed to maintain weight, use this as a calorie burner calculator and figure out how many calories you need to burn in order to drop pounds. Then use the nutritional needs calculator and figure out how to break those calories into carbs, proteins and fat.