**GitHub**

1. Link it/create GitHub Folder:

GIT Bash here  
git clone “Copy of project on Github”  
//warning popping up is ok  
creates folder with the project name and in there is a hidden folder .git

1. Android projects folder 🡪 do git clone and then import
2. Commitment:  
   GIT GUI and then commit  
   or via Android Studio:  
   Root   
   VCS Git Commit Directory

**Creating a PNG from a OneNote file converter:**

<https://gallery.technet.microsoft.com/office/convert-onenote-to-image-12a7f5e6>

save image files under app > res > drawable (Android will generate Image Resource IDs automatically 🡪 r.drawable.imagename

**Questionnaire:**

|  |  |  |  |
| --- | --- | --- | --- |
| Question | Answer | Answers | View |
| Age | Integer | 10-100 | NumberPicker |
| Previous experience | Boolean (if true in Other, input String) | Weightlifting, Running, Cycling, Other (TextField to specify) | Spinner or RadioButton |
| Main Goal | String | Gain strength & muscle, improve stamina, follow my own sport, lose weight, increase health | Spinner |
| Frequency per week | Integer | 1-7 | NumberPicker |
|  |  |  |  |

**Schedule:**

Options for main goal:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Build muscle, gain strength | Improve stamina, cardiovascular performance | Follow my own sport | Lose weight | Increase health |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Corresponding code | 1 | 2 | 3 | 4 | 5 |
| a | Full body strength workout | High intensity cardio session | Own sport session 1 | Full body strength workout | Full body strength workout |
| b | Split workout chest and shoulders | Low intensity cardio session | Own sport session 2 | HIIT | HIIT |
| c | Split workout back | HIIT | Full body strength workout |  | High intensity cardio session |
| d | Split workout legs |  | HIIT |  |  |
| e | HIIT |  | High intensity cardio session |  |  |

|  |  |  |
| --- | --- | --- |
| Choice # | Training form | Session 1 |
| 1 | strength |  |
| 2 | cardio |  |
| 3 | specific, mixed |  |
| 4 | mixed |  |
| 5 | mixed |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Choice # | Training form | Session 1 | Session 2 |
| 1 | strength |  |  |
| 2 | cardio |  |  |
| 3 | specific, mixed |  |  |
| 4 | mixed |  |  |
| 5 | mixed |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Choice # | Training form | Session 1 | Session 2 | Session 3 |
| 1 | strength |  |  |  |
| 2 | cardio |  |  |  |
| 3 | specific, mixed |  |  |  |
| 4 | mixed |  |  |  |
| 5 | mixed |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Choice # | Training form | Session 1 | Session 2 | Session 3 | Session 4 |
| 1 | strength |  |  |  |  |
| 2 | cardio |  |  |  |  |
| 3 | specific, mixed |  |  |  |  |
| 4 | mixed |  |  |  |  |
| 5 | mixed |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Choice # | Training form | Session 1 | Session 2 | Session 3 | Session 4 | Session 5 |
| 1 | strength |  |  |  |  |  |
| 2 | cardio |  |  |  |  |  |
| 3 | specific, mixed |  |  |  |  |  |
| 4 | mixed |  |  |  |  |  |
| 5 | mixed |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Choice # | Training form | Session 1 | Session 2 | Session 3 | Session 4 | Session 5 | Session 6 |
| 1 | strength |  |  |  |  |  |  |
| 2 | cardio |  |  |  |  |  |  |
| 3 | specific, mixed |  |  |  |  |  |  |
| 4 | mixed |  |  |  |  |  |  |
| 5 | mixed |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Choice # | Training form | Session 1 | Session 2 | Session 3 | Session 4 | Session 5 | Session 6 | Session 7 |
| 1 | strength |  |  |  |  |  |  |  |
| 2 | cardio |  |  |  |  |  |  |  |
| 3 | specific, mixed |  |  |  |  |  |  |  |
| 4 | mixed |  |  |  |  |  |  |  |
| 5 | mixed |  |  |  |  |  |  |  |

Material IO Guidelines:

* Text:
  + Roboto as standard font for Android
  + Fontsizes (English): App bar 20sp, Buttons 14sp, Subheading 16sp, Body 14sp  
    Display 2: 45 Regular  
    Display 1: 34 Regular   
    Headline: 24 Regular  
    Title: 20 Medium  
    Subheading: 16 Regular  
    Body2 14 Medium

Body1 14 Regular

Caption 12 Regular

Button 14 Medium, all caps

* + Text contrast 4:5:1 or preferred 7:1
  + DP or SP: density- or scale-independent pixels; virtual pixel units – dp preferred for UI layout to ensure proper display on screens with different densities; sp preferred for text but scaled by user’s general font size preference and should be used for text