How to use FitMate

Users can launch the app by right clicking the MainAppFX.java class, and then selecting ‘run java’. This will bring user to the main screen as seen below

A screenshot of a fitness app

Description automatically generated

The user will notice many different options, including a user profile button. If the user tries to use any of the 6 buttons without setting up their profile, they will be met with an error message:

A screenshot of a computer

Description automatically generated

User must first set up their profile by clicking the ‘View/Update User Profile’ button. Fill in all following fields:

A screenshot of a computer

Description automatically generated

Once the user enters all their info and clicks ‘save’, they can now view their profile details, as well as use every button in the app. For example, here is what they will see after selecting the ‘Your Goals’ button:

A screenshot of a fitness tracker

Description automatically generated