# **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

# GitHub stuff:

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 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Main goal | 1 | 2 | 3 | 4 | 5 |
| Options ranked according to match of the program and likelihood to occur | Full body strength workout | High intensity cardio session | Own sport session 1 | HIIT short/long | Full body strength workout |
| Split workout chest and shoulders | Low intensity cardio session | Own sport session 2 | Full body strength workout | HIIT short/long |
| Split workout back | HIIT short/long | Full body strength workout |  | High intensity cardio session |
| Split workout legs |  | HIIT short/long |  |  |
| HIIT long/short |  | High intensity cardio session |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| A | B | C | D | E | F | G | H | I | J |
| Full body strength workout | High intensity cardio session | Low intensity cardio session | HIIT long | HIIT short | Split workout chest and shoulders | Split workout back | Split workout lower body | Own sport session 1 | Own sport session 2 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| Choice # | Training form | Session 1 | Session 2 |
| 1 | strength | A | A |
| 2 | cardio | B | D |
| 3 | specific, mixed | I | J |
| 4 | mixed | D | A |
| 5 | mixed | A | D |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Choice # | Training form | Session 1 | Session 2 | Session 3 |
| 1 | strength | F | G | H |
| 2 | cardio | B | D | C |
| 3 | specific, mixed | I | A | J |
| 4 | mixed | A | D | A |
| 5 | mixed | D | A | B |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Choice # | Training form | Session 1 | Session 2 | Session 3 | Session 4 |
| 1 | strength | F | D | G | H |
| 2 | cardio | B | C | D | B |
| 3 | specific, mixed | I | A | J | D |
| 4 | mixed | A | D | A | D |
| 5 | mixed | A | B | A | D |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Choice # | Training form | Session 1 | Session 2 | Session 3 | Session 4 | Session 5 |
| 1 | strength | F | D | G | H | E |
| 2 | cardio | B | D | C | D | B |
| 3 | specific, mixed | I | A | J | D | I |
| 4 | mixed | A | D | A | D | A |
| 5 | mixed | D | A | D | C | A |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Choice # | Training form | Session 1 | Session 2 | Session 3 | Session 4 | Session 5 | Session 6 |
| 1 | strength | F | G | H | F | G | H |
| 2 | cardio | B | C | A | C | D | B |
| 3 | specific, mixed | J | D | I | A | J | B |
| 4 | mixed | A | D | A | E | A | D |
| 5 | mixed | D | B | A | D | A | B |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Choice # | Training form | Session 1 | Session 2 | Session 3 | Session 4 | Session 5 | Session 6 | Session 7 |
| 1 | strength | F | E | G | H | F | G | H |
| 2 | cardio | B | E | B | A | B | C | D |
| 3 | specific, mixed | I | A | J | D | I | E | J |
| 4 | mixed | F | G | H | E | F | G | H |
| 5 | mixed | A | D | B | A | E | C | B |