UPBEAT

An Android Health Application

COMMUNITY SERVICE PROJECT REPORT

PHASE-II

Submitted by

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in partial fulfillment for the award of the degree

of

BACHELOR OF TECHNOLOGY

IN

COMPUTER SCIENCE AND ENGINEERING

SCHOOL OF COMPUTING
COMPUTER SCIENCE AND ENGINEERING
KALASALINGAM ACADEMY OF RESEARCH AND EDUCATION
KRISHNANKOIL 626 126

Academic Year (2018-19)

DECLARATION

I/We affirm that the project work title **UPBEAT (An Android Health Application)** being submitted in partial fulfillment for the award of the degree of **Bachelor of Technology in Computer Science and Engineering** is the original work carried out by us. It has not formed the part of any other project work submitted for award of any degree or diploma, either in this or any other University.

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BONAFIDE CERTIFICATE

Certified that this project report **"UPBEAT (AN ANDROID HEALTH APPLICATION"** is the bonafide work of "SRIKAR AMARA(9916004010) Devarapalli Karthik(9916004027) C.H.Pushyanth Reddy(9916004025)", who carried out the project work under my supervision.

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Submitted for the Project Viva-voce examination held on.....

Internal Examiner **External Examiner**

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First and foremost, I wish to thank the **Almighty God** for his grace and benediction to complete this Project work successfully. I would like to convey my special thanks from the bottom of my heart to my dear **Parents** and affectionate **Family members** for their honest support for the completion of this Project work.

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ABSTRACT

This paper reports about the application that we are planning to do which will help people manage their diet plan according to their own diet system and the aim to create awareness about the importance of diet management system and can be achieved by simple application within their reach and this is intended to most of the audience and to create the user interface as easy as possible As health is the major part in everyone life it should not be neglected. As we have our daily work in the daily lives. The people could not take care of their health properly. To avoid these we are going to create an application which is portable and it can be very useful for all kinds of people regardless of the country .In this application we are going to add the features which will help the community regardless of their diet plan and the application has the new diet management feature as in that the user can choose a diet plan according to their own personal diet plan in which they're already following or they can follow the inbuilt diet plans in the application.

People should keep their health in check by doing a proper exercise in this era due to the pollution and the irregularities they have to take more care of their body. By having an app to remind them will make them to do so.

Thus the people can follow the diet plans and manage their schedule and keep their diet plans simple and efficient. This app lets them meet the requirements and keeps in check of their diet and the amount of the food intake.

Keywords: User interface ,diet management system ,diet planning,schedule.

CHAPTER 1

INTRODUCTION

Health is a major part in every individual. As the technology progresses and the world moves forward the diseases also grow rapidly. Even though there are people from different nation,state,city Everyone and everything comes to health at the end of their day.

Health literacy, defined by the National Academy of Medicine as “the degree to which individuals can obtain, process, and understand the basic health information and services they need to make appropriate health decisions”, is essential for optimal health and well-being. Literacy requires awareness and an ability to decipher health literature and options for health services. Both accessibility and customizability of health-oriented literature are necessary to promote increased health awareness and well-being.

The use of mobile devices by health care professionals (HCPs) has transformed many aspects of clinical practice. Mobile devices have become commonplace in health care settings, leading to rapid growth in the development of medical software applications (apps) for these platforms. Numerous apps are now available to assist HCPs with many important tasks, such as: information and time management; health record maintenance and access; communications and consulting; reference and information gathering; patient management and monitoring; clinical decision-making; and medical education and training.

Mobile devices and apps provide many benefits for HCPs, perhaps most significantly increased access to point-of-care tools, which has been shown to

support better clinical decision-making and improved patient outcomes. However, some HCPs remain reluctant to adopt their use. Despite the benefits they offer, better standards and validation practices regarding mobile medical apps need to be established to ensure the proper use and integration of these increasingly sophisticated tools into medical practice.These measures will raise the barrier for entry into the medical app market, increasing the quality and safety of the apps currently available for use by HCPs.

1.1OBJECTIVE

The main objective of this project is to help people follow a particular diet and maintain the health. This app meet the requirements and keeps the diet in check.

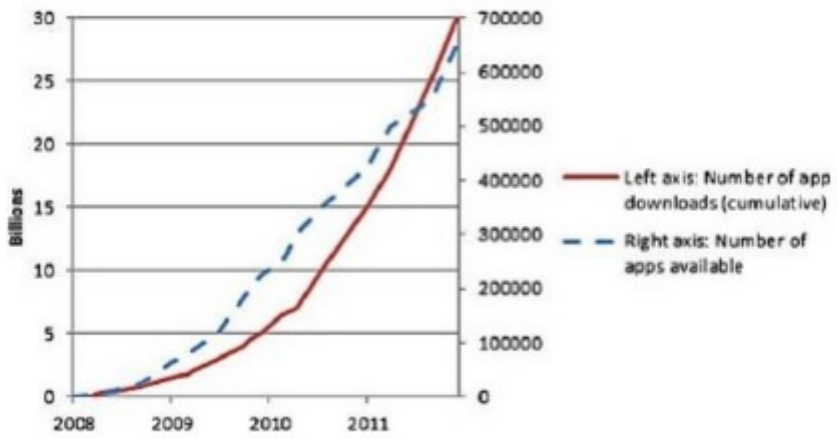
Apps have also entered the medical field. In a recent review of articles discussing the development and evaluation of smartphone applications for health, Mosa, Yoo and Sheets make a distinction between apps for healthcare professionals (including disease diagnosis apps, drug reference apps, and medical calculator apps), apps for medical and nursing students (including anatomy tools and electronic versions of medical books), and apps for patients (including chronic disease management apps and fall detection apps). For medical professionals, the use of mobile technology has been found to be beneficial, as it allows them to make decisions more rapidly and with a lower error rate, and to increase the quality of data management and data accessibility. For patients, mobile technology improves patient education, self-management of chronic diseases and it greatly enhances the possibilities for remote monitoring of patients . And these technologies are widely used. A recent study by the Pew Research Center pointed out that 31% of cellphone owners used it to access health information, while 19% of the smartphone owners have installed an app to manage their health . A study among medical providers showed that 56% of them use apps in their clinical practice.

Therefore with this help of this project we would like to create awareness and let the people know the importance of health and make them work for it in the easiest way possible.

CHAPTER 2

LITERATURE SURVEY

App Overload: Surprisingly, none of the challenges for health apps reported until now, include the great number of apps available for smartphones and tablet computers. As Figure 1 shows, the iTunes store momentarily offers more than 650,000 apps; a number which will continue to grow.



In September 2011, in a piece called 'The invasion of the mobile apps', Gary Anthes worded the consequences strikingly: "Today, a stroll through the app stores is a little like visiting an urban flea market, where there are first-rate products but where low-price goods of dubious value abound, and support is practically nonexistent." . We are witnessing the appearance of the app overload. There are too many apps available, and people have difficulty in dealing with the huge supply.

As there are many apps available the people who want to take care of their using the mobile applications are not using the applications and due to many reasons such as the lack of the regional diet management in the applications and so on... so this can be altered by creating an application which doesn't have these drawbacks by taking the reviews from the users and adding the features they need.

CHAPTER 3

METHODOLOGY

Current methodologies for developing mobile applications are mostly based on the application programming interfaces (APIs) offered by the native platform. Hence, most solutions are characterized by a low portability and/or reusability. In this paper, we propose a novel methodology based on a declarative and device-independent approach for developing event-driven mobile applications. The methodology relies on: (i) an abstract mobile device based on the user interface markup language; (ii) a content adaptation mechanism based on user preferences; (iii) a context adaptation mechanism based on a standardized context of delivery; (iv) a uniform set of client-side APIs based on an interface object model; (v) an efficient transformational model.

More specifically, in the design phase, the application is modeled as platform-independent on the abstract mobile device. In the execution phase, the application is automatically tailored to the specific platform on the basis of the content and context adaptation mechanisms. We describe the analysis, design and implementation of a framework, called MODIF, which supports the proposed methodology, and show its application to the development of both business and consumer real-world applications on Apple iPhoneTM and Google AndroidTM mobile devices.

These are the questions that need to be asked before getting into the decision of developing new applications. The answers to the above questions vary between hospitals and organizations; few have the funding and personnel to move forward with the development (whether there is a need or not) while some are not capable of upgrading, although there may be need for a new application. The methodology that goes behind developing these applications can be divided into five phases which are very critical and important during the development process:

- Requirement phase

• Development phase

•Deployment Phase

• Interface Phase

• Validation

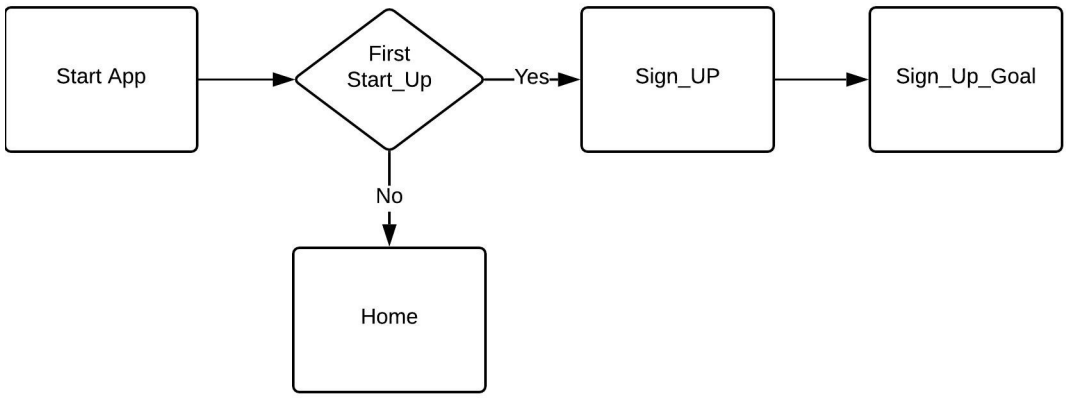
• Actual Deployment

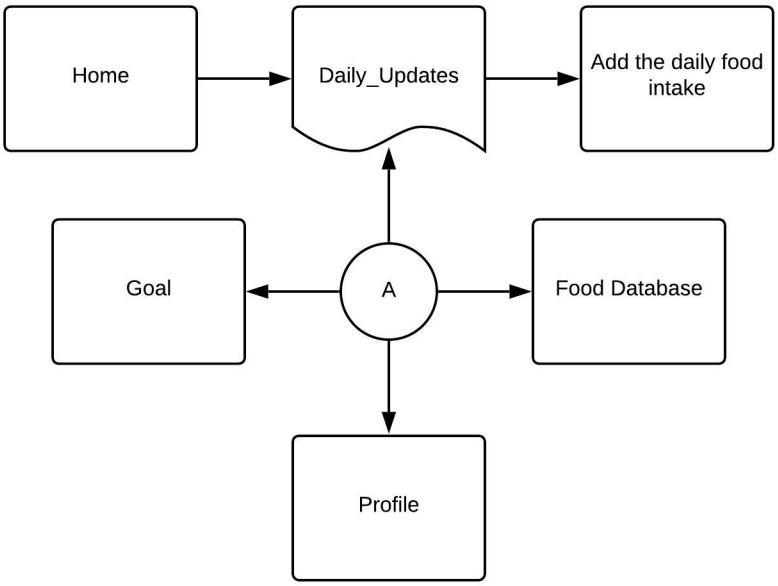
•Training Phase

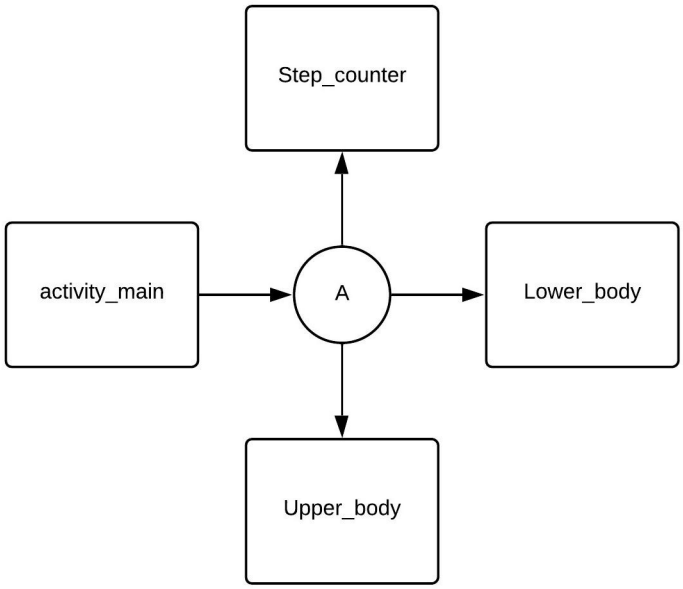
•Maintenance phase

Based on the complexity, healthcare applications require a number of decisions to be made and skilled personnel to design, configure, etc.

3.1 BLOCK DIAGRAMS




Home
Daily_Updates
Add the daily food intake
Goal
A
Food Database
Profile


Step_counter
activity_main
A
Lower_body
Upper_body

3.2 SOFTWARE CONFIGURATIONS AND HARDWARE REQUIREMENTS:

Hardware Requirements:

ForDevelopment:

- PC (8GB Ram intel i3+ processor).
- Android Studio.
- Internet Access.

For Run_Time:

- Android Device(v-2.2 or higher).
- Android Sensors in the device.

Software Configuration:

- Android Studio(3.0+)

3.3 CODING

- **activity_main.xml**

```
<?xml version="1.0" encoding="utf-8"?>

<android.support.design.widget.CoordinatorLayout

xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    >

    <android.support.design.widget.FloatingActionButton
        android:id="@+id/fab"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_gravity="bottom|end"
        android:layout_margin="@dimen/fab_margin"
        android:src="@drawable/ic_add"
        app:backgroundTint="@color/colorPrimary" />

    <android.support.design.widget.FloatingActionButton
        android:id="@+id/fab1"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_gravity="bottom|end"
        android:layout_marginEnd="@dimen/fab_margin"
        android:layout_marginRight="@dimen/fab_margin"
        android:layout_marginBottom="90dp"
        android:src="@drawable/run_action"
        android:visibility="invisible"
        app:backgroundTint="@color/colorAqua" />

    <android.support.design.widget.FloatingActionButton
        android:id="@+id/fab2"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_gravity="bottom|end"
        android:layout_marginEnd="@dimen/fab_margin"
        android:layout_marginRight="@dimen/fab_margin"
        android:layout_marginBottom="160dp"
        android:src="@drawable/ic_upperbody"
        android:visibility="invisible"
        app:backgroundTint="@color/colorAqua" />

    <android.support.design.widget.FloatingActionButton
        android:id="@+id/fab3"
```

```
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_gravity="bottom|end"
        android:layout_marginEnd="@dimen/fab_margin"
        android:layout_marginRight="@dimen/fab_margin"
        android:layout_marginBottom="230dp"
        android:src="@drawable/ic_lower"
        android:visibility="invisible"
        app:backgroundTint="@color/colorAqua" />

</android.support.design.widget.CoordinatorLayout>
```

- **fragment_profile.xml**

```
<?xml version="1.0" encoding="utf-8"?>
<ScrollView

xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="fill_parent"
    android:layout_height="fill_parent"
    android:fitsSystemWindows="true">

    <LinearLayout
xmlns:android="http://schemas.android.com/apk/res/android"
        android:orientation="vertical"
android:layout_width="match_parent"
        android:layout_height="match_parent"
        android:layout_marginTop="18dp"
        android:layout_marginRight="18dp"
        android:layout_marginBottom="18dp"
        android:layout_marginLeft="18dp">



        <!-- Date of birth -->
        <TextView
            android:id="@+id/textViewEditDl"
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            android:text="@string/date_of_birth"
            android:textSize="18sp" />

        <TableLayout
            android:layout_width="wrap_content"
            android:layout_height="wrap_content">

            <!-- Day -->
            <TableRow
                android:layout_width="match_parent"
                android:layout_height="wrap_content"
```

```
                android:layout_marginTop="6dp"
                >

                <TextView
                    android:id="@+id/textView5"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:text="@string/day" />


                <Spinner

android:id="@+id/spinnerEditProfileDOBDay"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:layout_marginLeft="8dp" />


            </TableRow>
            <!-- //Day -->

            <!-- Month -->
            <TableRow
                android:layout_width="match_parent"
                android:layout_height="wrap_content"
                android:layout_marginTop="6dp"
                >

                <TextView
                    android:id="@+id/textView3"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:text="@string/month" />



                <Spinner

android:id="@+id/spinnerEditProfileDOBMonth"
                    android:entries="@array/array_months"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:layout_marginLeft="8dp" />


            </TableRow>
            <!-- //Month -->

            <!-- Year -->
            <TableRow
```

```
                android:layout_width="match_parent"
                android:layout_height="wrap_content"
                android:layout_marginTop="6dp"
                >

                <TextView
                    android:id="@+id/textView4"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:text="@string/year" />

                <Spinner

android:id="@+id/spinnerEditProfileDOBYear"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:layout_marginLeft="8dp" />

            </TableRow>
            <!-- //Year -->
        </TableLayout>
        <!-- //Date of birth -->

        <!-- General Table -->
        <TextView
            android:id="@+id/textViewEditGeneral"
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            android:layout_marginTop="18dp"
            android:text="@string/general"
            android:textSize="18sp" />

        <TableLayout
            android:layout_width="wrap_content"
            android:layout_height="wrap_content">
            <!-- Gender -->
            <TableRow
                android:layout_width="match_parent"
                android:layout_height="match_parent"
                android:layout_marginTop="6dp">


                <TextView

android:id="@+id/textViewEditProfileGender"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:layout_marginTop="4dp"
                    android:text="@string/gender" />

                <TableLayout
```

```
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:layout_marginLeft="8dp">

                    <TableRow
                        android:layout_width="match_parent"

android:layout_height="wrap_content" >


                        <RadioGroup

android:id="@+id/radioGroupGender"

android:layout_width="match_parent"

android:layout_height="wrap_content"

android:orientation="horizontal">

                            <RadioButton

android:id="@+id/radioButtonGenderMale"

android:layout_width="wrap_content"

android:layout_height="wrap_content"
                                android:checked="true"
                                android:text="@string/male"

android:layout_marginRight="5dp"/>

                            <RadioButton

android:id="@+id/radioButtonGenderFemale"

android:layout_width="wrap_content"

android:layout_height="wrap_content"

android:text="@string/female" />
                        </RadioGroup>
                    </TableRow>

                </TableLayout>
            </TableRow>
            <!-- //Gender -->


            <!-- Mesurment -->
```

```
            <TableRow
                android:layout_width="match_parent"
                android:layout_height="match_parent"
                android:layout_marginTop="6dp" >

                <TextView
                    android:id="@+id/textView8"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:text="@string/mesurment" />

                <Spinner

android:id="@+id/spinnerEditProfileMesurment"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:layout_marginLeft="8dp"

android:entries="@array/array_mesurments" />


            </TableRow>
            <!-- //Mesurment -->

            <!-- Height -->
            <TableRow
                android:layout_width="match_parent"
                android:layout_height="match_parent"
                android:layout_marginTop="4dp" >

                <TextView
                    android:id="@+id/textView9"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:text="@string/height"
                    android:layout_marginTop="12dp" />

                <TableLayout
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:layout_marginLeft="8dp">

                    <TableRow
                        android:layout_width="match_parent"

android:layout_height="wrap_content" >

                        <EditText

android:id="@+id/editTextEditProfileHeightCm"
```

```
android:layout_width="wrap_content"

android:layout_height="wrap_content"
                            android:ems="3"
                            android:inputType="number" />

                        <EditText

android:id="@+id/editTextEditProfileHeightInches"

android:layout_width="wrap_content"

android:layout_height="wrap_content"
                            android:ems="3"
                            android:inputType="number" />

                        <TextView

android:id="@+id/textViewEditProfileCm"

android:layout_width="wrap_content"

android:layout_height="wrap_content"
                            android:text="@string/cm" />
                    </TableRow>
                </TableLayout>
            </TableRow>
            <!-- //Height -->

            <!-- Height -->
            <TableRow
                android:layout_width="match_parent"
                android:layout_height="match_parent"
                android:layout_marginTop="4dp" >

                <TextView
                    android:id="@+id/textView10"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:text="@string/blank" />

                <Button

android:id="@+id/buttonEditProfileSubmit"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:layout_marginLeft="8dp"
                    android:text="@string/save" />

            </TableRow>
            <!-- //Save -->
```

```
        </TableLayout>
        <!-- //Calories table -->



    </LinearLayout>
</ScrollView>
```

- **fragment_home_select_meal_number.xml:**

```
<?xml version="1.0" encoding="utf-8"?>
<ScrollView

xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="fill_parent"
    android:layout_height="fill_parent"
    android:fitsSystemWindows="true">

    <LinearLayout
xmlns:android="http://schemas.android.com/apk/res/android"
        android:layout_width="match_parent"
        android:layout_height="match_parent"
        android:layout_marginBottom="18dp"
        android:layout_marginLeft="18dp"
        android:layout_marginRight="18dp"
        android:layout_marginTop="18dp"
        android:orientation="vertical">

        <TextView
            android:id="@+id/textViewSelectMealHeadline"
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            android:textColor="@color/colorAppDarkGrey"
            android:layout_marginBottom="12dp"
            android:text="@string/select_meal"
            android:textSize="20sp" />

        <TextView
            android:id="@+id/textViewBreakfast"
            android:layout_width="match_parent"
            android:layout_height="wrap_content"

android:textAppearance="?android:attr/textAppearanceMedium"
            android:layout_marginBottom="8dp"
            android:text="@string/breakfast" />

        <TextView
            android:id="@+id/textView1"
            android:layout_width="fill_parent"
```

```
            android:layout_height="1px"
            android:text=" "
            android:background="#cccccc"/>

        <TextView
            android:id="@+id/textViewLunch"
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            android:layout_marginBottom="8dp"
            android:layout_marginTop="8dp"
            android:text="@string/lunch"

android:textAppearance="?android:attr/textAppearanceMedium"
/>

        <TextView
            android:id="@+id/textView2"
            android:layout_width="fill_parent"
            android:layout_height="1px"
            android:text=" "
            android:background="#cccccc"/>

        <TextView
            android:id="@+id/textViewBeforeTraining"
            android:layout_width="match_parent"
            android:layout_height="wrap_content"

android:textAppearance="?android:attr/textAppearanceMedium"
            android:layout_marginTop="8dp"
            android:layout_marginBottom="8dp"
            android:text="@string/before_training" />

        <TextView
            android:id="@+id/textView3"
            android:layout_width="fill_parent"
            android:layout_height="1px"
            android:text=" "
            android:background="#cccccc"/>

        <TextView
            android:id="@+id/textViewAfterTraining"
            android:layout_width="match_parent"
            android:layout_height="wrap_content"

android:textAppearance="?android:attr/textAppearanceMedium"
            android:layout_marginTop="8dp"
            android:layout_marginBottom="8dp"
            android:text="@string/after_training" />

        <TextView
            android:id="@+id/textView4"
```

```
            android:layout_width="fill_parent"
            android:layout_height="1px"
            android:text=" "
            android:background="#cccccc"/>

        <TextView
            android:id="@+id/textViewDinner"
            android:layout_width="match_parent"
            android:layout_height="wrap_content"

android:textAppearance="?android:attr/textAppearanceMedium"
            android:layout_marginTop="8dp"
            android:layout_marginBottom="8dp"
            android:text="@string/dinner" />

        <TextView
            android:id="@+id/textView5"
            android:layout_width="fill_parent"
            android:layout_height="1px"
            android:text=" "
            android:background="#cccccc"/>

        <TextView
            android:id="@+id/textViewSnacks"
            android:layout_width="match_parent"
            android:layout_height="wrap_content"

android:textAppearance="?android:attr/textAppearanceMedium"
            android:layout_marginTop="8dp"
            android:layout_marginBottom="8dp"
            android:text="@string/snacks" />
        <TextView
            android:id="@+id/textView6"
            android:layout_width="fill_parent"
            android:layout_height="1px"
            android:text=" "
            android:background="#cccccc"/>

        <TextView
            android:id="@+id/textViewSupper"
            android:layout_width="match_parent"
            android:layout_height="wrap_content"

android:textAppearance="?android:attr/textAppearanceMedium"
            android:layout_marginTop="8dp"
            android:text="@string/supper" />

    </LinearLayout>
</ScrollView>
```

- **fragment_home_edit_or_delete:**

```
<?xml version="1.0" encoding="utf-8"?>
<ScrollView

xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="fill_parent"
    android:layout_height="fill_parent"
    android:fitsSystemWindows="true">

    <LinearLayout
xmlns:android="http://schemas.android.com/apk/res/android"
        android:orientation="vertical"
android:layout_width="match_parent"
        android:layout_height="match_parent"
        android:layout_marginTop="18dp"
        android:layout_marginRight="18dp"
        android:layout_marginBottom="18dp"
        android:layout_marginLeft="18dp">

        <!-- Headline -->
        <TextView
            android:id="@+id/textViewViewFoodName"
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            android:text="@string/name"
            android:textSize="18sp" />

        <TextView

android:id="@+id/textViewViewFoodManufactorName"
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            android:text="@string/manufactor" />
        <!-- //Headline -->

        <!-- Edit serving -->
        <TableLayout
            android:layout_width="match_parent"
            android:layout_height="match_parent">


            <TableRow
                android:layout_width="match_parent"
                android:layout_height="match_parent"
                android:layout_marginTop="8dp">


                <TextView
                    android:id="@+id/textViewPortionSizeA"
                    android:layout_width="match_parent"
```

```
                    android:layout_height="wrap_content"
                    android:layout_marginTop="12dp"
                    android:text="@string/portion_size" />

                <TableLayout
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content">

                    <TableRow
                        android:layout_width="match_parent"

android:layout_height="match_parent"
                        android:layout_marginLeft="4dp">
                        <EditText

android:id="@+id/editTextServingSizePcs"

android:layout_width="match_parent"

android:layout_height="wrap_content"
                            android:ems="3"

android:inputType="numberDecimal" />

                        <TextView

android:id="@+id/textViewServingSizePcsMesurment"

android:layout_width="match_parent"

android:layout_height="wrap_content"
                            android:layout_marginLeft="4dp"
                            android:text="@string/pcs" />
                    </TableRow>
                </TableLayout>
            </TableRow>

            <TableRow
                android:layout_width="match_parent"
                android:layout_height="match_parent"
                android:layout_marginTop="8dp">
                <TextView
                    android:id="@+id/textViewPortionSizeB"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:layout_marginTop="12dp"
                    android:text="@string/portion_size" />

                <TableLayout
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content">
```

```
                    <TableRow
                        android:layout_width="match_parent"
android:layout_height="match_parent"
                        android:layout_marginLeft="4dp">
                        <EditText
android:id="@+id/editTextServingSizeGram"
android:layout_width="match_parent"
android:layout_height="wrap_content"
                            android:ems="3"
android:inputType="numberDecimal" />
                        <TextView
android:id="@+id/textViewServingSizeGramMesurment"
android:layout_width="match_parent"
android:layout_height="wrap_content"
                            android:layout_marginLeft="4dp"
                            android:text="@string/gram" />
                    </TableRow>
                </TableLayout>
            </TableRow>

            <TableRow
                android:layout_width="match_parent"
                android:layout_height="match_parent"
                >
                <TextView
                    android:id="@+id/textViewBlank"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:text="@string/blank" />

                <Button
                    android:id="@+id/buttonSubmitEdit"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:layout_marginTop="12dp"
                    android:text="@string/edit" />

                <Button
                    android:id="@+id/buttonSubmitDelete"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
```

```
                    android:layout_marginTop="12dp"
                    android:text="@string/unlink" />

            </TableRow>
        </TableLayout>
        <!-- //Edit serving -->

    </LinearLayout>
</ScrollView>
```

- **home_add_food_activity.xml:**

```
<?xml version="1.0" encoding="utf-8"?>


<ScrollView
xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    android:layout_height="fill_parent"
    android:fadingEdgeLength="0dp"
    android:fillViewport="true"
    android:overScrollMode="never"
    android:scrollbars="none" >


    <RelativeLayout
        android:layout_width="match_parent"
        android:layout_height="fill_parent" >


        <TextView
            android:id="@+id/textView6"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:text="TextView" />

        <ListView
            android:id="@+id/listViewAddFood"
            android:layout_width="match_parent"
            android:layout_height="fill_parent"
            android:dividerHeight="1dp"
            android:padding="10dp"
            android:layout_alignParentStart="true">
        </ListView>

    </RelativeLayout>

</ScrollView>
```

- **list_item.xml:**

```
<?xml version="1.0" encoding="utf-8"?>
<android.support.v7.widget.CardView
```

```
xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    android:layout_height="wrap_content"
    android:layout_margin="8dp"
    >

    <RelativeLayout
        android:layout_width="match_parent"
        android:layout_height="wrap_content"
        >

        <ImageView
            android:id="@+id/sportsImage"
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            android:adjustViewBounds="true"
            android:scaleType="fitXY"/>

        <TextView
            android:id="@+id/title"

style="@style/TextAppearance.AppCompat.Headline"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:padding="8dp"
            android:layout_alignBottom="@id/sportsImage"

android:theme="@style/ThemeOverlay.AppCompat.Dark"
            android:text="@string/title_placeholder"
            />

        <TextView
            android:id="@+id/newsTitle"
            style="@style/TextAppearance.AppCompat.Subhead"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@id/sportsImage"
            android:textColor="?android:textColorSecondary"
            android:padding="8dp"
            android:text="@string/news_placeholder" />

        <TextView
            android:id="@+id/subTitle"
            style="@style/TextAppearance.AppCompat.Subhead"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@id/newsTitle"
            android:padding="8dp"
            android:textColor="@color/colorBlack"
            android:text="@string/sports_info_placeholder"
```

```
/>

    </RelativeLayout>
</android.support.v7.widget.CardView>
```

- **nav_header_fragment.xml:**

```
<?xml version="1.0" encoding="utf-8"?>
<LinearLayout
xmlns:android="http://schemas.android.com/apk/res/android
"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    android:layout_width="match_parent"
    android:layout_height="@dimen/nav_header_height"
    android:background="@drawable/side_nav_bar"
    android:gravity="bottom"
    android:orientation="vertical"

android:paddingBottom="@dimen/activity_vertical_margin"

android:paddingLeft="@dimen/activity_horizontal_margin"

android:paddingRight="@dimen/activity_horizontal_margin"
    android:paddingTop="@dimen/activity_vertical_margin"
    android:theme="@style/ThemeOverlay.AppCompat.Dark">

    <!--
    <ImageView
        android:id="@+id/imageView"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"

android:paddingTop="@dimen/nav_header_vertical_spacing"

app:srcCompat="@android:drawable/sym_def_app_icon" />

    <TextView
        android:layout_width="match_parent"
        android:layout_height="wrap_content"

android:paddingTop="@dimen/nav_header_vertical_spacing"
        android:text="Android Studio"

android:textAppearance="@style/TextAppearance.AppCompat.B
ody1" />

    <TextView
        android:id="@+id/textView"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:text="android.studio@android.com" />
    -->
```

```
</LinearLayout>
```

- **Sign_up.xml:**

```
<?xml version="1.0" encoding="utf-8"?>
<ScrollView

xmlns:android="http://schemas.android.com/apk/res/android
"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="fill_parent"
    android:layout_height="fill_parent"
    android:fitsSystemWindows="true">

    <LinearLayout
xmlns:android="http://schemas.android.com/apk/res/android
"
        android:orientation="vertical"
android:layout_width="match_parent"
        android:layout_height="match_parent"
        android:layout_marginTop="18dp"
        android:layout_marginRight="18dp"
        android:layout_marginBottom="18dp"
        android:layout_marginLeft="18dp">

        <!-- Logo -->
        <ImageView
            android:id="@+id/imageViewLogo"
            android:layout_width="97dp"
            android:layout_height="115dp"
            android:layout_gravity="center_horizontal"
            android:layout_marginTop="6dp"
            android:layout_marginBottom="24dp"
            android:src="@drawable/logo" />
        <!-- //Logo -->

        <!-- Error handling -->
        <TableLayout
            android:layout_width="match_parent"
            android:layout_height="match_parent">
            <TableRow
                android:layout_width="match_parent"
                android:layout_height="match_parent" >
                <ImageView
                    android:id="@+id/imageViewError"
                    android:src="@drawable/dialog_error"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    />
                <TextView

android:id="@+id/textViewErrorMessage"
```

```
                android:layout_width="match_parent"
                android:layout_height="wrap_content"
                android:text="Error!"
                android:layout_marginTop="8dp"
                android:layout_marginLeft="8dp"
                /><!-- @string/blank -->
        </TableRow>
    </TableLayout>
    <!-- //Error handling -->



    <!-- Table layout -->
    <TableLayout
        android:layout_width="match_parent"
        android:layout_height="match_parent">

        <!-- Email -->
        <TableRow
            android:layout_width="match_parent"
            android:layout_height="match_parent" >

            <TextView
                android:id="@+id/textViewEmail"
                android:layout_width="match_parent"
                android:layout_height="wrap_content"
                android:text="@string/email" />

            <EditText
                android:id="@+id/editTextEmail"
                android:layout_width="match_parent"
                android:layout_height="wrap_content"
                android:ems="10"
                android:inputType="textEmailAddress"
/>
        </TableRow>
        <!-- //Email -->

        <!-- Date of Birth -->
        <TableRow
            android:layout_width="match_parent"
            android:layout_height="wrap_content"
            android:layout_marginTop="12dp"
            >

            <TextView
                android:id="@+id/textView2"
                android:layout_width="match_parent"
                android:layout_height="wrap_content"
                android:text="@string/date_of_birth"
                android:layout_marginTop="4dp"
```

```
                    android:layout_marginRight="2dp" />

                <TableLayout
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content">

                    <TableRow

android:layout_width="match_parent"

android:layout_height="match_parent" >


                        <Spinner

android:id="@+id/spinnerDOBDay"

android:layout_width="match_parent"

android:layout_height="wrap_content" />


                        <Spinner

android:id="@+id/spinnerDOBMonth"

android:entries="@array/array_months"

android:layout_width="match_parent"

android:layout_height="wrap_content" />

                        <Spinner

android:id="@+id/spinnerDOBYear"

android:layout_width="match_parent"

android:layout_height="wrap_content" />
                    </TableRow>


                </TableLayout>

            </TableRow>
            <!-- //Date of Birth -->


            <!-- Gender -->
            <TableRow
```

```
                android:layout_width="match_parent"
                android:layout_height="match_parent"
                android:layout_marginTop="12dp" >

                <TextView
                    android:id="@+id/textView7"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:text="@string/gender"
                    android:layout_marginTop="8dp" />

                <TableLayout
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content">

                    <TableRow

android:layout_width="match_parent"

android:layout_height="wrap_content" >


                        <RadioGroup

android:id="@+id/radioGroupGender"

android:layout_width="match_parent"

android:layout_height="wrap_content"

android:orientation="horizontal">

                            <RadioButton

android:id="@+id/radioButtonGenderMale"

android:layout_width="wrap_content"

android:layout_height="wrap_content"
                                android:checked="true"

android:text="@string/male"

android:layout_marginRight="5dp"/>

                            <RadioButton

android:id="@+id/radioButtonGenderFemale"

android:layout_width="wrap_content"
```

```
android:layout_height="wrap_content"

android:text="@string/female" />
                        </RadioGroup>
                    </TableRow>

                </TableLayout>

                <TextView
                    android:id="@+id/textViewx"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:text="@string/blank" />

            </TableRow>
            <!-- //Gender -->

            <!-- Mesurment -->
            <TableRow
                android:layout_width="match_parent"
                android:layout_height="match_parent"
                android:layout_marginTop="12dp" >

                <TextView
                    android:id="@+id/textView8"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:text="@string/mesurment" />

                <Spinner
                    android:id="@+id/spinnerMesurment"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"

android:entries="@array/array_mesurments" />


            </TableRow>
            <!-- //Mesurment -->

            <!-- Height -->
            <TableRow
                android:layout_width="match_parent"
                android:layout_height="match_parent"
                android:layout_marginTop="12dp" >

                <TextView
                    android:id="@+id/textView9"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
```

```
                    android:text="@string/height"
                    android:layout_marginTop="12dp" />

                <TableLayout
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content">

                    <TableRow

android:layout_width="match_parent"

android:layout_height="wrap_content" >

                        <EditText

android:id="@+id/editTextHeightCm"

android:layout_width="wrap_content"

android:layout_height="wrap_content"
                            android:ems="3"
                            android:inputType="number" />

                        <EditText

android:id="@+id/editTextHeightInches"

android:layout_width="wrap_content"

android:layout_height="wrap_content"
                            android:ems="3"
                            android:inputType="number" />

                        <TextView
                            android:id="@+id/textViewCm"

android:layout_width="wrap_content"

android:layout_height="wrap_content"
                            android:text="@string/cm" />
                    </TableRow>
                </TableLayout>
            </TableRow>
            <!-- //Height -->


            <!-- Weight -->
            <TableRow
                android:layout_width="match_parent"
                android:layout_height="match_parent"
```

```
                android:layout_marginTop="12dp" >

                <TextView
                    android:id="@+id/textView11"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:text="@string/weight"
                    android:layout_marginTop="12dp" />

                <TableLayout
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content">

                    <TableRow

android:layout_width="match_parent"

android:layout_height="wrap_content" >

                        <EditText

android:id="@+id/editTextWeight"

android:layout_width="wrap_content"

android:layout_height="wrap_content"
                            android:ems="3"
                            android:inputType="number" />

                        <TextView
                            android:id="@+id/textViewKg"

android:layout_width="wrap_content"

android:layout_height="wrap_content"
                            android:text="@string/kg" />
                    </TableRow>
                </TableLayout>
            </TableRow>
            <!-- //Weight -->

            <!-- Activity Level -->
            <TableRow
                android:layout_width="match_parent"
                android:layout_height="match_parent"
                android:layout_marginTop="12dp" >

                <TextView
                    android:id="@+id/textView13"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
```

```
                    android:text="@string/activity_level"
                    />

                <Spinner

android:id="@+id/spinnerActivityLevel"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"

android:entries="@array/array_activity_levels" />

            </TableRow>
            <!-- //Activity Level -->

            <!-- Submit button -->
            <TableRow
                android:layout_width="match_parent"
                android:layout_height="wrap_content"
                android:layout_marginTop="12dp" >

                <TextView
                    android:id="@+id/textView14"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:text="@string/blank"
                    android:layout_marginTop="12dp" />

                <Button
                    android:id="@+id/buttonSignUp"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:text="@string/sign_up" />
                <TextView
                    android:id="@+id/textView15"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    android:text="@string/blank"
                    android:layout_marginTop="12dp" />

            </TableRow>
            <!-- //Submit button -->



        </TableLayout>

    </LinearLayout>

</ScrollView>
```

- **sign_up_goal.xml:**

```
<?xml version="1.0" encoding="utf-8"?>
<ScrollView

xmlns:android="http://schemas.android.com/apk/res/android
"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="fill_parent"
    android:layout_height="fill_parent"
    android:fitsSystemWindows="true">

    <LinearLayout
xmlns:android="http://schemas.android.com/apk/res/android
"
        android:orientation="vertical"
android:layout_width="match_parent"
        android:layout_height="match_parent"
        android:layout_marginTop="18dp"
        android:layout_marginRight="18dp"
        android:layout_marginBottom="18dp"
        android:layout_marginLeft="18dp">

        <!-- Logo -->
        <ImageView
            android:id="@+id/imageViewLogo"
            android:layout_width="94dp"
            android:layout_height="111dp"
            android:layout_gravity="center_horizontal"
            android:layout_marginBottom="24dp"
            android:src="@drawable/logo" />
        <!-- //Logo -->

        <!-- Error handling -->
        <TableLayout
            android:layout_width="match_parent"
            android:layout_height="match_parent">
            <TableRow
                android:layout_width="match_parent"
                android:layout_height="match_parent" >
                <ImageView
                    android:id="@+id/imageViewError"
                    android:src="@drawable/dialog_error"
                    android:layout_width="wrap_content"
                    android:layout_height="wrap_content"
                    />
                <TextView

android:id="@+id/textViewErrorMessage"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:text="Error!"
                    android:layout_marginTop="8dp"
```

```
                    android:layout_marginLeft="8dp"
                    /><!-- @string/blank -->
            </TableRow>
        </TableLayout>
        <!-- //Error handling -->



        <!-- Target weight -->
        <TableLayout
            android:layout_width="match_parent"
            android:layout_height="match_parent">

            <TableRow
                android:layout_width="match_parent"
                android:layout_height="match_parent" >

                <TextView

android:id="@+id/textViewTargetWeight"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:text="@string/target_weight"
/>

                <EditText

android:id="@+id/editTextTargetWeight"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:ems="3"
                    android:inputType="number" />

                <TextView

android:id="@+id/textViewTargetMesurmentType"
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:text="@string/kg" />
            </TableRow>
        </TableLayout>
        <!-- //Target weight -->

        <TableLayout
            android:layout_width="match_parent"
            android:layout_height="match_parent">
            <!-- Weekly goal -->
            <TableRow
                android:layout_width="match_parent"
                android:layout_height="match_parent" >
```

```
                    <TextView
                        android:id="@+id/textViewIWantTo"
                        android:layout_width="match_parent"
                        android:layout_height="wrap_content"
                        android:text="@string/i_want_to" />

                    <Spinner
                        android:id="@+id/spinnerIWantTo"
                        android:layout_width="match_parent"
                        android:layout_height="wrap_content"

android:entries="@array/array_weekly_goals"/>

                </TableRow>

                <TableRow
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:layout_marginTop="8dp" >

                    <TextView
                        android:id="@+id/textViewWeeklyGoalB"
                        android:layout_width="match_parent"
                        android:layout_height="wrap_content"
                        android:text="@string/weekly_goal" />

                    <Spinner
                        android:id="@+id/spinnerWeeklyGoal"
                        android:layout_width="match_parent"
                        android:layout_height="wrap_content"

android:entries="@array/array_weekly_goals_kg"
                        />

                    <TextView
                        android:id="@+id/textViewKgEachWeek"
                        android:layout_width="match_parent"
                        android:layout_height="wrap_content"
                        android:text="@string/kg_each_week" /
>

                </TableRow>
                <!-- //TWeekly goal -->

                <!-- Submit button -->
                <TableRow
                    android:layout_width="match_parent"
                    android:layout_height="wrap_content"
                    android:layout_marginTop="12dp" >

                    <TextView
```

```
                android:id="@+id/textView14"
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:text="@string/blank"
                android:layout_marginTop="12dp" />

            <Button
                android:id="@+id/buttonSubmit"
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:text="@string/lets_go" />
            <TextView
                android:id="@+id/textView15"
                android:layout_width="wrap_content"
                android:layout_height="wrap_content"
                android:text="@string/blank"
                android:layout_marginTop="12dp" />

        </TableRow>
        <!-- //Submit button -->
    </TableLayout>
    <!-- //Table layout -->

</LinearLayout>
</ScrollView>
```

- **JAVA_FILES:**
- **MainActivity.java**

```
package com.example.upbeat;

import android.content.Intent;
import android.content.res.TypedArray;
import android.net.Uri;
import android.os.Bundle;
import android.support.constraint.solver.Goal;
import
android.support.design.widget.FloatingActionButton;
import android.support.design.widget.Snackbar;
import android.support.v4.app.*;
import android.support.v7.widget.LinearLayoutManager;
import android.support.v7.widget.RecyclerView;
import android.support.v7.widget.helper.ItemTouchHelper;
import android.view.View;
import android.support.design.widget.NavigationView;
import android.support.v4.view.GravityCompat;
import android.support.v4.widget.DrawerLayout;
import android.support.v7.app.ActionBarDrawerToggle;
import android.support.v7.app.AppCompatActivity;
import android.support.v7.widget.Toolbar;
import android.view.Menu;
import android.view.MenuItem;
import android.view.animation.Animation;
```

```
import android.view.animation.AnimationUtils;
import android.widget.Toast;

import com.facebook.stetho.Stetho;
import com.facebook.stetho.okhttp3.StethoInterceptor;

import java.util.ArrayList;
import java.util.Collections;

import okhttp3.OkHttpClient;

public class MainActivity extends AppCompatActivity {

    FloatingActionButton fab,fab1,fab2,fab3;
    Animation
fabOpen,fabClose,rotateForward,rotateBackward;
    boolean isOpen = false;

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_main);

        fab  = (FloatingActionButton)
findViewById(R.id.fab);
        fab1 = (FloatingActionButton)
findViewById(R.id.fab1);
        fab2 = (FloatingActionButton)
findViewById(R.id.fab2);
        fab3 = (FloatingActionButton)
findViewById(R.id.fab3);
        fabOpen =
AnimationUtils.loadAnimation(this,R.anim.fab_open);
        fabClose =
AnimationUtils.loadAnimation(this,R.anim.fab_close);
        rotateForward =
AnimationUtils.loadAnimation(this,R.anim.rotate_forward);
        rotateBackward =
AnimationUtils.loadAnimation(this,R.anim.rotate_backward)
;
        fab.setOnClickListener(new View.OnClickListener()
{
            @Override
            public void onClick(View view) {
                animateFab();
            }
        });
        fab1.setOnClickListener(new
View.OnClickListener() {
            @Override
            public void onClick(View v) {
```

```
                startActivity(new
Intent(MainActivity.this,step_counter.class));
            }
        });
        fab2.setOnClickListener(new
View.OnClickListener() {
            @Override
            public void onClick(View v) {
                startActivity(new
Intent(MainActivity.this,upper_body.class));
            }
        });
        fab3.setOnClickListener(new
View.OnClickListener() {
            @Override
            public void onClick(View v) {
                startActivity(new
Intent(MainActivity.this,Lower_Body.class));
            }
        });

        /* Stetho */
        Stetho.initializeWithDefaults(this);

        new OkHttpClient.Builder()
                .addNetworkInterceptor(new
StethoInterceptor())
                .build();

        /* Database */
        DBAdapter db = new DBAdapter(this);
        db.open();

        /* Setup for food */
        // Count rows in food
        int numberRows = db.count("food");

        if (numberRows < 1) {
            // Run setup
            // Toast.makeText(this, "Loading setup...",
Toast.LENGTH_LONG).show();
            DBSetupInsert setupInsert = new
DBSetupInsert(this);
            setupInsert.insertAllCategories();
            setupInsert.insertAllFood();
            // Toast.makeText(this, "Setup completed!",
Toast.LENGTH_LONG).show();

        }

        /* Check if there is user in the user table */
```

```
        // Count rows in user table
        numberRows = db.count("users");

        /* Close database */
        db.close();

        if (numberRows < 1) {
            // Sign up
            // Toast.makeText(this, "You are only few
fields away from signing up...",
Toast.LENGTH_LONG).show();

            Intent i = new Intent(MainActivity.this,
SignUp.class);
            startActivity(i);
        } else {
            Intent i = new Intent(MainActivity.this,
FragmentActivity.class);
            startActivity(i);

        }


    }
    private void animateFab()
    {
        if(isOpen)
        {
            fab.startAnimation(rotateForward);
            fab1.startAnimation(fabClose);
            fab2.startAnimation(fabClose);
            fab3.startAnimation(fabClose);
            fab1.setClickable(false);
            fab2.setClickable(false);
            fab3.setClickable(false);
            isOpen = false;
        }
        else
        {
            fab.startAnimation(rotateBackward);
            fab1.startAnimation(fabOpen);
            fab2.startAnimation(fabOpen);
            fab3.startAnimation(fabOpen);
            fab1.setClickable(true);
            fab2.setClickable(true);
            fab3.setClickable(true);
            isOpen = true;

        }
    }
}
```

- **ProfileFragment.java:**

```
package com.example.upbeat;

import android.content.Context;
import android.database.Cursor;
import android.net.Uri;
import android.os.Bundle;
import android.support.v4.app.Fragment;
import android.view.LayoutInflater;
import android.view.Menu;
import android.view.MenuInflater;
import android.view.MenuItem;
import android.view.View;
import android.view.ViewGroup;
import android.widget.AdapterView;
import android.widget.ArrayAdapter;
import android.widget.Button;
import android.widget.EditText;
import android.widget.RadioButton;
import android.widget.RadioGroup;
import android.widget.Spinner;
import android.widget.TextView;
import android.widget.Toast;
import java.util.Calendar;


/**
 * A simple {@link Fragment} subclass.
 * Activities that contain this fragment must implement
the
 * {@link ProfileFragment.OnFragmentInteractionListener}
interface
 * to handle interaction events.
 * Use the {@link ProfileFragment#newInstance} factory
method to
 * create an instance of this fragment.
 */
public class ProfileFragment extends Fragment {
    /*- 01 Class Variables
-------------------------------------------------------
----- */
    private View mainView;


    // Action buttons on toolbar
    private MenuItem menuItemEdit;
    private MenuItem menuItemDelete;

    /*- 02 Fragment Variables
```

```
-------------------------------------------------------
-- */
    // Nessesary for making fragment run
    private static final String ARG_PARAM1 = "param1";
    private static final String ARG_PARAM2 = "param2";
    private String mParam1;
    private String mParam2;

    private OnFragmentInteractionListener mListener;

    /*- 03 Constructur
-------------------------------------------------------
--------- */
    // Nessesary for having Fragment as class
    public ProfileFragment() {
        // Required empty public constructor
    }

    /*- 04 Creating Fragment
-------------------------------------------------------
---- */
    public static ProfileFragment newInstance(String
param1, String param2) {
        ProfileFragment fragment = new ProfileFragment();
        Bundle args = new Bundle();
        args.putString(ARG_PARAM1, param1);
        args.putString(ARG_PARAM2, param2);
        fragment.setArguments(args);
        return fragment;
    }

    /*- 05 on Activity Created
-------------------------------------------------------
- */
    // Run methods when started
    // Set toolbar menu items
    @Override
    public void onActivityCreated(Bundle
savedInstanceState) {
        super.onActivityCreated(savedInstanceState);

        /* Set title */

((FragmentActivity)getActivity()).getSupportActionBar().s
etTitle("Profile");

        // getDataFromDbAndDisplay
        initalizeGetDataFromDbAndDisplay();

        // Create menu
        // setHasOptionsMenu(true);
```

```
    } // onActivityCreated


    /*- 06 On create view
------------------------------------------------------------
------- */
    // Sets main View variable to the view, so we can
change views in fragment
    @Override
    public View onCreateView(LayoutInflater inflater,
ViewGroup container,
                             Bundle savedInstanceState) {
        mainView =
inflater.inflate(R.layout.fragment_profile, container,
false);
        return mainView;
    }


    /*- 07 set main view
------------------------------------------------------------
-------- */
    // Changing view method in fragmetn
    private void setMainView(int id){
        LayoutInflater inflater = (LayoutInflater)
getActivity().getSystemService(Context.LAYOUT_INFLATER_SE
RVICE);
        mainView = inflater.inflate(id, null);
        ViewGroup rootView = (ViewGroup) getView();
        rootView.removeAllViews();
        rootView.addView(mainView);
    }

    /*- 08 on Create Options Menu
------------------------------------------------------------
*/
    // Creating action icon on toolbar
    public void onCreateOptionsMenu(Menu menu,
MenuInflater inflater) {

        // Inflate menu
        MenuInflater menuInflater =
((FragmentActivity)getActivity()).getMenuInflater();
        inflater.inflate(R.menu.menu_goal, menu);

        // Assign menu items to variables
        menuItemEdit =
menu.findItem(R.id.menu_action_food_edit);
        //menuItemDelete =
menu.findItem(R.id.menu_action_food_delete);
```

```
        // Hide as default
        // menuItemEdit.setVisible(false);
        //menuItemDelete.setVisible(false);
    }

    /*- 09 on Options Item Selected
------------------------------------------------------- */
    // Action icon clicked on
    // Menu
    @Override
    public boolean onOptionsItemSelected(MenuItem
menuItem) {

        int id = menuItem.getItemId();
        //if (id == R.id.menu_action_goal_edit) {

        //}
        return super.onOptionsItemSelected(menuItem);
    }
    /*- Our own methods -*/

    /*- Get data from db and display
------------------------------------------- */
    public void initalizeGetDataFromDbAndDisplay(){

        /*  Get data from database */
        // Database
        DBAdapter db = new DBAdapter(getActivity());
        db.open();

        /* Get row number one from users */
        long rowID = 1;
        String fields[] = new String[] {
                "_id",
                "user_dob",
                "user_gender",
                "user_height",
                "user_mesurment"
        };
        Cursor c = db.select("users", fields, "_id",
rowID);
        String stringUserDob = c.getString(1);
        String stringUserGender  = c.getString(2);
        String stringUserHeight = c.getString(3);
        String stringUserMesurment = c.getString(4);

        /* DOB */
        String[] items1 = stringUserDob.split("-");
        String stringUserDobYear  = items1[0];
        String stringUserDobMonth = items1[1];
        String stringUserDobYDay  = items1[2];
```

```
        /* DOB: Day */

        // Fill numbers for date of birth days
        int spinnerDOBDaySelectedIndex = 0;
        //Toast.makeText(getActivity(), "Day: " +
stringUserDobYDay, Toast.LENGTH_LONG).show();
        String[] arraySpinnerDOBDay = new String[31];
        int human_counter = 0;
        for(int x=0;x<31;x++){
            human_counter=x+1;
            arraySpinnerDOBDay[x] = "" + human_counter;

            if(stringUserDobYDay.equals("0" +
human_counter) ||
stringUserDobYDay.equals(""+human_counter)){
                spinnerDOBDaySelectedIndex = x;
                //Toast.makeText(getActivity(), "Day: " +
stringUserDobYDay + " Index: " +
spinnerDOBDaySelectedIndex, Toast.LENGTH_LONG).show();
            }

        }
        Spinner spinnerDOBDay = (Spinner)
getActivity().findViewById(R.id.spinnerEditProfileDOBDay)
;
        ArrayAdapter<String> adapter = new
ArrayAdapter<String>(getActivity(),
                android.R.layout.simple_spinner_item,
arraySpinnerDOBDay);
        spinnerDOBDay.setAdapter(adapter);


spinnerDOBDay.setSelection(spinnerDOBDaySelectedIndex); /
/ Select index


        /* DOB: Month */
        int intUserDobMonth = 0;
        stringUserDobYDay.replace("0", "");
        try {
            intUserDobMonth =
Integer.parseInt(stringUserDobMonth);
        }
        catch(NumberFormatException nfe) {
            System.out.println("Could not parse " + nfe);
        }
        intUserDobMonth = intUserDobMonth-1;
        Spinner spinnerDOBMonth = (Spinner)
getActivity().findViewById(R.id.spinnerEditProfileDOBMont
h);
```

```
        spinnerDOBMonth.setSelection(intUserDobMonth); //
Select index

        /* DOB: Year */
        // Fill numbers for date of birth year

        int spinnerDOBYearSelectedIndex = 0;

        // get current year,month and day
        String[] arraySpinnerDOBYear = new String[100];
        Calendar calendar = Calendar.getInstance();
        int year = calendar.get(Calendar.YEAR);
        int end = year-100;
        int index = 0;
        for(int x=year;x>end;x--){
            arraySpinnerDOBYear[index] = "" + x;
            // Toast.makeText(this, "x = " + x,
Toast.LENGTH_SHORT).show();

            if(stringUserDobYear.equals(""+x)){
                spinnerDOBYearSelectedIndex = index;
                //Toast.makeText(getActivity(), "Year: "
+ x + " Index: " + spinnerDOBYearSelectedIndex,
Toast.LENGTH_LONG).show();
            }
            index++;
        }
        Spinner spinnerDOBYear =
(Spinner)getActivity().findViewById(R.id.spinnerEditProfi
leDOBYear);
        ArrayAdapter<String> adapterYear = new
ArrayAdapter<String>(getActivity(),
                android.R.layout.simple_spinner_item,
arraySpinnerDOBYear);
        spinnerDOBYear.setAdapter(adapterYear);

spinnerDOBYear.setSelection(spinnerDOBYearSelectedIndex);
// Select index


        /* Gender */
        RadioButton radioButtonGenderMale =
(RadioButton)getActivity().findViewById(R.id.radioButtonG
enderMale);
        RadioButton radioButtonGenderFemale =
(RadioButton)getActivity().findViewById(R.id.radioButtonG
enderFemale);
        if(stringUserGender.startsWith("m")){
            radioButtonGenderMale.setChecked(true);
            radioButtonGenderFemale.setChecked(false);
        }
```

```
        else{
            radioButtonGenderMale.setChecked(false);
            radioButtonGenderFemale.setChecked(true);
        }

        /* Height */
        EditText editTextEditProfileHeightCm =
(EditText)getActivity().findViewById(R.id.editTextEditPro
fileHeightCm);
        EditText editTextEditProfileHeightInches =
(EditText)getActivity().findViewById(R.id.editTextEditPro
fileHeightInches);
        TextView textViewEditProfileCm =
(TextView)getActivity().findViewById(R.id.textViewEditPro
fileCm);
        if(stringUserMesurment.startsWith("m")) {

editTextEditProfileHeightInches.setVisibility(View.GONE);

editTextEditProfileHeightCm.setText(stringUserHeight);
        }
        else{
            textViewEditProfileCm.setText("feet and
inches");
            double heightCm = 0;
            double heightFeet = 0;
            double heightInches = 0;

            // Find feet
            try {
                heightCm =
Double.parseDouble(stringUserHeight);
            }
            catch(NumberFormatException nfe) {

            }
            if(heightCm != 0){
                // Convert CM into feet
                // feet = cm * 0.3937008)/12
                heightFeet = (heightCm * 0.3937008)/12;
                // heightFeet = Math.round(heightFeet);
                int intHeightFeet = (int) heightFeet;

                editTextEditProfileHeightCm.setText("" +
intHeightFeet);

            }

        }
```

```
        /* Mesurment */
        Spinner spinnerEditProfileMesurment =
(Spinner)getActivity().findViewById(R.id.spinnerEditProfi
leMesurment);
        if(stringUserMesurment.startsWith("m")) {
            spinnerEditProfileMesurment.setSelection(0);
// Select index

        }
        else{
            spinnerEditProfileMesurment.setSelection(1);
// Select index
        }



        /* Listener Mesurment spinner */

spinnerEditProfileMesurment.setOnItemSelectedListener(new
AdapterView.OnItemSelectedListener() {
            @Override
            public void onItemSelected(AdapterView<?>
parentView, View selectedItemView, int position, long id)
{
                mesurmentChanged();
            }
            @Override
            public void onNothingSelected(AdapterView<?>
parentView) {
                // mesurmentChanged();
            }
        });


        /* Listener buttonSignUp */
        Button buttonEditProfileSubmit =
(Button)getActivity().findViewById(R.id.buttonEditProfile
Submit);
        buttonEditProfileSubmit.setOnClickListener(new
View.OnClickListener(){
            @Override
            public void onClick(View v){
                editProfileSubmit();
            }
        });



        // Close db
```

```
        db.close();

    }


    /*- Mesurment changed
-------------------------------------------------------
-------- */
    public void mesurmentChanged() {

        // Mesurment spinner
        Spinner spinnerMesurment =
(Spinner)getActivity().findViewById(R.id.spinnerEditProfi
leMesurment);
        String stringMesurment =
spinnerMesurment.getSelectedItem().toString();


        EditText editTextEditProfileHeightCm =
(EditText)getActivity().findViewById(R.id.editTextEditPro
fileHeightCm);
        EditText editTextEditProfileHeightInches =
(EditText)getActivity().findViewById(R.id.editTextEditPro
fileHeightInches);

        TextView textViewEditProfileCm =
(TextView)getActivity().findViewById(R.id.textViewEditPro
fileCm);



        if(stringMesurment.startsWith("M")) {
            // Metric

editTextEditProfileHeightInches.setVisibility(View.GONE);
            textViewEditProfileCm.setText("cm");
        }
        else{
            // Imperial

editTextEditProfileHeightInches.setVisibility(View.VISIBL
E);
            textViewEditProfileCm.setText("feet and
inches");

        }


    } // public voild messuredChanged
```

```
    /*- edit profile submit
------------------------------------------------------------
------ */
    private void editProfileSubmit(){
        /*  Get data from database */
        // Database
        DBAdapter db = new DBAdapter(getActivity());
        db.open();


        /* Error? */
        int error = 0;


        // Date of Birth Day
        Spinner spinnerDOBDay =
(Spinner)getActivity().findViewById(R.id.spinnerEditProfi
leDOBDay);
        String stringDOBDay =
spinnerDOBDay.getSelectedItem().toString();
        int intDOBDay = 0;
        try {
            intDOBDay = Integer.parseInt(stringDOBDay);

            if(intDOBDay < 10){
                stringDOBDay = "0" + stringDOBDay;
            }

        }
        catch(NumberFormatException nfe) {
            System.out.println("Could not parse " + nfe);
            error = 1;
            Toast.makeText(getActivity(), "Please select
a day for your birthday.", Toast.LENGTH_SHORT).show();
        }


        // Date of Birth Month
        Spinner spinnerDOBMonth =
(Spinner)getActivity().findViewById(R.id.spinnerEditProfi
leDOBMonth);
        String stringDOBMonth =
spinnerDOBMonth.getSelectedItem().toString();
        int positionDOBMonth =
spinnerDOBMonth.getSelectedItemPosition();
        int month = positionDOBMonth+1;
        if(month < 10){
            stringDOBMonth = "0" + month;
        }
        else{
```

```
            stringDOBMonth = "" + month;
        }
        // Toast.makeText(this, "Month: " +
stringDOBMonth, Toast.LENGTH_LONG).show();


        // Date of Birth Year
        Spinner spinnerDOBYear =
(Spinner)getActivity().findViewById(R.id.spinnerEditProfi
leDOBYear);
        String stringDOBYear =
spinnerDOBYear.getSelectedItem().toString();
        int intDOBYear = 0;
        try {
            intDOBYear = Integer.parseInt(stringDOBYear);
        }
        catch(NumberFormatException nfe) {
            System.out.println("Could not parse " + nfe);
            error = 1;
            Toast.makeText(getActivity(), "Please select
a year for your birthday.", Toast.LENGTH_SHORT).show();
        }

        // Put date of birth togheter
        String dateOfBirth = intDOBYear + "-" +
stringDOBMonth + "-" + stringDOBDay;
        String dateOfBirthSQL =
db.quoteSmart(dateOfBirth);


        // Gender
        RadioGroup radioGroupGender =
(RadioGroup)getActivity().findViewById(R.id.radioGroupGen
der);
        int radioButtonID =
radioGroupGender.getCheckedRadioButtonId(); // get
selected radio button from radioGroup
        View radioButtonGender =
radioGroupGender.findViewById(radioButtonID);
        int position =
radioGroupGender.indexOfChild(radioButtonGender); // If
you want position of Radiobutton

        String stringGender = "";
        if(position == 0){
            stringGender = "male";
        }
        else{
            stringGender = "female";
        }
        String genderSQL = db.quoteSmart(stringGender);
```

```
        /* Height */
        EditText editTextHeightCm =
(EditText)getActivity().findViewById(R.id.editTextEditPro
fileHeightCm);
        EditText editTextHeightInches =
(EditText)getActivity().findViewById(R.id.editTextEditPro
fileHeightInches);
        String stringHeightCm =
editTextHeightCm.getText().toString();
        String stringHeightInches =
editTextHeightInches.getText().toString();

        double heightCm = 0;
        double heightFeet = 0;
        double heightInches = 0;
        boolean metric = true;



        // Metric or imperial?
        Spinner spinnerMesurment =
(Spinner)getActivity().findViewById(R.id.spinnerEditProfi
leMesurment);
        String stringMesurment =
spinnerMesurment.getSelectedItem().toString();

        int intMesurment =
spinnerMesurment.getSelectedItemPosition();
        if(intMesurment == 0){
            stringMesurment = "metric";
        }
        else{
            stringMesurment = "imperial";
            metric = false;
        }
        String mesurmentSQL =
db.quoteSmart(stringMesurment);

        if(metric == true) {

            // Convert CM
            try {
                heightCm =
Double.parseDouble(stringHeightCm);
                heightCm = Math.round(heightCm);
            }
            catch(NumberFormatException nfe) {
                error = 1;
```

```
                Toast.makeText(getActivity(), "Height
(cm) has to be a number.", Toast.LENGTH_SHORT).show();
                }
            }
            else {

                // Convert Feet
                try {
                    heightFeet =
Double.parseDouble(stringHeightCm);
                }
                catch(NumberFormatException nfe) {
                    error = 1;
                    Toast.makeText(getActivity(), "Height
(feet) has to be a number.", Toast.LENGTH_SHORT).show();
                }

                // Convert inches
                try {
                    heightInches =
Double.parseDouble(stringHeightInches);
                }
                catch(NumberFormatException nfe) {
                    error = 1;
                    Toast.makeText(getActivity(), "Height
(inches) has to be a number.",
Toast.LENGTH_SHORT).show();
                }

                // Need to convert, we want to save the
number in cm
                // cm = ((foot * 12) + inches) * 2.54
                heightCm = ((heightFeet * 12) + heightInches)
* 2.54;
                heightCm = Math.round(heightCm);
            }
            stringHeightCm = "" + heightCm;
            String heightCmSQL =
db.quoteSmart(stringHeightCm);



            if(error == 0){

                long id = 1;

                String fields[] = new String[] {
                        "user_dob",
                        "user_gender",
                        "user_height",
                        "user_mesurment"
```

```
            };
            String values[] = new String[] {
                    dateOfBirthSQL,
                    genderSQL,
                    heightCmSQL,
                    mesurmentSQL
            };

            db.update("users", "_id", id, fields,
values);

            Toast.makeText(getActivity(), "Changes
saved", Toast.LENGTH_SHORT).show();

        } // error == 0



        // Close db
        db.close();

    } // editProfileSubmit




    /*- Fragment  methods -*/


    /*- On create
------------------------------------------------------------
-------- */
    @Override
    public void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        if (getArguments() != null) {
            mParam1 =
getArguments().getString(ARG_PARAM1);
            mParam2 =
getArguments().getString(ARG_PARAM2);
        }
    }
    // TODO: Rename method, update argument and hook
method into UI event
    public void onButtonPressed(Uri uri) {
        if (mListener != null) {
            mListener.onFragmentInteraction(uri);
        }
```

```
    }

    @Override
    public void onAttach(Context context) {
        super.onAttach(context);
        if (context instanceof
OnFragmentInteractionListener) {
            mListener = (OnFragmentInteractionListener)
context;
        } else {
            throw new RuntimeException(context.toString()
                    + " must implement
OnFragmentInteractionListener");
        }
    }

    @Override
    public void onDetach() {
        super.onDetach();
        mListener = null;
    }


    public interface OnFragmentInteractionListener {
        // TODO: Update argument type and name
        void onFragmentInteraction(Uri uri);
    }
}
```

- **SignUp.java**

```
package com.example.upbeat;

/**
 * Created by bruker on 19.06.2017.
 */

import android.content.Intent;
import android.os.Bundle;
import android.support.v7.app.AppCompatActivity;
import android.view.View;
import android.widget.AdapterView;
import android.widget.ArrayAdapter;
import android.widget.Button;
import android.widget.EditText;
import android.widget.ImageView;
import android.widget.RadioGroup;
import android.widget.Spinner;
import android.widget.TextView;
import java.text.SimpleDateFormat;
import java.util.Calendar;
```

```
public class SignUp extends AppCompatActivity {


    /* Variables */
    private String[] arraySpinnerDOBDay = new String[31];
    private String[] arraySpinnerDOBYear = new
String[100];



    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.sign_up);


        /* Fill numbers for date of birth days */
        int human_counter = 0;
        for(int x=0;x<31;x++){
            human_counter=x+1;
            this.arraySpinnerDOBDay[x] = "" +
human_counter;
        }
        Spinner spinnerDOBDay = (Spinner)
findViewById(R.id.spinnerDOBDay);
        ArrayAdapter<String> adapter = new
ArrayAdapter<String>(this,
                android.R.layout.simple_spinner_item,
arraySpinnerDOBDay);
        spinnerDOBDay.setAdapter(adapter);

        /* Fill numbers for date of birth year */
        // get current year,month and day
        Calendar calendar = Calendar.getInstance();
        int year = calendar.get(Calendar.YEAR);
        int end = year-100;
        int index = 0;
        for(int x=year;x>end;x--){
            this.arraySpinnerDOBYear[index] = "" + x;
            // Toast.makeText(this, "x = " + x,
Toast.LENGTH_SHORT).show();

            index++;
        }

        Spinner spinnerDOBYear = (Spinner)
findViewById(R.id.spinnerDOBYear);
        ArrayAdapter<String> adapterYear = new
ArrayAdapter<String>(this,
                android.R.layout.simple_spinner_item,
arraySpinnerDOBYear);
```

```
        spinnerDOBYear.setAdapter(adapterYear);



        /* Hide error icon and message */
        ImageView imageViewError =
(ImageView)findViewById(R.id.imageViewError);
        imageViewError.setVisibility(View.GONE);

        TextView textViewErrorMessage =
(TextView)findViewById(R.id.textViewErrorMessage);
        textViewErrorMessage.setVisibility(View.GONE);

        /* Hide icnhes field */
        EditText editTextHeightInches =
(EditText)findViewById(R.id.editTextHeightInches);
        editTextHeightInches.setVisibility(View.GONE);


        /* Listener Mesurment spinner */
        Spinner spinnerMesurment =
(Spinner)findViewById(R.id.spinnerMesurment);
        spinnerMesurment.setOnItemSelectedListener(new
AdapterView.OnItemSelectedListener() {
            @Override
            public void onItemSelected(AdapterView<?>
parentView, View selectedItemView, int position, long id)
{
                mesurmentChanged();
            }
            @Override
            public void onNothingSelected(AdapterView<?>
parentView) {
                // mesurmentChanged();
            }
        });



        /* Listener buttonSignUp */
        Button buttonSignUp =
(Button)findViewById(R.id.buttonSignUp);
        buttonSignUp.setOnClickListener(new
View.OnClickListener(){
            @Override
            public void onClick(View v){
                signUpSubmit();
            }
```

```
        });


    } // protected void onCreate

    /*- Mesurment changed
------------------------------------------ */
    public void mesurmentChanged() {

        // Mesurment spinner
        Spinner spinnerMesurment =
(Spinner)findViewById(R.id.spinnerMesurment);
        String stringMesurment =
spinnerMesurment.getSelectedItem().toString();


        EditText editTextHeightCm =
(EditText)findViewById(R.id.editTextHeightCm);
        EditText editTextHeightInches =
(EditText)findViewById(R.id.editTextHeightInches);
        String stringHeightCm =
editTextHeightCm.getText().toString();
        String stringHeightInches =
editTextHeightInches.getText().toString();

        double heightCm = 0;
        double heightFeet = 0;
        double heightInches = 0;

        TextView textViewCm =
(TextView)findViewById(R.id.textViewCm);
        TextView textViewKg =
(TextView)findViewById(R.id.textViewKg);

        if(stringMesurment.startsWith("I")){
            // Imperial

editTextHeightInches.setVisibility(View.VISIBLE);
            textViewCm.setText("feet and inches");
            textViewKg.setText("pound");

            // Find feet
            try {
                heightCm =
Double.parseDouble(stringHeightCm);
            }
            catch(NumberFormatException nfe) {

            }
            if(heightCm != 0){
                // Convert CM into feet
```

```
                // feet = cm * 0.3937008)/12
                heightFeet = (heightCm * 0.3937008)/12;
                // heightFeet = Math.round(heightFeet);
                int intHeightFeet = (int) heightFeet;

                editTextHeightCm.setText("" +
intHeightFeet);

            }

        } // if(stringMesurment.startsWith("I")){
        else{
            // Metric

editTextHeightInches.setVisibility(View.GONE);
            textViewCm.setText("cm");
            textViewKg.setText("kg");

            // Change feet and inches to cm

            // Convert Feet
            try {
                heightFeet =
Double.parseDouble(stringHeightCm);
            }
            catch(NumberFormatException nfe) {

            }

            // Convert inches
            try {
                heightInches =
Double.parseDouble(stringHeightInches);
            }
            catch(NumberFormatException nfe) {

            }

            // Need to convert, we want to save the
number in cm
            // cm = ((foot * 12) + inches) * 2.54
            if(heightFeet != 0 && heightInches != 0) {
                heightCm = ((heightFeet * 12) +
heightInches) * 2.54;
                heightCm = Math.round(heightCm);
                editTextHeightCm.setText("" + heightCm);
            }
        }
```

```
        // Weight
        EditText editTextWeight =
(EditText)findViewById(R.id.editTextWeight);
        String stringWeight =
editTextWeight.getText().toString();
        double doubleWeight = 0;

        try {
            doubleWeight =
Double.parseDouble(stringWeight);
        }
        catch(NumberFormatException nfe) {
        }

        if(doubleWeight != 0) {

            if (stringMesurment.startsWith("I")) {
                // kg to punds
                doubleWeight = Math.round(doubleWeight /
0.45359237);
            } else {
                // pounds to kg
                doubleWeight = Math.round(doubleWeight *
0.45359237);
            }
            editTextWeight.setText("" + doubleWeight);
        }

    } // public voild messuredChanged

    /*- Sign up Submit
------------------------------------------- */
    public void signUpSubmit() {
        // Error
        ImageView imageViewError =
(ImageView)findViewById(R.id.imageViewError);
        TextView textViewErrorMessage =
(TextView)findViewById(R.id.textViewErrorMessage);
        String errorMessage = "";

        // Email
        TextView textViewEmail =
(TextView)findViewById(R.id.textViewEmail);
        EditText editTextEmail =
(EditText)findViewById(R.id.editTextEmail);
        String stringEmail =
editTextEmail.getText().toString();
        if(stringEmail.isEmpty() ||
stringEmail.startsWith(" ")){
            errorMessage = "Please fill inn an e-mail
address.";
```

```
        }

        // Date of Birth Day
        Spinner spinnerDOBDay =
(Spinner)findViewById(R.id.spinnerDOBDay);
        String stringDOBDay =
spinnerDOBDay.getSelectedItem().toString();
        int intDOBDay = 0;
        try {
            intDOBDay = Integer.parseInt(stringDOBDay);

            if(intDOBDay < 10){
                stringDOBDay = "0" + stringDOBDay;
            }

        }
        catch(NumberFormatException nfe) {
            System.out.println("Could not parse " + nfe);
            errorMessage = "Please select a day for your
birthday.";
        }

        // Date of Birth Month
        Spinner spinnerDOBMonth =
(Spinner)findViewById(R.id.spinnerDOBMonth);
        String stringDOBMonth =
spinnerDOBMonth.getSelectedItem().toString();
        int positionDOBMonth =
spinnerDOBMonth.getSelectedItemPosition();
        int month = positionDOBMonth+1;
        if(month < 10){
            stringDOBMonth = "0" + month;
        }
        else{
            stringDOBMonth = "" + month;
        }
        // Toast.makeText(this, "Month: " +
stringDOBMonth, Toast.LENGTH_LONG).show();


        // Date of Birth Year
        Spinner spinnerDOBYear =
(Spinner)findViewById(R.id.spinnerDOBYear);
        String stringDOBYear =
spinnerDOBYear.getSelectedItem().toString();
        int intDOBYear = 0;
        try {
            intDOBYear = Integer.parseInt(stringDOBYear);
        }
        catch(NumberFormatException nfe) {
            System.out.println("Could not parse " + nfe);
```

```
            errorMessage = "Please select a year for your
birthday.";
        }

        // Put date of birth togheter
        String dateOfBirth = intDOBYear + "-" +
stringDOBMonth + "-" + stringDOBDay;


        // Gender
        RadioGroup radioGroupGender =
(RadioGroup)findViewById(R.id.radioGroupGender);
        int radioButtonID =
radioGroupGender.getCheckedRadioButtonId(); // get
selected radio button from radioGroup
        View radioButtonGender =
radioGroupGender.findViewById(radioButtonID);
        int position =
radioGroupGender.indexOfChild(radioButtonGender); // If
you want position of Radiobutton

        String stringGender = "";
        if(position == 0){
            stringGender = "male";
        }
        else{
            stringGender = "female";
        }

        /* Height */
        EditText editTextHeightCm =
(EditText)findViewById(R.id.editTextHeightCm);
        EditText editTextHeightInches =
(EditText)findViewById(R.id.editTextHeightInches);
        String stringHeightCm =
editTextHeightCm.getText().toString();
        String stringHeightInches =
editTextHeightInches.getText().toString();

        double heightCm = 0;
        double heightFeet = 0;
        double heightInches = 0;
        boolean metric = true;

        // Metric or imperial?
        Spinner spinnerMesurment =
(Spinner)findViewById(R.id.spinnerMesurment);
        String stringMesurment =
spinnerMesurment.getSelectedItem().toString();

        int intMesurment =
```

```
spinnerMesurment.getSelectedItemPosition();
        if(intMesurment == 0){
            stringMesurment = "metric";
        }
        else{
            stringMesurment = "imperial";
            metric = false;
        }

        if(metric == true) {

            // Convert CM
            try {
                heightCm =
Double.parseDouble(stringHeightCm);
                heightCm = Math.round(heightCm);
            }
            catch(NumberFormatException nfe) {
                errorMessage = "Height (cm) has to be a
number.";
            }
        }
        else {

            // Convert Feet
            try {
                heightFeet =
Double.parseDouble(stringHeightCm);
            }
            catch(NumberFormatException nfe) {
                errorMessage = "Height (feet) has to be a
number.";
            }

            // Convert inches
            try {
                heightInches =
Double.parseDouble(stringHeightInches);
            }
            catch(NumberFormatException nfe) {
                errorMessage = "Height (inches) has to be
a number.";
            }

            // Need to convert, we want to save the
number in cm
            // cm = ((foot * 12) + inches) * 2.54
            heightCm = ((heightFeet * 12) + heightInches)
* 2.54;
            heightCm = Math.round(heightCm);
        }
```

```
        // Weight
        EditText editTextWeight =
(EditText)findViewById(R.id.editTextWeight);
        String stringWeight =
editTextWeight.getText().toString();
        double doubleWeight = 0;
        try {
            doubleWeight =
Double.parseDouble(stringWeight);
        }
        catch(NumberFormatException nfe) {
            errorMessage = "Weight has to be a number.";
        }
        if(metric == true) {
        }
        else{
            // Imperial
            // Pound to kg
            doubleWeight =
Math.round(doubleWeight*0.45359237);
        }


        // Activity level
        Spinner spinnerActivityLevel =
(Spinner)findViewById(R.id.spinnerActivityLevel);
        //  0: Little to no exercise
        // 1: Light exercise (1-3 days per week)
        // 2: Moderate exercise (3-5 days per week)
        // 3: Heavy exercise (6-7 days per week)
        // 4: Very heavy exercise (twice per day, extra
heavy workouts)
        int intActivityLevel =
spinnerActivityLevel.getSelectedItemPosition();

        // Error handling
        if(errorMessage.isEmpty()){
            // Put data into database
            imageViewError.setVisibility(View.GONE);

textViewErrorMessage.setVisibility(View.GONE);


            // Insert into database
            DBAdapter db = new DBAdapter(this);
            db.open();


            // Quote smart
            String stringEmailSQL =
```

```
db.quoteSmart(stringEmail);
            String dateOfBirthSQL =
db.quoteSmart(dateOfBirth);
            String stringGenderSQL =
db.quoteSmart(stringGender);
            double heightCmSQL = db.quoteSmart(heightCm);
            int intActivityLevelSQL =
db.quoteSmart(intActivityLevel);
            double doubleWeightSQL =
db.quoteSmart(doubleWeight);
            String stringMesurmentSQL =
db.quoteSmart(stringMesurment);

            // Input for users
            String stringInput = "NULL, " +
stringEmailSQL + "," + dateOfBirthSQL + "," +
stringGenderSQL + "," + heightCmSQL + "," +
stringMesurmentSQL;
            db.insert("users",
                    "_id, user_email, user_dob,
user_gender, user_height, user_mesurment",
                    stringInput);

            // Input for goal
            SimpleDateFormat tf = new
SimpleDateFormat("yyyy-MM-dd");
            String goalDate =
tf.format(Calendar.getInstance().getTime());

            String goalDateSQL = db.quoteSmart(goalDate);

            stringInput = "NULL, " + doubleWeightSQL +
"," + goalDateSQL + "," + intActivityLevelSQL;
            db.insert("goal",
                    "_id, goal_current_weight, goal_date,
goal_activity_level",
                    stringInput);



            db.close();

            // Move user back to MainActivity
            Intent i = new Intent(SignUp.this,
SignUpGoal.class);
            startActivity(i);
        }
        else {
            // There is error
            textViewErrorMessage.setText(errorMessage);
            imageViewError.setVisibility(View.VISIBLE);
```

```
textViewErrorMessage.setVisibility(View.VISIBLE);
        }
    }

} // public class SignUp
```

- **SignUpGoal.java:**

```
package com.example.upbeat;

import android.content.Intent;
import android.database.Cursor;
import android.icu.util.Calendar;
import android.os.Bundle;
import android.support.v7.app.AppCompatActivity;
import android.view.View;
import android.widget.Button;
import android.widget.EditText;
import android.widget.ImageView;
import android.widget.Spinner;
import android.widget.TextView;
import android.widget.Toast;

/**
 * Created by bruker on 19.06.2017.
 */

public class SignUpGoal extends AppCompatActivity {

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.sign_up_goal);


        /* Listener submit */
        Button buttonSubmit =
(Button)findViewById(R.id.buttonSubmit);
        buttonSubmit.setOnClickListener(new
View.OnClickListener(){
            @Override
            public void onClick(View v){
                signUpGoalSubmit();
            }
        });

        /* Remove error handling */
        hideErrorHandling();

        /* Mesurment used? */
        mesurmentUsed();
```

```
    } // onCreate

    /* signUpGoalSubmit
------------------------------------------------------ */
    public void signUpGoalSubmit(){
        /* Open database */
        DBAdapter db = new DBAdapter(this);
        db.open();

        /* Error */
        ImageView imageViewError =
(ImageView)findViewById(R.id.imageViewError);
        TextView textViewErrorMessage =
(TextView)findViewById(R.id.textViewErrorMessage);
        String errorMessage = "";


        /* Get target weight */
        EditText editTextTargetWeight =
(EditText)findViewById(R.id.editTextTargetWeight);
        String stringTargetWeight =
editTextTargetWeight.getText().toString();
        double doubleTargetWeight = 0;
        try{
            doubleTargetWeight =
Double.parseDouble(stringTargetWeight);
        }
        catch(NumberFormatException nfe) {
            errorMessage = "Target weight has to be a
number.";
        }

        /* Spinner IWantTo */
        // 0 - Loose weight
        // 1 - Gain weight
        Spinner spinnerIWantTo =
(Spinner)findViewById(R.id.spinnerIWantTo);
        int intIWantTo =
spinnerIWantTo.getSelectedItemPosition();

        /* Spinner spinnerWeeklyGoal */
        Spinner spinnerWeeklyGoal =
(Spinner)findViewById(R.id.spinnerWeeklyGoal);
        String stringWeeklyGoal =
spinnerWeeklyGoal.getSelectedItem().toString();


        /* Update fields */
        if(errorMessage.isEmpty()){
```

```
            long goalID = 1;

            double doubleTargetWeightSQL =
db.quoteSmart(doubleTargetWeight);
            db.update("goal", "_id", goalID,
"goal_target_weight", doubleTargetWeightSQL);

            int intIWantToSQL =
db.quoteSmart(intIWantTo);
            db.update("goal", "_id", goalID,
"goal_i_want_to", intIWantToSQL);

            String stringWeeklyGoalSQL =
db.quoteSmart(stringWeeklyGoal);
            db.update("goal", "_id", goalID,
"goal_weekly_goal", stringWeeklyGoalSQL);

        }

        /* Calculate energy */
        if(errorMessage.isEmpty()){

            // Get row number one from users
            long rowID = 1;
            String fields[] = new String[] {
                    "_id",
                    "user_dob",
                    "user_gender",
                    "user_height"
            };
            Cursor c = db.select("users", fields, "_id",
rowID);
            String stringUserDob = c.getString(1);
            String stringUserGender  = c.getString(2);
            String stringUserHeight = c.getString(3);

            // Get weight actvity level
            rowID = 1;
            String fieldsGoal[] = new String[] {
                    "_id",
                    "goal_current_weight",
                    "goal_activity_level"
            };
            Cursor cGoal = db.select("goal", fieldsGoal,
"_id", rowID);
            String stringUserCurrentWeight =
cGoal.getString(1);
            String stringUserActivityLevel =
cGoal.getString(2);

            // Get weight
```

```
            double doubleUserCurrentWeight = 0;
            try{
                doubleUserCurrentWeight =
Double.parseDouble(stringUserCurrentWeight);
            }
            catch(NumberFormatException nfe) {
                System.out.println("Could not parse " +
nfe);
            }


            // Get Age
            String[] items1 = stringUserDob.split("-");
            String stringYear = items1[0];
            String stringMonth = items1[1];
            String stringDay = items1[2];

            int intYear = 0;
            try {
                intYear = Integer.parseInt(stringYear);
            }
            catch(NumberFormatException nfe) {
                System.out.println("Could not parse " +
nfe);
            }
            int intMonth = 0;
            try {
                intMonth = Integer.parseInt(stringMonth);
            }
            catch(NumberFormatException nfe) {
                System.out.println("Could not parse " +
nfe);
            }
            int intDay = 0;
            try {
                intDay = Integer.parseInt(stringDay);
            }
            catch(NumberFormatException nfe) {
                System.out.println("Could not parse " +
nfe);
            }
            String stringUserAge = getAge(intYear,
intMonth, intDay);

            int intUserAge = 0;
            try {
                intUserAge =
Integer.parseInt(stringUserAge);
            }
            catch(NumberFormatException nfe) {
                System.out.println("Could not parse " +
```

```
nfe);
            }

            // Height
            double doubleUserHeight = 0;
            try {
                doubleUserHeight =
Double.parseDouble(stringUserHeight);
            }
            catch(NumberFormatException nfe) {
                System.out.println("Could not parse " +
nfe);
            }
            //Toast.makeText(this, "DOB=" + stringUserDob
+ "\nAge=" + stringUserAge + "\nGender=" +
stringUserGender + "\nHeight=" + stringUserHeight + "\
nActivity level=" + stringUserActivityLevel,
Toast.LENGTH_LONG).show();


            long goalID = 1;


            /* 1: BRM */
            // Start calculation
            double goalEnergyBMR = 0;
            if(stringUserGender.startsWith("m")){
                // Male
                // BMR = 66.5 + (13.75 x kg body weight)
+ (5.003 x height in cm) - (6.755 x age)
                goalEnergyBMR =
66.5+(13.75*doubleUserCurrentWeight)
+(5.003*doubleUserHeight)-(6.755*intUserAge);
                //bmr = Math.round(bmr);
                //Toast.makeText(this, "BMR formula:
66.5+(13.75*" + doubleUserCurrentWeight + ")+(5.003*" +
doubleUserHeight + ")-(6.755*" + intUserAge + " = " +
goalEnergyBMR, Toast.LENGTH_LONG).show();

            } // if(stringUserGender.startsWith("m")){
            else{
                // Female
                // BMR = 55.1 + (9.563 x kg body weight)
+ (1.850 x height in cm) - (4.676 x age)
                goalEnergyBMR =
655+(9.563*doubleUserCurrentWeight)
+(1.850*doubleUserHeight)-(4.676*intUserAge);
                //bmr = Math.round(bmr);
            }
            goalEnergyBMR = Math.round(goalEnergyBMR);
            double energyBmrSQL =
```

```
db.quoteSmart(goalEnergyBMR);
            db.update("goal", "_id", goalID,
"goal_energy_bmr", energyBmrSQL);
            //Toast.makeText(this, "BMR before activity:
" + bmr, Toast.LENGTH_LONG).show();

            // Proteins, carbs and fat with BMR
            // 20-25 % protein
            // 40-50 % carbs
            // 25-35 % fat
            double proteinsBmr =
Math.round(goalEnergyBMR*25/100);
            double carbsBmr =
Math.round(goalEnergyBMR*50/100);
            double fatBmr =
Math.round(goalEnergyBMR*25/100);

            double proteinsBmrSQL =
db.quoteSmart(proteinsBmr);
            double carbsBmrSQL = db.quoteSmart(carbsBmr);
            double fatBmrQL = db.quoteSmart(fatBmr);
            db.update("goal", "_id", goalID,
"goal_proteins_bmr", proteinsBmrSQL);
            db.update("goal", "_id", goalID,
"goal_carbs_bmr", carbsBmrSQL);
            db.update("goal", "_id", goalID,
"goal_fat_bmr", fatBmrQL);

            /* 2: Diet */
            // If you want to loose weight
            // without activity (Little to no exercise)
            // Loose or gain weight?
            double doubleWeeklyGoal = 0;
            try {
                doubleWeeklyGoal =
Double.parseDouble(stringWeeklyGoal);
            }
            catch(NumberFormatException nfe) {
                System.out.println("Could not parse " +
nfe);
            }

            // 1 kg fat = 7700 kcal
            double kcal = 0;
            double energyDiet = 0;
            kcal = 7700*doubleWeeklyGoal;
            if(intIWantTo == 0){
                // Loose weight
                energyDiet = Math.round((goalEnergyBMR -
(kcal/7)) * 1.2);
```

```
            }
            else{
                // Gain weight
                energyDiet = Math.round((goalEnergyBMR +
(kcal/7)) * 1.2);
            }

            // Update database
            double energyDietSQL =
db.quoteSmart(energyDiet);
            db.update("goal", "_id", goalID,
"goal_energy_diet", energyDietSQL);

            // Proteins, carbs and fat diet
            // 20-25 % protein
            // 40-50 % carbs
            // 25-35 % fat
            double proteinsDiet =
Math.round(energyDiet*25/100);
            double carbsDiet =
Math.round(energyDiet*50/100);
            double fatDiet =
Math.round(energyDiet*25/100);

            double proteinsDietSQL =
db.quoteSmart(proteinsDiet);
            double carbsDietSQL =
db.quoteSmart(carbsDiet);
            double fatDietQL = db.quoteSmart(fatDiet);
            db.update("goal", "_id", goalID,
"goal_proteins_diet", proteinsDietSQL);
            db.update("goal", "_id", goalID,
"goal_carbs_diet", carbsDietSQL);
            db.update("goal", "_id", goalID,
"goal_fat_diet", fatDietQL);


            /* 3: With activity */
            // Taking in to account activity
            double energyWithActivity = 0;
            if(stringUserActivityLevel.equals("0")) {
                energyWithActivity = goalEnergyBMR * 1.2;
            }
            else if(stringUserActivityLevel.equals("1"))
{
                energyWithActivity = goalEnergyBMR *
1.375; // slightly_active
            }
            else if(stringUserActivityLevel.equals("2"))
{
                energyWithActivity = goalEnergyBMR*1.55;
```

```
// moderately_active
            }
            else if(stringUserActivityLevel.equals("3"))
{
                energyWithActivity = goalEnergyBMR*1.725;
// active_lifestyle
            }
            else if(stringUserActivityLevel.equals("4"))
{
                energyWithActivity = goalEnergyBMR * 1.9;
// very_active
            }
            energyWithActivity =
Math.round(energyWithActivity);
            double energyWithActivitySQL =
db.quoteSmart(energyWithActivity);
            db.update("goal", "_id", goalID,
"goal_energy_with_activity", energyWithActivitySQL);
            //Toast.makeText(this, "BMR after activity: "
+ bmr, Toast.LENGTH_LONG).show();

            // Proteins, carbs and fat diet
            // 20-25 % protein
            // 40-50 % carbs
            // 25-35 % fat
            double proteinsWithActivity =
Math.round(energyWithActivity*25/100);
            double carbsWithActivity =
Math.round(energyWithActivity*50/100);
            double fatWithActivity =
Math.round(energyWithActivity*25/100);

            double proteinsWithActivitySQL =
db.quoteSmart(proteinsWithActivity);
            double carbsWithActivitySQL =
db.quoteSmart(carbsWithActivity);
            double fatWithActivityQL =
db.quoteSmart(fatWithActivity);
            db.update("goal", "_id", goalID,
"goal_proteins_with_activity", proteinsWithActivitySQL);
            db.update("goal", "_id", goalID,
"goal_carbs_with_activity", carbsWithActivitySQL);
            db.update("goal", "_id", goalID,
"goal_fat_with_activity", fatWithActivityQL);



            /* 4: With_activity_and_diet */
            // If you want to loose your weight
            // With activity
            // 1 kg fat = 7700 kcal
```

```
            kcal = 0;
            double energyWithActivityAndDiet = 0;
            kcal = 7700*doubleWeeklyGoal;
            if(intIWantTo == 0){
                // Loose weight
                energyWithActivityAndDiet = goalEnergyBMR
- (kcal/7);

            }
            else{
                // Gain weight
                energyWithActivityAndDiet = goalEnergyBMR
+ (kcal/7);
            }

            if(stringUserActivityLevel.equals("0")) {
                energyWithActivityAndDiet=
energyWithActivityAndDiet* 1.2;
            }
            else if(stringUserActivityLevel.equals("1"))
{
                energyWithActivityAndDiet=
energyWithActivityAndDiet* 1.375; // slightly_active
            }
            else if(stringUserActivityLevel.equals("2"))
{
                energyWithActivityAndDiet=
energyWithActivityAndDiet*1.55; // moderately_active
            }
            else if(stringUserActivityLevel.equals("3"))
{
                energyWithActivityAndDiet=
energyWithActivityAndDiet*1.725; // active_lifestyle
            }
            else if(stringUserActivityLevel.equals("4"))
{
                energyWithActivityAndDiet =
energyWithActivityAndDiet* 1.9; // very_active
            }
            energyWithActivityAndDiet =
Math.round(energyWithActivityAndDiet);

            // Update database
            double energyWithActivityAndDietSQL =
db.quoteSmart(energyWithActivityAndDiet);
            db.update("goal", "_id", goalID,
"goal_energy_with_activity_and_diet",
energyWithActivityAndDietSQL);


            // Calcualte proteins
```

```
            // 20-25 % protein
            // 40-50 % carbs
            // 25-35 % fat
            double proteins =
Math.round(energyWithActivityAndDiet*25/100);
            double carbs =
Math.round(energyWithActivityAndDiet*50/100);
            double fat =
Math.round(energyWithActivityAndDiet*25/100);

            double proteinsSQL = db.quoteSmart(proteins);
            double carbsSQL = db.quoteSmart(carbs);
            double fatSQL = db.quoteSmart(fat);
            db.update("goal", "_id", goalID,
"goal_proteins_with_activity_and_diet", proteinsSQL);
            db.update("goal", "_id", goalID,
"goal_carbs_with_activity_and_diet", carbsSQL);
            db.update("goal", "_id", goalID,
"goal_fat_with_activity_and_diet", fatSQL);

        } //  /* Calculate energy */



        // Error handling
        if(!(errorMessage.isEmpty())){
            // There is error
            textViewErrorMessage.setText(errorMessage);
            imageViewError.setVisibility(View.VISIBLE);

textViewErrorMessage.setVisibility(View.VISIBLE);

        }

        /* Close db */
        db.close();

        /* Move to main activity */
        if(errorMessage.isEmpty()){
            Intent i = new Intent(SignUpGoal.this,
MainActivity.class);
            startActivity(i);
        }
    } // signUpGoalSubmit

    /* hideErrorHandling
---------------------------------------------- */
    public void hideErrorHandling(){
        /* Hide error icon and message */
        ImageView imageViewError =
(ImageView)findViewById(R.id.imageViewError);
```

```
        imageViewError.setVisibility(View.GONE);

        TextView textViewErrorMessage =
(TextView)findViewById(R.id.textViewErrorMessage);
        textViewErrorMessage.setVisibility(View.GONE);

    }

    /* mesurmentUsed
-------------------------------------------------------
*/
    public void mesurmentUsed(){
        /* Open database */
        DBAdapter db = new DBAdapter(this);
        db.open();

        /* Get row number one from users */
        long rowID = 1;
        String fields[] = new String[] {
                "_id",
                "user_mesurment"
        };
        Cursor c = db.select("users", fields, "_id",
rowID);
        String mesurment;
        mesurment = c.getString(1);

        // Metric or imperial?
        if(mesurment.startsWith("m")){
            // Metric
        }
        else{
            // Imperial

            // Kg to punds
            TextView textViewTargetMesurmentType =
(TextView)findViewById(R.id.textViewTargetMesurmentType);

textViewTargetMesurmentType.setText("pounds");


            // Kg each week to pounds each week
            TextView textViewKgEachWeek =
(TextView)findViewById(R.id.textViewKgEachWeek);
            textViewKgEachWeek.setText("pounds each
week");
        }


        /* Close database */
        db.close();
```

```
    }

    /* getAge
-------------------------------------------------------------
----- */
    private String getAge(int year, int month, int day){
        Calendar dob = Calendar.getInstance();
        Calendar today = Calendar.getInstance();

        dob.set(year, month, day);

        int age = today.get(Calendar.YEAR) -
dob.get(Calendar.YEAR);

        if (today.get(Calendar.DAY_OF_YEAR) <
dob.get(Calendar.DAY_OF_YEAR)){
            age--;
        }

        Integer ageInt = new Integer(age);
        String ageS = ageInt.toString();

        return ageS;
    }
}
```

- **Sport.java:**

```
package com.example.upbeat;

class Sport {

    // Member variables representing the title and
information about the sport.
    private String title;
    private String info;
    private final int imageResource;

    /**
     * Constructor for the Sport data model.
     *
     * @param title The name if the sport.
     * @param info Information about the sport.
     */
    public Sport(String title, String info, int
imageResource) {
        this.title = title;
        this.info = info;
        this.imageResource = imageResource;
    }

    /**
```

```
     * Gets the title of the sport.
     *
     * @return The title of the sport.
     */
    String getTitle() {
        return title;
    }

    /**
     * Gets the info about the sport.
     *
     * @return The info about the sport.
     */
    String getInfo() {
        return info;
    }

    public int getImageResource() {
        return imageResource;
    }

}
```

- **SportsAdapter.java:**

```
package com.example.upbeat ;
import android.content.Context;
import android.content.Intent;
import android.support.v7.widget.RecyclerView;
import android.view.LayoutInflater;
import android.view.View;
import android.view.ViewGroup;
import android.widget.ImageView;
import android.widget.TextView;

import com.bumptech.glide.Glide;

import java.util.ArrayList;

/***
 * The adapter class for the RecyclerView, contains the
sports data.
 */
class SportsAdapter extends
RecyclerView.Adapter<SportsAdapter.ViewHolder>  {

    // Member variables.
    private ArrayList<Sport> mSportsData;
    private Context mContext;

    /**
     * Constructor that passes in the sports data and the
```

```
context.
     *
     * @param sportsData ArrayList containing the sports
data.
     * @param context Context of the application.
     */
    SportsAdapter(Context context, ArrayList<Sport>
sportsData) {
        this.mSportsData = sportsData;
        this.mContext = context;
    }


    /**
     * Required method for creating the viewholder
objects.
     *
     * @param parent The ViewGroup into which the new
View will be added
     *               after it is bound to an adapter
position.
     * @param viewType The view type of the new View.
     * @return The newly created ViewHolder.
     */
    @Override
    public SportsAdapter.ViewHolder onCreateViewHolder(
            ViewGroup parent, int viewType) {
        return new
ViewHolder(LayoutInflater.from(mContext).
                inflate(R.layout.list_item, parent,
false));
    }

    /**
     * Required method that binds the data to the
viewholder.
     *
     * @param holder The viewholder into which the data
should be put.
     * @param position The adapter position.
     */
    @Override
    public void onBindViewHolder(SportsAdapter.ViewHolder
holder,
                                 int position) {
        // Get current sport.
        Sport currentSport = mSportsData.get(position);

        // Populate the textviews with data.
        holder.bindTo(currentSport);
    }
```

```
    /**
     * Required method for determining the size of the
data set.
     *
     * @return Size of the data set.
     */
    @Override
    public int getItemCount() {
        return mSportsData.size();
    }


    /**
     * ViewHolder class that represents each row of data
in the RecyclerView.
     */
    class ViewHolder extends RecyclerView.ViewHolder
            implements View.OnClickListener{

        // Member Variables for the TextViews
        private TextView mTitleText;
        private TextView mInfoText;
        private ImageView mSportsImage;

        /**
         * Constructor for the ViewHolder, used in
onCreateViewHolder().
         *
         * @param itemView The rootview of the
list_item.xml layout file.
         */
        ViewHolder(View itemView) {
            super(itemView);

            // Initialize the views.
            mTitleText =
itemView.findViewById(R.id.title);
            mInfoText =
itemView.findViewById(R.id.subTitle);
            mSportsImage =
itemView.findViewById(R.id.sportsImage);

            // Set the OnClickListener to the entire
view.
            itemView.setOnClickListener(this);
        }

        void bindTo(Sport currentSport){
            // Populate the textviews with data.
            mTitleText.setText(currentSport.getTitle());
```

```
            mInfoText.setText(currentSport.getInfo());

            // Load the images into the ImageView using
the Glide library.
            Glide.with(mContext).load(

currentSport.getImageResource()).into(mSportsImage);
        }

        /**
         * Handle click to show DetailActivity.
         *
         * @param view View that is clicked.
         */
        @Override
        public void onClick(View view) {
            Sport currentSport =
mSportsData.get(getAdapterPosition());
            Intent detailIntent = new Intent(mContext,
DetailActivity.class);
            detailIntent.putExtra("title",
currentSport.getTitle());
            detailIntent.putExtra("image_resource",
                    currentSport.getImageResource());
            mContext.startActivity(detailIntent);
        }
    }
}
```

- **Step_counter.java:**

```
package com.example.upbeat;

import android.content.Context;
import android.hardware.Sensor;
import android.hardware.SensorEvent;
import android.hardware.SensorEventListener;
import android.hardware.SensorManager;
import android.support.v7.app.AppCompatActivity;
import android.os.Bundle;
import android.widget.TextView;
import android.widget.Toast;

public class step_counter extends AppCompatActivity
implements SensorEventListener {
    SensorManager sensorManager;
    TextView tv_steps;
    boolean running = false;

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
```

```
        setContentView(R.layout.activity_step_counter);
        tv_steps =(TextView) findViewById(R.id.tv_steps);
        sensorManager = (SensorManager)
getSystemService(Context.SENSOR_SERVICE);
    }

    @Override
    protected void onResume(){
        super.onResume();
        running = true;
        Sensor countSensor =
sensorManager.getDefaultSensor(Sensor.TYPE_STEP_COUNTER);
        if(countSensor != null){

sensorManager.registerListener(this,countSensor,SensorMan
ager.SENSOR_DELAY_UI);
        }else {
            Toast.makeText(this,"No Sensor in your
device",Toast.LENGTH_SHORT).show();
        }
    }

    @Override
    public void onSensorChanged(SensorEvent sensorEvent)
{
    if(running){

tv_steps.setText(String.valueOf(sensorEvent.values[0]));
    }
    }

    @Override
    public void onAccuracyChanged(Sensor sensor, int i) {

    }

}
```

- **upper_body.java:**

```
package com.example.upbeat;

import android.content.res.TypedArray;
import android.support.v7.app.AppCompatActivity;
import android.os.Bundle;
import android.support.v7.widget.LinearLayoutManager;
import android.support.v7.widget.RecyclerView;
import android.support.v7.widget.helper.ItemTouchHelper;
import android.view.View;

import java.util.ArrayList;
import java.util.Collections;
```

```
public class upper_body extends AppCompatActivity {
    private RecyclerView mRecyclerView;
    private ArrayList<Sport> mSportsData;
    private SportsAdapter mAdapter;

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_upper_body);
        // Initialize the RecyclerView.
        mRecyclerView = findViewById(R.id.recyclerView);

        // Set the Layout Manager.
        mRecyclerView.setLayoutManager(new
LinearLayoutManager(this));

        // Initialize the ArrayList that will contain the
data.
        mSportsData = new ArrayList<>();

        // Initialize the adapter and set it to the
RecyclerView.
        mAdapter = new SportsAdapter(this, mSportsData);
        mRecyclerView.setAdapter(mAdapter);

        // Get the data.
        initializeData();

        // Helper class for creating swipe to dismiss and
drag and drop
        // functionality.
        ItemTouchHelper helper = new ItemTouchHelper(new
ItemTouchHelper
                .SimpleCallback(
                ItemTouchHelper.LEFT |
ItemTouchHelper.RIGHT |
                        ItemTouchHelper.DOWN |
ItemTouchHelper.UP,
                ItemTouchHelper.LEFT |
ItemTouchHelper.RIGHT) {
            /**
             * Defines the drag and drop functionality.
             *
             * @param recyclerView The RecyclerView that
contains the list items
             * @param viewHolder The SportsViewHolder
that is being moved
             * @param target The SportsViewHolder that
you are switching the
             *               original one with.
```

```
             * @return true if the item was moved, false
otherwise
             */
            @Override
            public boolean onMove(RecyclerView
recyclerView,
                                  RecyclerView.ViewHolder
viewHolder,
                                  RecyclerView.ViewHolder
target) {
                // Get the from and to positions.
                int from =
viewHolder.getAdapterPosition();
                int to = target.getAdapterPosition();

                // Swap the items and notify the adapter.
                Collections.swap(mSportsData, from, to);
                mAdapter.notifyItemMoved(from, to);
                return true;
            }

            /**
             * Defines the swipe to dismiss
functionality.
             *
             * @param viewHolder The viewholder being
swiped.
             * @param direction The direction it is
swiped in.
             */
            @Override
            public void onSwiped(RecyclerView.ViewHolder
viewHolder,
                                 int direction) {
                // Remove the item from the dataset.

mSportsData.remove(viewHolder.getAdapterPosition());
                // Notify the adapter.

mAdapter.notifyItemRemoved(viewHolder.getAdapterPosition(
));
            }
        });

        // Attach the helper to the RecyclerView.
        helper.attachToRecyclerView(mRecyclerView);
    }

    /**
     * Initialize the sports data from resources.
     */
```

```
    private void initializeData() {
        // Get the resources from the XML file.
        String[] sportsList = getResources()
                .getStringArray(R.array.sports_titles);
        String[] sportsInfo = getResources()
                .getStringArray(R.array.sports_info);
        TypedArray sportsImageResources = getResources()
                .obtainTypedArray(R.array.sports_images);

        // Clear the existing data (to avoid
duplication).
        mSportsData.clear();

        // Create the ArrayList of Sports objects with
the titles and
        // information about each sport
        for (int i = 0; i < sportsList.length; i++) {
            mSportsData.add(new Sport(sportsList[i],
sportsInfo[i],
                    sportsImageResources.getResourceId(i,
0)));
        }

        // Recycle the typed array.
        sportsImageResources.recycle();

        // Notify the adapter of the change.
        mAdapter.notifyDataSetChanged();
    }

    /**
     * onClick method for th FAB that resets the data.
     *
     * @param view The button view that was clicked.
     */
    public void resetSports(View view) {
        initializeData();
    }

    }
```

- **Animation_Files:**
- **fab_close.xml:**

```
<?xml version="1.0" encoding="utf-8"?>
<set
xmlns:android="http://schemas.android.com/apk/res/android"
android:fillAfter="true">
    <scale
```

```
        android:fromXScale="0.8"
        android:fromYScale="0.8"
        android:toXScale="0.0"
        android:toYScale="0.0"
        android:pivotX="50%"
        android:pivotY="50%"
        android:duration="300"


    android:interpolator="@android:anim/linear_interpolator"/>

        <alpha
            android:fromAlpha="1.0"
            android:toAlpha="0.0"
            android:duration ="300"

    android:interpolator="@android:anim/accelerate_interpolator
    "/>
    </set>
```

- **fab_open.xml:**

```
    <?xml version="1.0" encoding="utf-8"?>
    <set
    xmlns:android="http://schemas.android.com/apk/res/android"
    android:fillAfter="true">
        <scale
            android:fromXScale="0.0"
            android:fromYScale="0.0"
            android:toXScale="0.8"
            android:toYScale="0.8"
            android:pivotX="50%"
            android:pivotY="50%"
            android:duration="300"


    android:interpolator="@android:anim/linear_interpolator"/>

        <alpha
            android:fromAlpha="0.0"
            android:toAlpha="1.0"
            android:duration ="300"

    android:interpolator="@android:anim/accelerate_interpolator
    "/>
    </set>
```

- **rotate_backward.xml:**

```
    <?xml version="1.0" encoding="utf-8"?>
    <set
    xmlns:android="http://schemas.android.com/apk/res/android"
    android:fillAfter="true">
        <rotate
```

```
        android:fromDegrees="45"
        android:toDegrees="0"
        android:pivotY="50%"
        android:pivotX="50%"
        android:duration="300"

android:interpolator="@android:anim/linear_interpolator"/>
</set>
```

- **rotate_forward.xml:**

```
<?xml version="1.0" encoding="utf-8"?>
<set
xmlns:android="http://schemas.android.com/apk/res/android"
android:fillAfter="true">
    <rotate
        android:fromDegrees="0"
        android:toDegrees="45"
        android:pivotY="50%"
        android:pivotX="50%"
        android:duration="300"

android:interpolator="@android:anim/linear_interpolator"/>
</set>
```

- **Strings.xml:**

```
<resources>
 <string name="app_name">UpBeat</string>

 <string name="navigation_drawer_open">Open navigation
drawer</string>
 <string name="navigation_drawer_close">Close navigation
drawer</string>

 <string name="action_settings">Settings</string>
 <string name="email">Email</string>
 <string name="date_of_birth">Date of birth</string>
 <string name="gender">Gender</string>
 <string name="male">Male</string>
 <string name="female">Female</string>
 <string name="height">Height</string>
 <string name="activity_level">Activity level</string>
 <string name="weight">Weight</string>
 <string name="target_weight">Target weight</string>
 <string name="mesurment">Mesurment</string>
 <string name="cm">cm</string>
 <string name="feet_inches">feet and inches</string>
 <string name="kg">kg</string>
 <string name="pound">pound</string>


 <string-array name="array_mesurments">
 <item>Metric</item>
 <item>Imperial</item>
```

```
</string-array>

<string name="metric">Metric</string>
<string name="imperial">Imperial</string>

<string name="day">Day</string>
<string name="month">Month</string>
<string name="year">Year</string>

<string-array name="array_months">
<item>Jan</item>
<item>Feb</item>
<item>Mar</item>
<item>Apr</item>
<item>May</item>
<item>Jun</item>
<item>Jul</item>
        <item>Aug</item>
        <item>Sep</item>
        <item>Oct</item>
        <item>Nov</item>
        <item>Dec</item>
    </string-array>
    <string name="january">January</string>
    <string name="february">February</string>
    <string name="march">March</string>
    <string name="april">April</string>
    <string name="may">May</string>
    <string name="june">June</string>
    <string name="july">July</string>
    <string name="august">August</string>
    <string name="september">September</string>
    <string name="october">October</string>
    <string name="november">November</string>
    <string name="december">December</string>
    <string name="blank"> </string>


    <string-array name="array_activity_levels">
        <item>Little to no exercise</item>
        <item>Light exercise (1-3 days per week)</item>
        <item>Moderate exercise (3-5 days per week)</item>
        <item>Heavy exercise (6-7 days per week)</item>
        <item>Very heavy exercise (twice per day, extra
heavy workouts)</item>
    </string-array>

    <string name="i_want_to">I want to</string>
    <string name="i_want">I want</string>
    <string name="sign_up">Sign up</string>
```

```
    <string name="weekly_goal">Weekly goal</string>


    <string-array name="array_weekly_goals">
        <item>loose weight</item>
        <item>gain weight</item>
    </string-array>

    <string-array name="array_weekly_goals_kg">
        <item>0.5</item>
        <item>1</item>
        <item>1.5</item>
    </string-array>


    <string name="kg_each_week">kg each week</string>
    <string name="pounds_each_week">pounds each
week</string>

    <string name="lets_go">Lets go!</string>

    <string name="home">Home</string>
    <string name="profile">Profile</string>
    <string name="goal">Goal</string>
    <string name="categories">Categories</string>
    <string name="food">Food</string>

    <string name="add">Add</string>
    <string name="delete">Delete</string>
    <!-- TODO: Remove or change this placeholder text -->
    <string name="hello_blank_fragment">Hello blank
fragment</string>


    <string name="name">Name</string>
    <string name="parent">Parent</string>
    <string name="save">Save</string>
    <string name="are_you_sure_you_want_to_delete">Are you
sure you want to delete?</string>
    <string name="cancel">Cancel</string>
    <string name="calories_table">Calories table</string>
    <string name="energy">Energy</string>
    <string name="proteins">Proteins</string>
    <string name="carbs">Carbs</string>
    <string name="fat">Fat</string>
    <string name="per_hundred_gran">Per 100 gram</string>
    <string name="per_meal">Per meal</string>
    <string name="manufactor">Manufactor</string>
    <string name="about">About</string>
    <string name="description">Description</string>
    <string name="general">General</string>
```

```
    <string name="serving">Serving</string>
    <string name="number">Number</string>
    <string name="word">Word</string>
    <string name="barcode">Barcode</string>
    <string name="category">Category</string>
    <string name="main">Main</string>
    <string name="sub">Sub</string>
    <string name="current_status">Current status</string>
    <string name="target">Target</string>
    <string name="my_goal">My goal</string>
    <string name="status">Status</string>
    <string name="method">Method</string>
    <string name="bmr">BMR</string>
    <string name="numbers">Numbers</string>
    <string name="diet">Diet</string>
    <string name="with_activity">With activity</string>
    <string name="with_activity_and_diet">With activity and
diet</string>

    <string name="if_you_want_to_keep_your_weight">If you
want to keep your weight</string>
    <string name="if_you_want_to_loose_weight">If you want
to loose weight</string>
    <string name="if_you_want_to">If you want to</string>
    <string name="keep_your_weight">Keep your
weight</string>
    <string
name="loose_x_kg_week_with_out_exercising">Loose x kg each
week with out exercising</string>
    <string name="without_activity">Without
activity</string>
    <string name="advanced">Advanced</string>
    <string name="with_activity_">With activity</string>
    <string name="edit">Edit</string>

    <string name="password">Password</string>
    <string name="alias">Alias</string>
    <string name="activity">Activity</string>
    <string name="breakfast">Breakfast</string>
    <string name="lunch">Lunch</string>
    <string name="before_training">Before training</string>
    <string name="after_training">After training</string>
    <string name="dinner">Dinner</string>
    <string name="snacks">Snacks</string>
    <string name="supper">Supper</string>

    <string name="portion_size">Portion size</string>
    <string name="pcs">pcs</string>
    <string name="gram">gram</string>
    <string name="add_to_diary">Add to diary</string>
    <string name="unlink">Unlink</string>
```

```
    <string name="goal_with_activity">Goal with
activity</string>
    <string name="sum">Sum</string>
    <string name="remaining">Remaining</string>
    <string
name="title_activity_fragment">FragmentActivity</string>
    <string name="select_meal">Select meal</string>
    <string name="title_placeholder">Title</string>
    <string name="news_placeholder"> </string>
    <string name="sports_info_placeholder">Here is the
extended workout</string>
    <string name="subtitle_detail_text">
        This is a sample upper body workout
    </string>
    <string name="upper">Upper Body</string>

    <string-array name="sports_titles">
        <item>Barbell_back_squat</item>
        <item>Barbell_bent_over_row</item>
        <item>Barbell_biceps_curl</item>
        <item>barbell_high_pull</item>
        <item>barbell_split_squat</item>
        <item>bench_press</item>
        <item>chin_up</item>
        <item>diamond_press_up</item>
        <item>dumbbell_lateral_raise</item>
        <item>dumbbell_triceps_extension</item>
        <item>hammer_grip_dumbbell_press</item>
        <item>incline_dumbbell_flye</item>
        <item>overhead_press</item>
        <item>pull_up</item>
        <item>reverse_grip_bent_over_row</item>
        <item>seated_dumbbell_shoulder_press</item>
    </string-array>

    <string-array name="sports_info">
        <item>Barbell_back_squat</item>
        <item>Barbell_bent_over_row</item>
        <item>Barbell_biceps_curl</item>
        <item>barbell_high_pull</item>
        <item>barbell_split_squat</item>
        <item>bench_press</item>
        <item>chin_up</item>
        <item>diamond_press_up</item>
        <item>dumbbell_lateral_raise</item>
        <item>dumbbell_triceps_extension</item>
        <item>hammer_grip_dumbbell_press</item>
        <item>incline_dumbbell_flye</item>
        <item>overhead_press</item>
        <item>pull_up</item>
        <item>reverse_grip_bent_over_row</item>
```

```
        <item>seated_dumbbell_shoulder_press</item>
    </string-array>


    <array name="sports_images">
        <item>@drawable/barbell_back_squat</item>
        <item>@drawable/barbell_bent_over_row</item>
        <item>@drawable/barbell_bicpes_curl</item>
        <item>@drawable/barbell_high_pull</item>
        <item>@drawable/barbell_split_squat</item>
        <item>@drawable/bench_press</item>
        <item>@drawable/chin_up</item>
        <item>@drawable/diamond_press_up</item>
        <item>@drawable/dumbbell_lateral_raise</item>
        <item>@drawable/dumbbell_triceps_extension</item>
        <item>@drawable/hammer_grip_dumbbell_press</item>
        <item>@drawable/incline_dumbbell_flye</item>
        <item>@drawable/overhead_press</item>
        <item>@drawable/pull_up</item>
        <item>@drawable/reverse_grip_bent_over_row</item>

<item>@drawable/seated_dumbbell_shoulder_press</item>
    </array>
    <string name="step">Steps taken</string>
    <string name="reset">reset</string>
    <array name="lower_workout_images">
    <item>@drawable/deadlift</item>
        <item>@drawable/dumbbell_lunge</item>
        <item>@drawable/dumbbell_squat</item>
        <item>@drawable/leg_press</item>
        <item>@drawable/ham_curl</item>
        <item>@drawable/leg_ext</item>
    </array>
    <string-array name="lower_workout_info">
        <item>deadlift</item>
        <item>dumbell-lunge</item>
        <item>dumbell-squat</item>
        <item>leg-press</item>
        <item>seated-hamstring-curl</item>
        <item>seated-leg-extension</item>
    </string-array>

    <string-array name="lower_workout_titles">
        <item>deadlift</item>
        <item>dumbell-lunge</item>
        <item>dumbell-squat</item>
        <item>leg-press</item>
        <item>seated-hamstring-curl</item>
        <item>seated-leg-extension</item>
    </string-array>
```

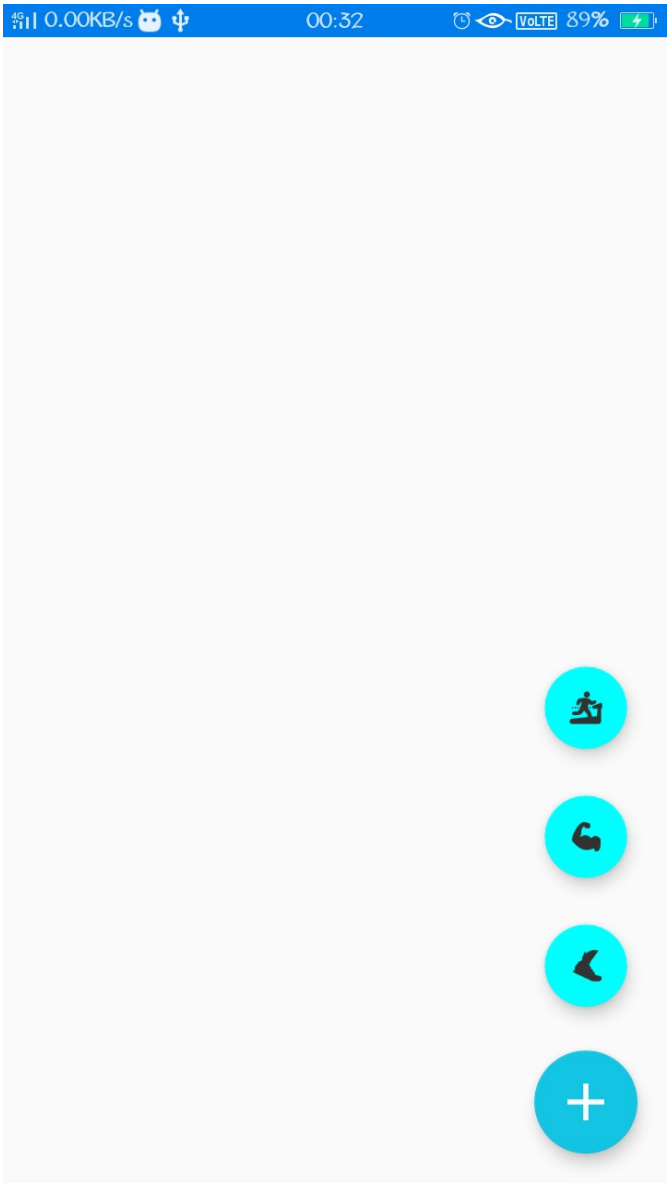
```
</resources>
```

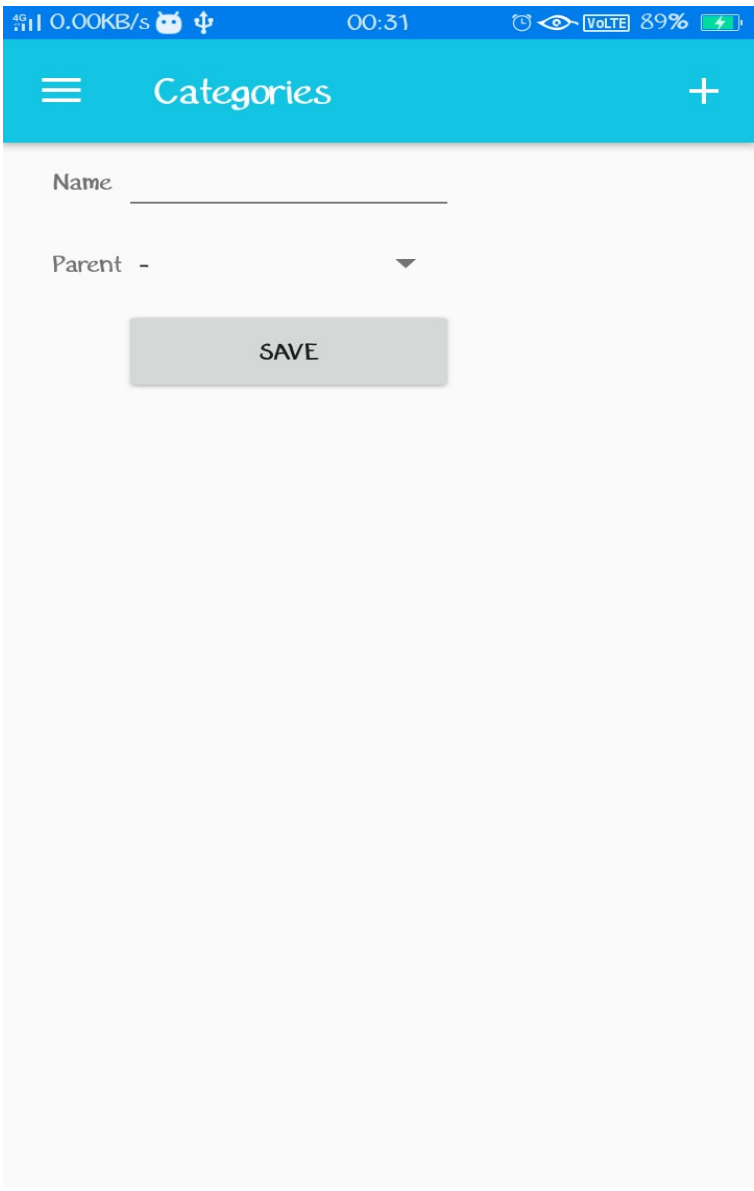
- **AndroidManifest.xml:**

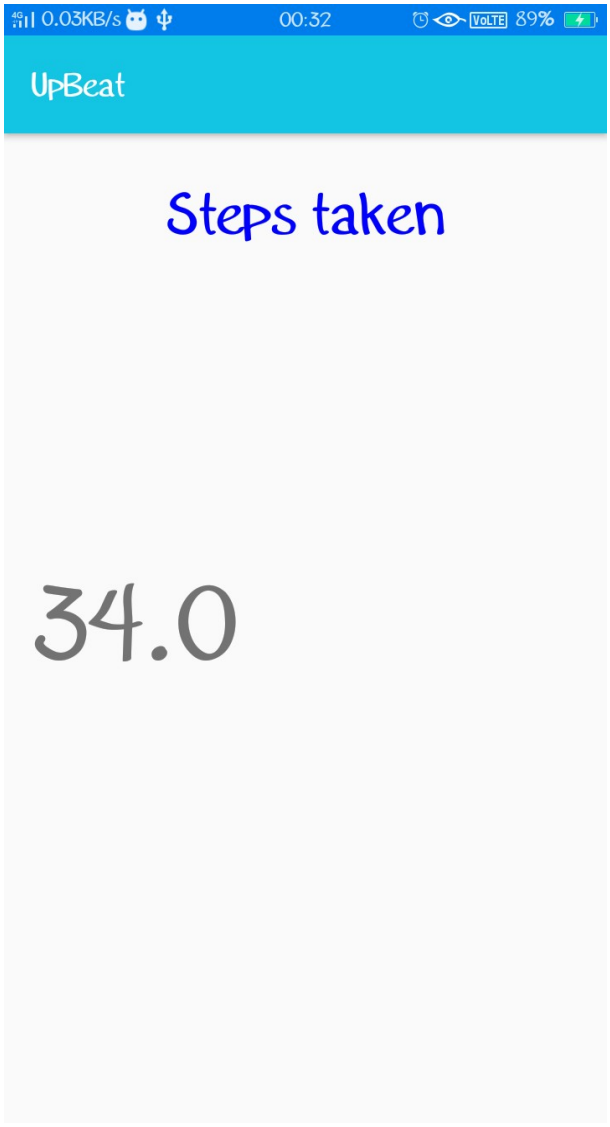
```
<?xml version="1.0" encoding="utf-8"?>
<manifest
xmlns:android="http://schemas.android.com/apk/res/android"
    package="com.nettport.dietbystram.dietbystram">

    <application
        android:allowBackup="true"
        android:icon="@mipmap/ic_launcher_foreground"
        android:label="@string/app_name"
        android:roundIcon="@mipmap/launch_round"
        android:supportsRtl="true"
        android:theme="@style/AppTheme">
        <activity android:name=".Lower_Body"></activity>
        <activity android:name=".LowerDetailActivity" />
        <activity android:name=".upper_body" />
        <activity android:name=".upperbody" />
        <activity android:name=".step_counter" />
        <activity android:name=".DetailActivity" />
        <activity
            android:name=".MainActivity"
            android:label="@string/app_name"
            android:theme="@style/AppTheme.NoActionBar">
            <intent-filter>
                <action
android:name="android.intent.action.MAIN" />

                <category
android:name="android.intent.category.LAUNCHER" />
            </intent-filter>
        </activity>
        <activity android:name=".SignUp" />
        <activity android:name=".SignUpGoal" />
        <activity
            android:name=".FragmentActivity"
            android:label="@string/title_activity_fragment"
            android:theme="@style/AppTheme.NoActionBar" />
    </application>

</manifest>
```

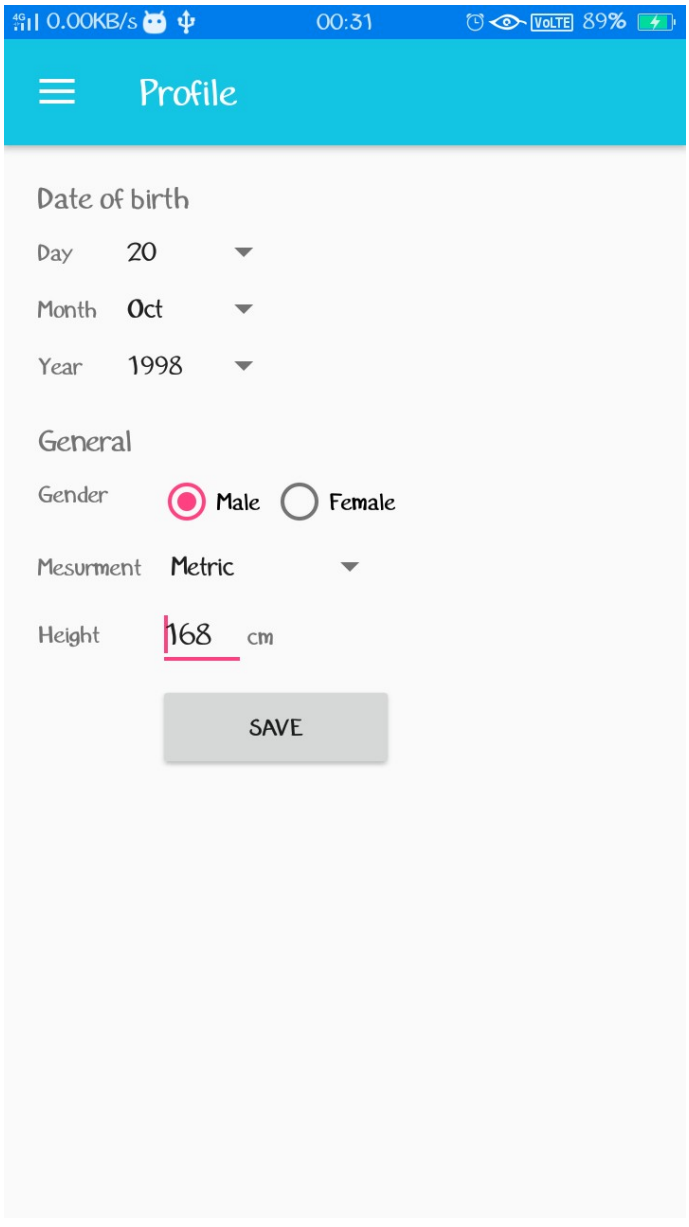
1.

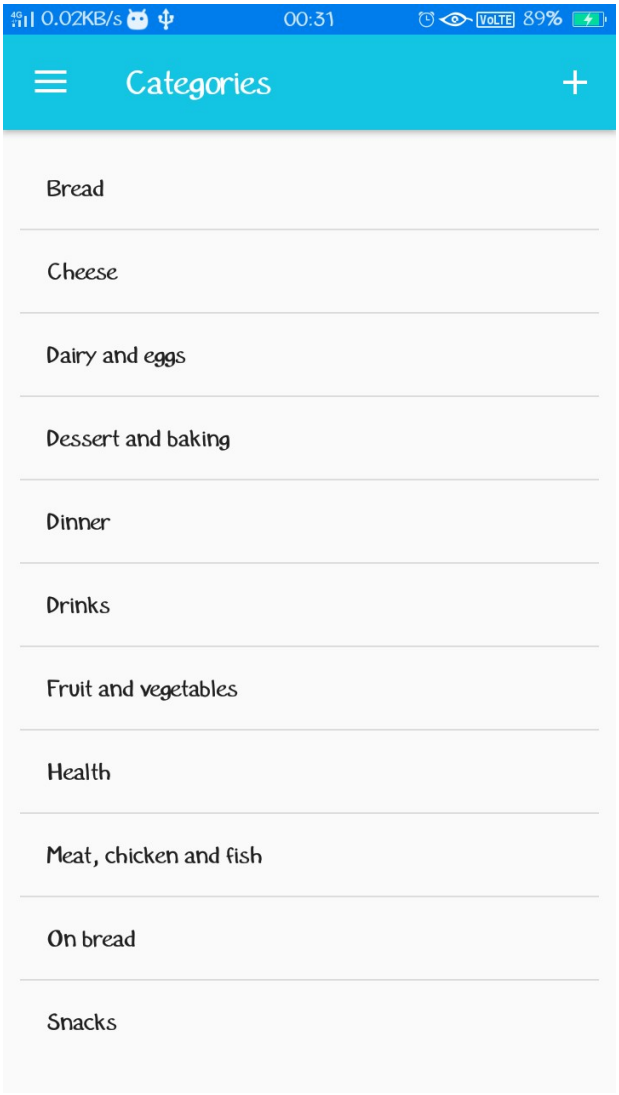
3.4 Execution

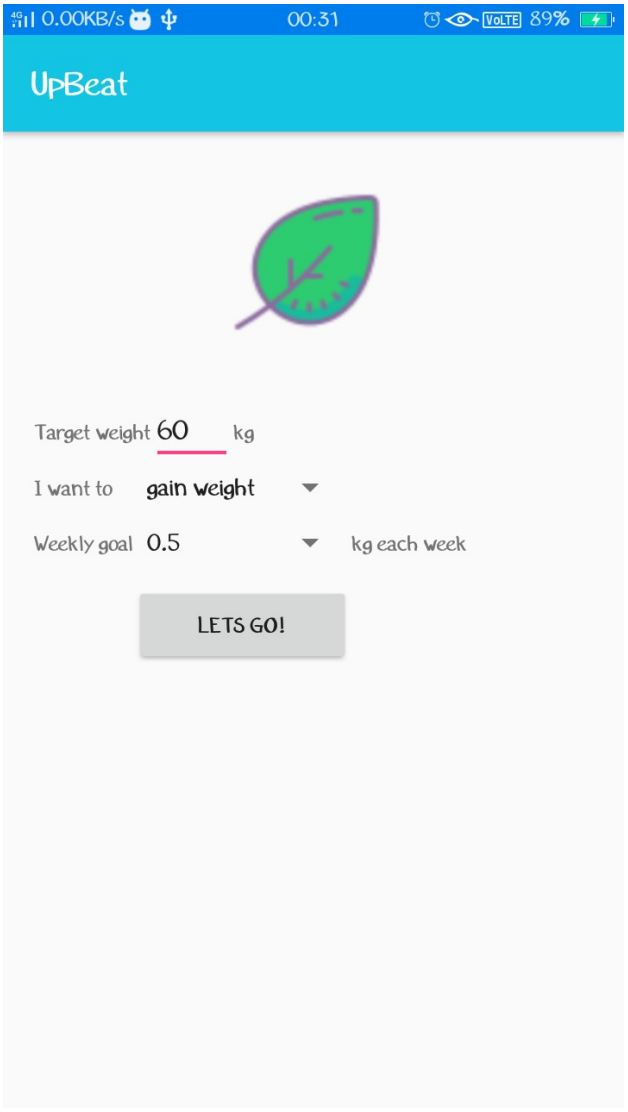


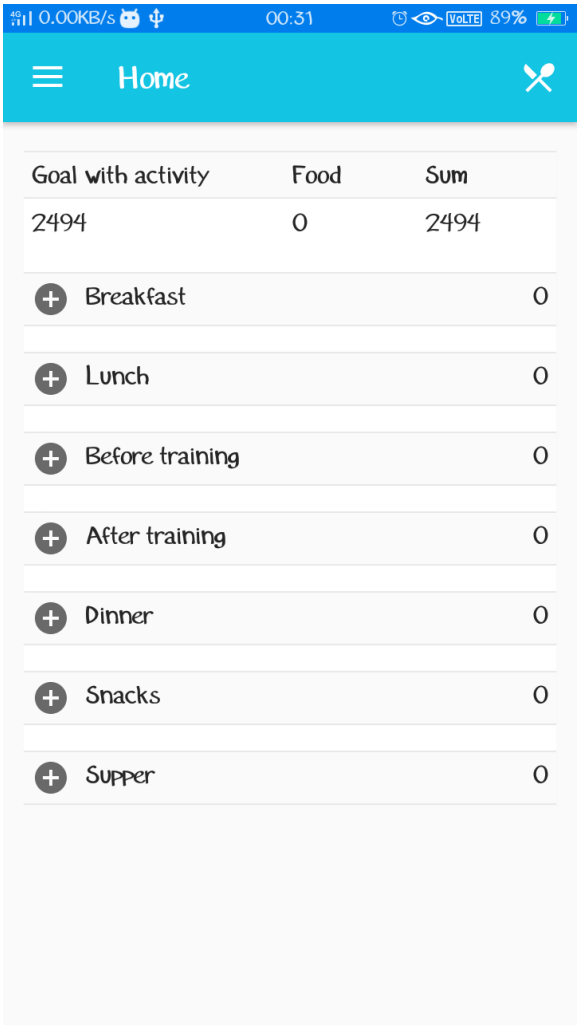


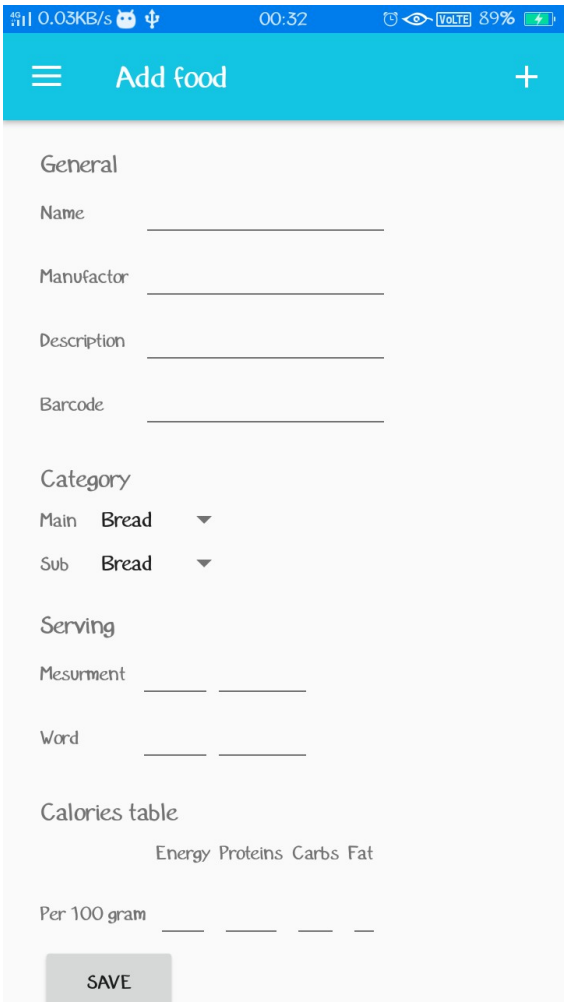

0.03KB/s
00:32
89%
UpBeat
Steps taken
34.0

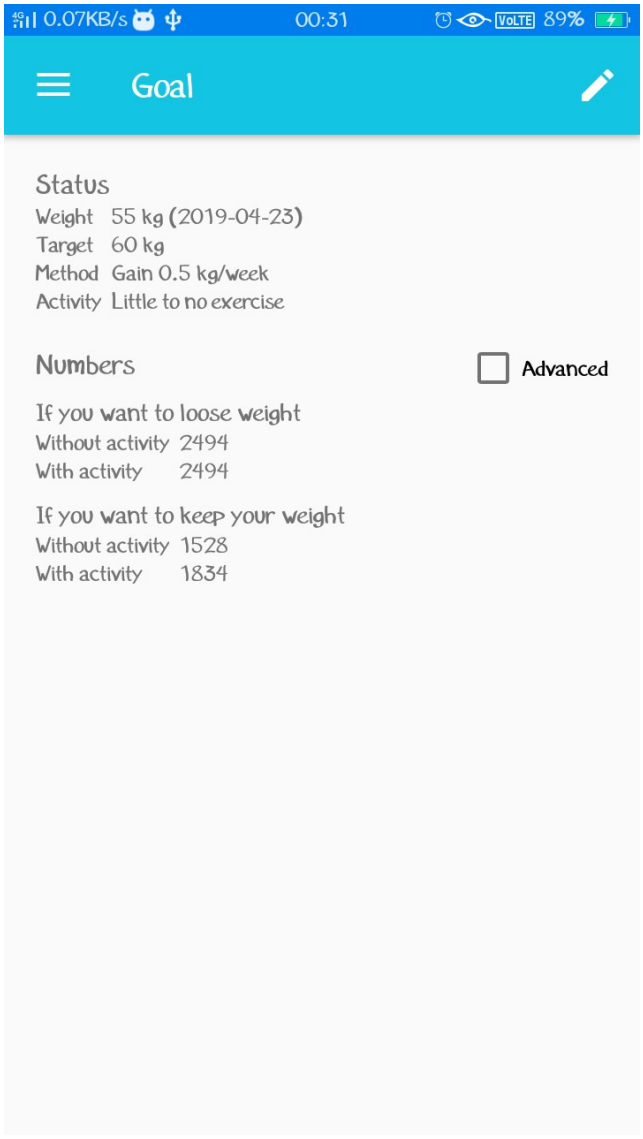

0.00KB/s
00:31
89%
Profile
Date of birth
Day 20
Month Oct
Year 1998
General
Gender Male Female
Mesurment Metric
Height 168 cm
SAVE

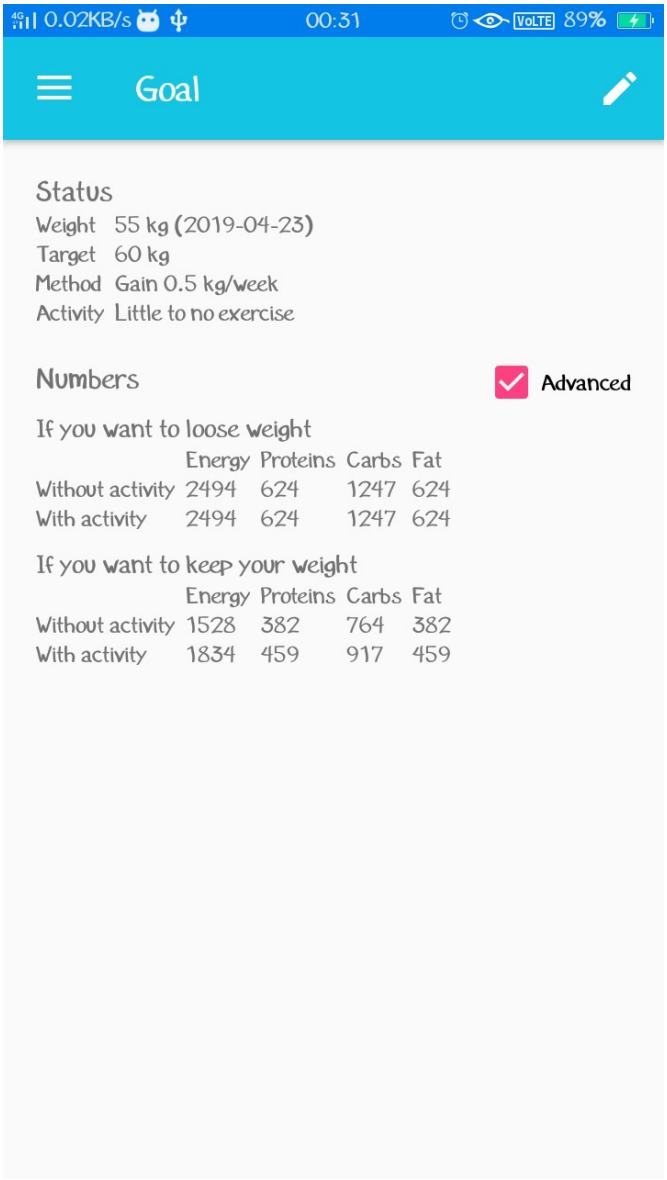

0.02KB/s
00:31
89%
Categories
Bread
Cheese
Dairy and eggs
Dessert and baking
Dinner
Drinks
Fruit and vegetables
Health
Meat, chicken and fish
On bread
Snacks

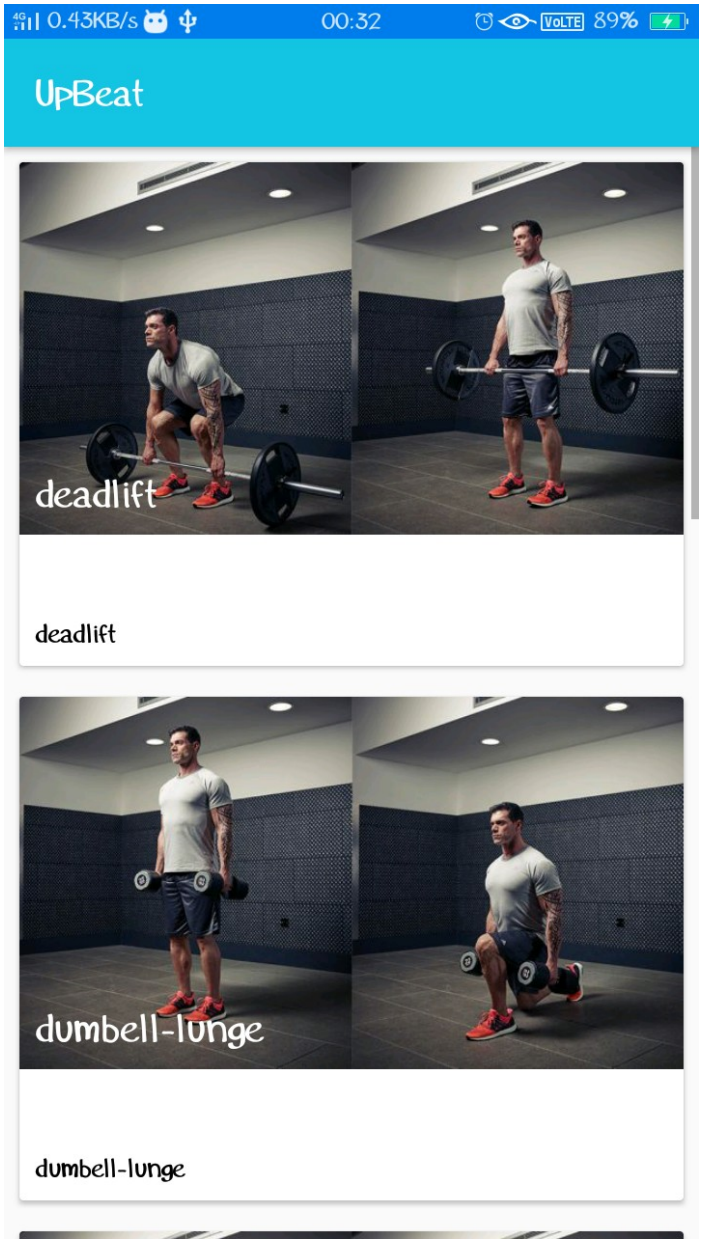

0.00KB/s
00:31
89%
UpBeat
Target weight 60 kg
I want to gain weight
Weekly goal 0.5 kg each week
LETS GO!

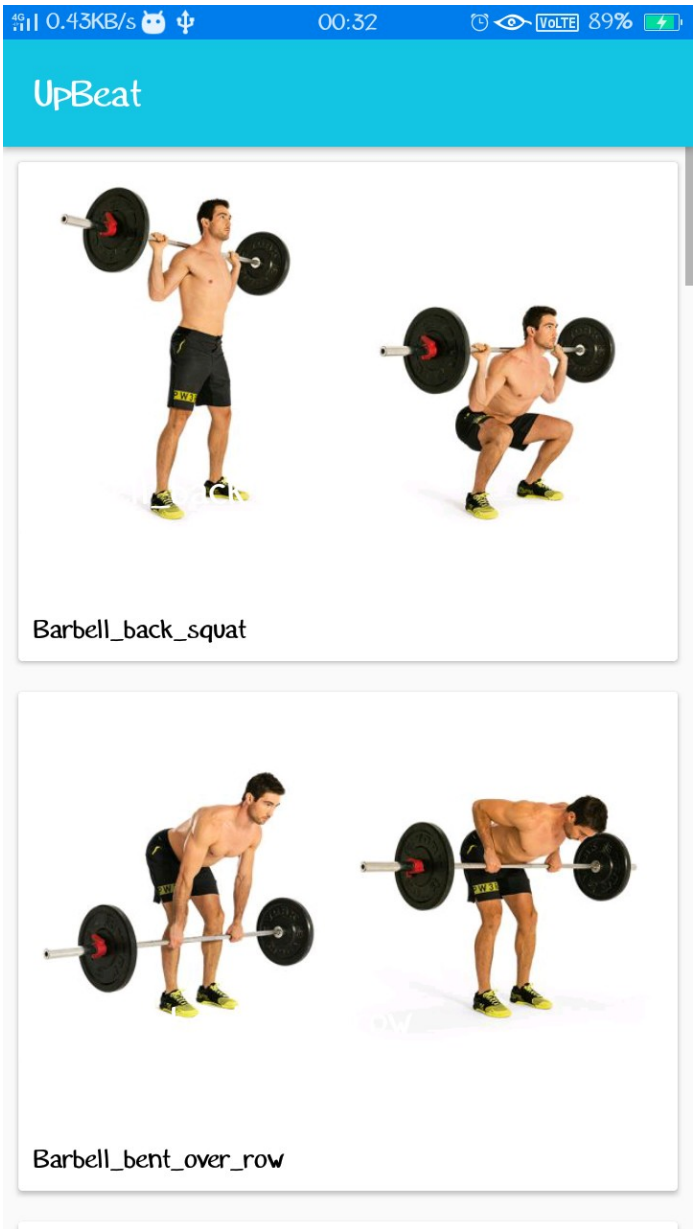

0.00KB/s
00:31
89%
Home
Goal with activity
Food
Sum
2494
0
2494
Breakfast
0
Lunch
0
Before training
0
After training
0
Dinner
0
Snacks
0
Supper
0

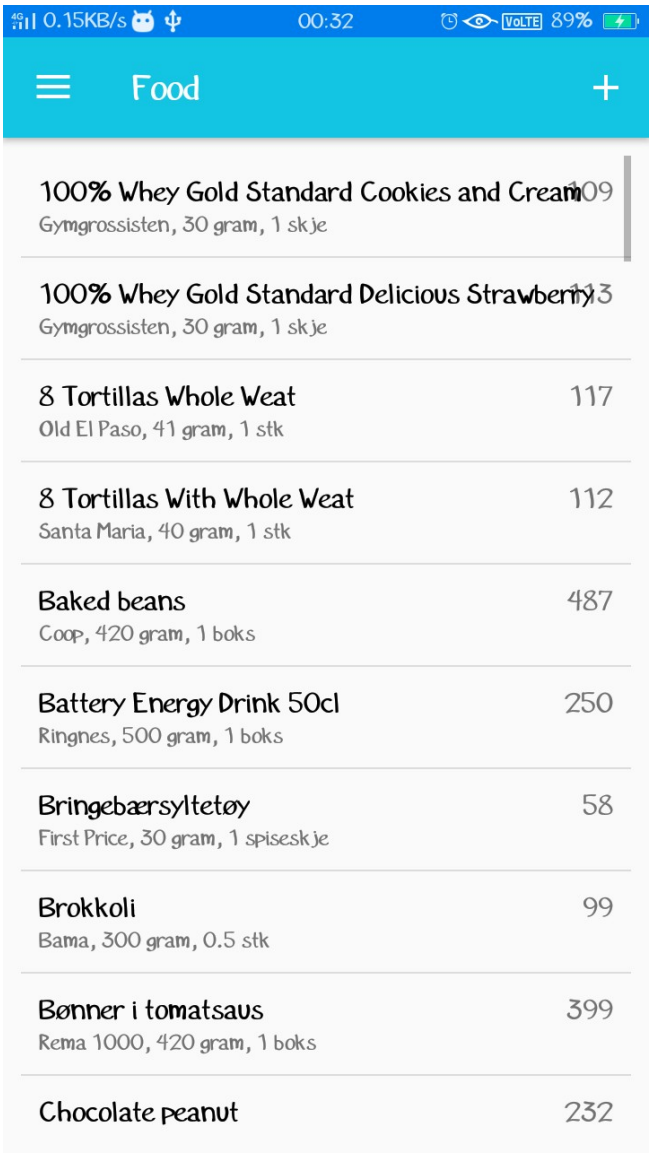

0.03KB/s
00:32
89%
Add food
General
Name
Manufactor
Description
Barcode
Category
Main
Bread
Sub
Bread
Serving
Mesurment
Word
Calories table
Energy
Proteins
Carbs
Fat
Per 100 gram
SAVE

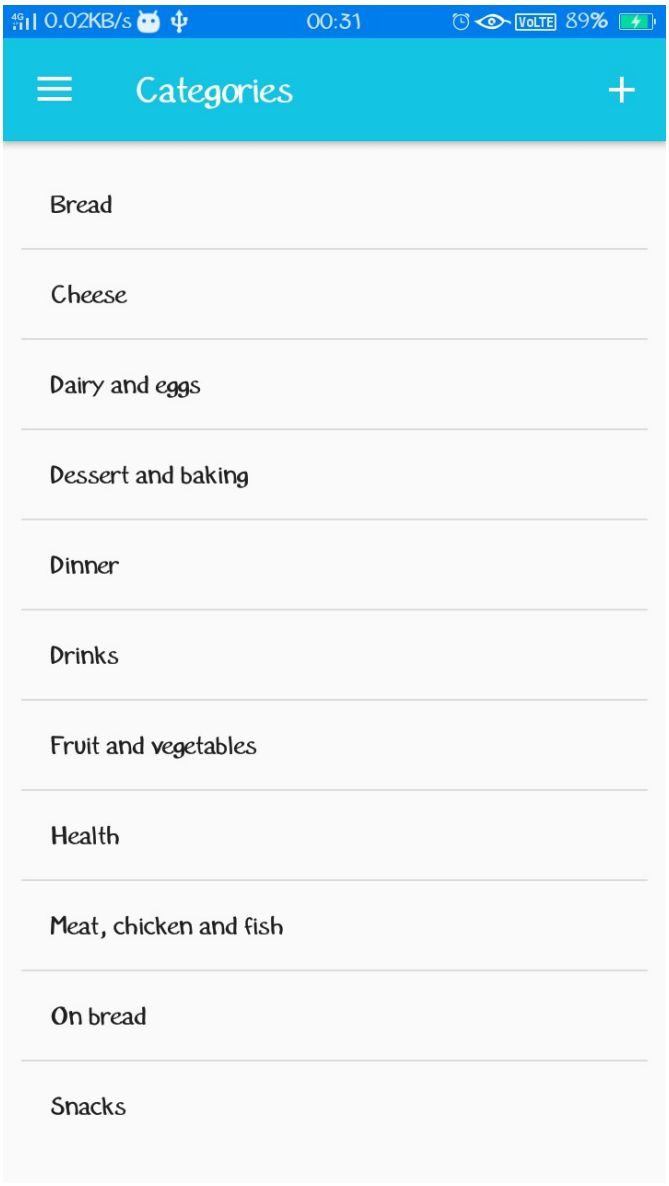

0.07KB/s
00:31
89%
Goal
Status
Weight 55 kg (2019-04-23)
Target 60 kg
Method Gain 0.5 kg/week
Activity Little to no exercise
Numbers
Advanced
If you want to loose weight
Without activity 2494
With activity 2494
If you want to keep your weight
Without activity 1528
With activity 1834


0.02KB/s
00:31
89%
Goal
Status
Weight 55 kg (2019-04-23)
Target 60 kg
Method Gain 0.5 kg/week
Activity Little to no exercise
Numbers
Advanced
If you want to loose weight
Energy Proteins Carbs Fat
Without activity 2494 624 1247 624
With activity 2494 624 1247 624
If you want to keep your weight
Energy Proteins Carbs Fat
Without activity 1528 382 764 382
With activity 1834 459 917 459


0.43KB/s
00:32
89%
UpBeat
deadlift
deadlift
dumbell-lunge
dumbell-lunge


0.43KB/s
00:32
89%
UpBeat
Barbell_back_squat
Barbell_bent_over_row


0.15KB/s
00:32
89%
Food
100% Whey Gold Standard Cookies and Cream 109
Gymgrossisten, 30 gram, 1 skje
100% Whey Gold Standard Delicious Strawberry 113
Gymgrossisten, 30 gram, 1 skje
8 Tortillas Whole Weat 117
Old El Paso, 41 gram, 1 stk
8 Tortillas With Whole Weat 112
Santa Maria, 40 gram, 1 stk
Baked beans 487
Coop, 420 gram, 1 boks
Battery Energy Drink 50cl 250
Ringnes, 500 gram, 1 boks
Bringebærsyltetøy 58
First Price, 30 gram, 1 spiseskje
Brokkoli 99
Bama, 300 gram, 0.5 stk
Bønner i tomatsaus 399
Rema 1000, 420 gram, 1 boks
Chocolate peanut 232


0.02KB/s
00:31
89%
Categories
Bread
Cheese
Dairy and eggs
Dessert and baking
Dinner
Drinks
Fruit and vegetables
Health
Meat, chicken and fish
On bread
Snacks

CHAPTER 4

CONCLUSION

In this work we created a health application for everyday needs and for diet management by taking the reviews from the common people. By keeping their daily problems in mind we created the application in this phase 2 . And this will impact on the lives positively. And since this is a mobile application it is portable and usage is easy as the ui is easy and well made so that anyone with a basic knowledge can use the application