



Health & Fitness Tracker Android Mobile Application

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Outlines,,

- **Introduction**
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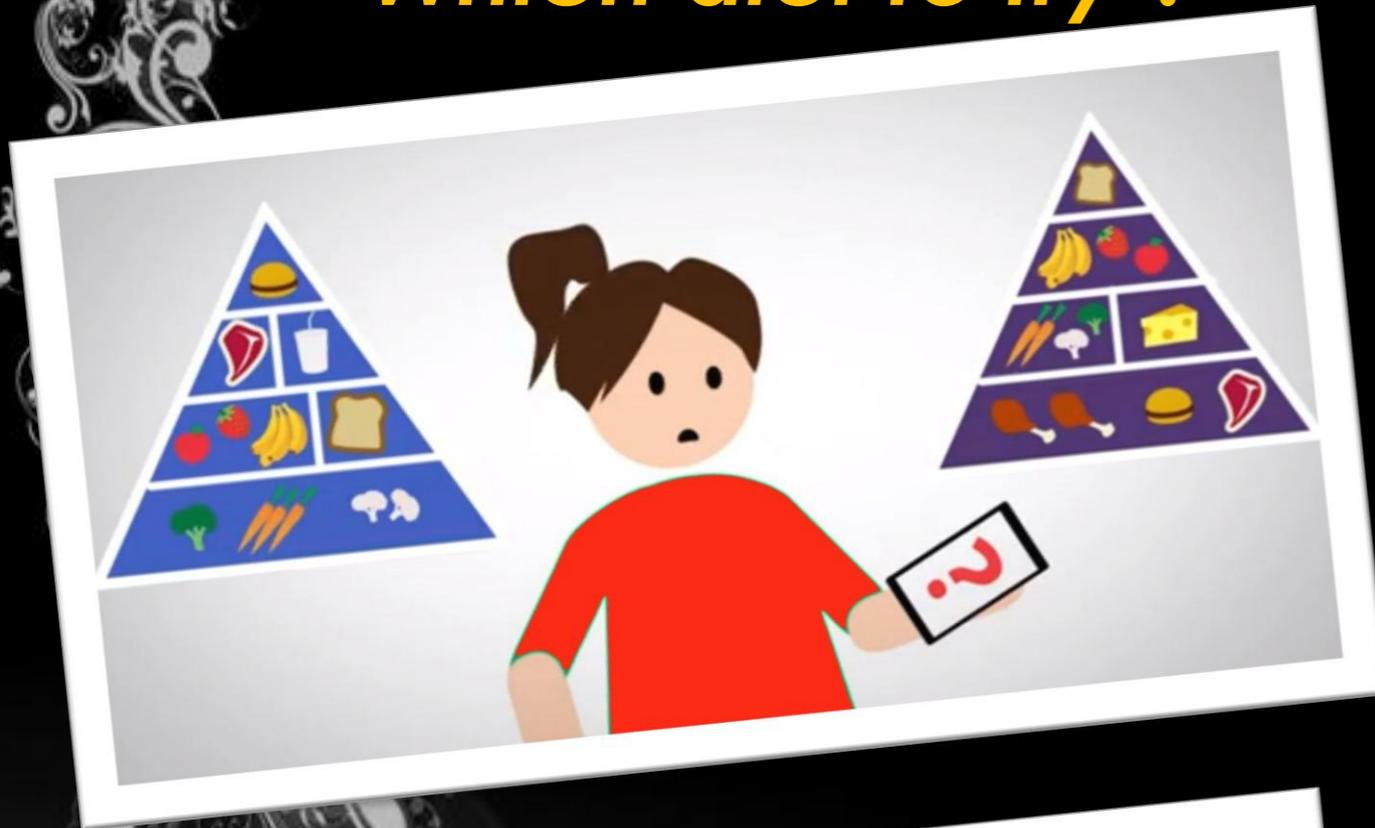
Introduction

- **everyone want to have health body.**
- **Overweight became like a nightmare .**
- **Do you like to lose weight ?**

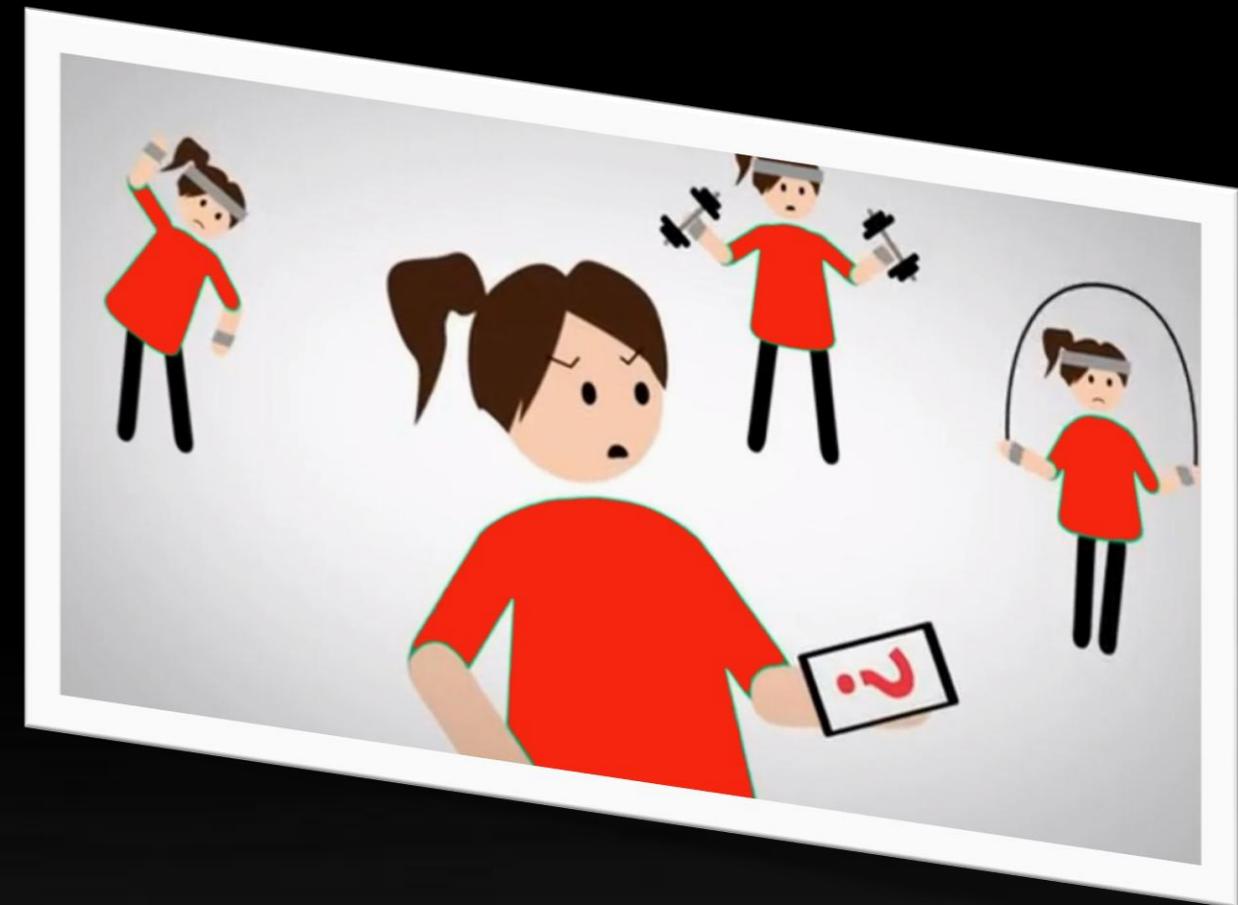


Existing Problem

- Which diet to try ?



- Which exercise regimen to follow ?



- Or answer of millions of questions you had ?

Existing Problem

- *Expenses of personal trainer or specialist .*
- *Going to the gym*
- *Or you don't have the time.*

??????



Here come **the solution,**

Smart phones became the most used and spread out devices.

- ***Our Android mobile application for health & fitness tracking.***



Here come **the solution,**

GoActive

- *Android mobile application for health & fitness tracking.*



Description of our Application

- **Every thing you need to eat well, be active and stay motivated.**

- **Main functionalities:**



Food Tracking

- **Log all of your meals quickly & easily without the difficulty of counting every single calorie.**
- **Meals divided into breakfast, lunch, dinner and other snacks.**



Food Tracking

- Add food items from database of large number of foods.
- Divided into categories of vegetables, fruit, meats, breads and drinks.



Food Tracking

- *Set your favorite foods.*
- *Recent foods saved automatically.*



Food Tracking

- **Do you have a favorite dishes or recipes ??
difficulties to select them every time**

**??
No time**



Food Tracking

- **Add your own meal**
- **Select its components**
- **Save them as a one food item to the database**
- **Easily select the later by one click**



Exercise tracking



Food Tracking

- An exercise tracker with real-time GPS.

The screenshot shows an exercise tracking app interface. On the left, there is a list of activity types with icons: Walking (person walking), Treadmill Walk (person on treadmill), Running (person running), Treadmill Run (person on treadmill), Sand Run (person running on sand), and Biking (bicycle). The main area displays a map of Manhattan with a yellow route. On the right, there are three activity summary cards:

- Walked 5050 steps**
220 Calories Burn
- Run for 30 mins**
308 Calories Burn
- Biking for 60 mins**
705 Calories Burn

At the bottom left, there is a dark grey box with the following text:

Exercise Tracking
Automatically record all of your favorite activities, outside.

Exercise tracking

Food Tracking

- **Many activities ,from walking to running to biking...**

Weight loss progress

- **You'll see information about distance, time, calories burned, place and more.**



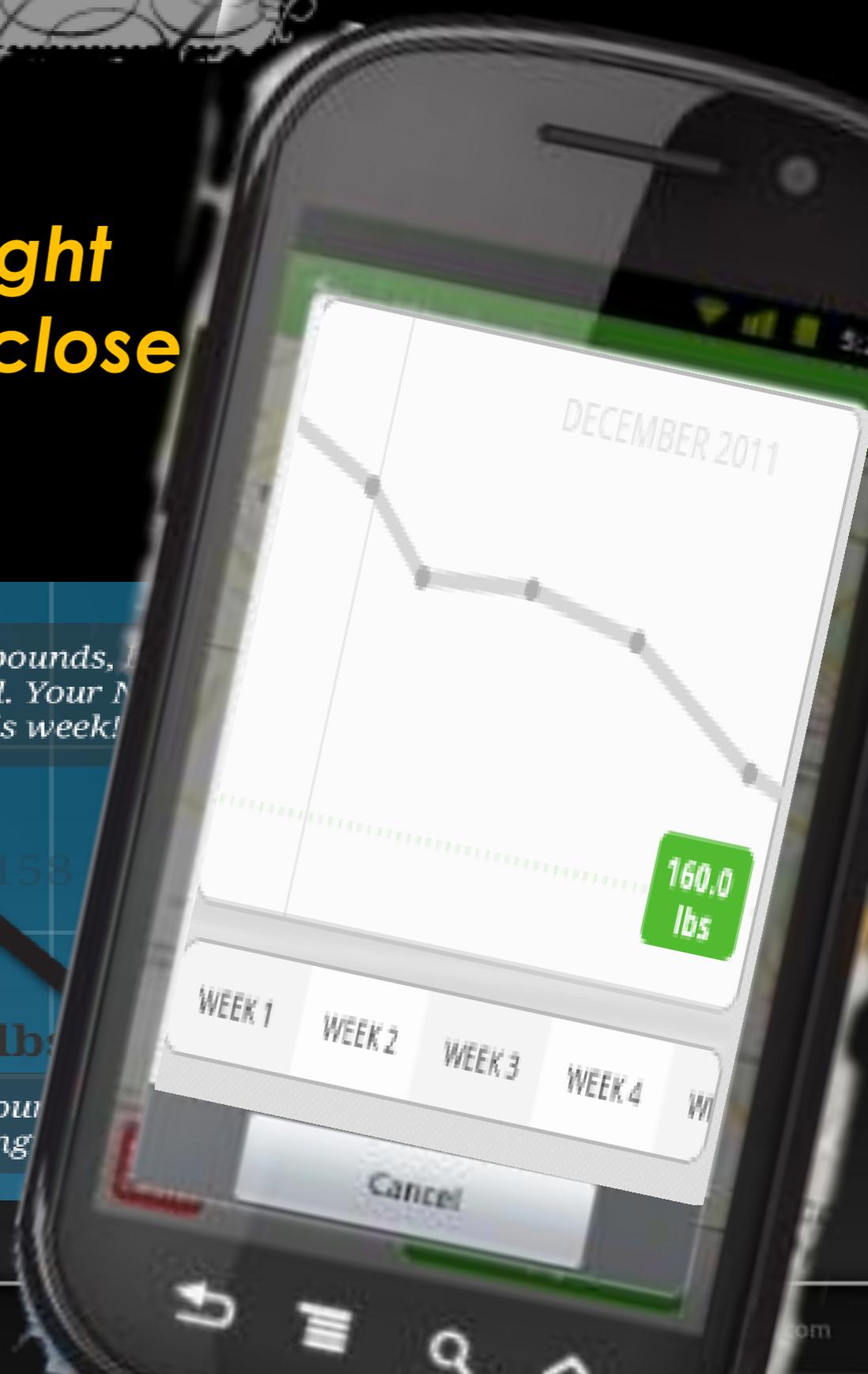
View your weight loss progress

Food Tracking

Exercise Tracking

Weight loss progress

- View a graph of your weight loss progress to see how close you are to your goal.



Social Networking



• Facebook Sharing

• make the App more interactive.

Share:

- ✓ Your weight loss
- ✓ Eaten meals
- ✓ Done exercises



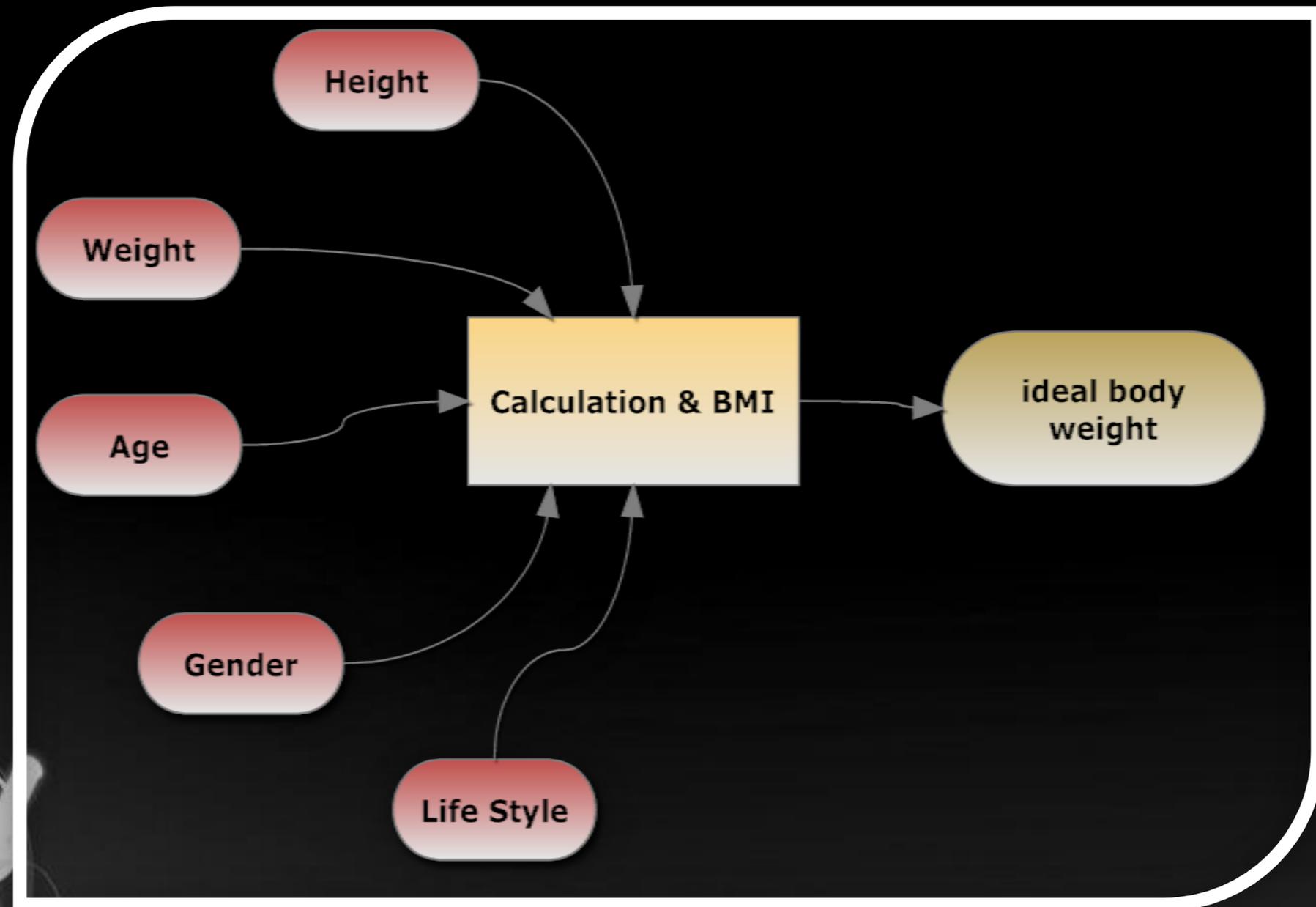
How does our app work?

First ,,

- **Registration**
- **Entering your profile info**

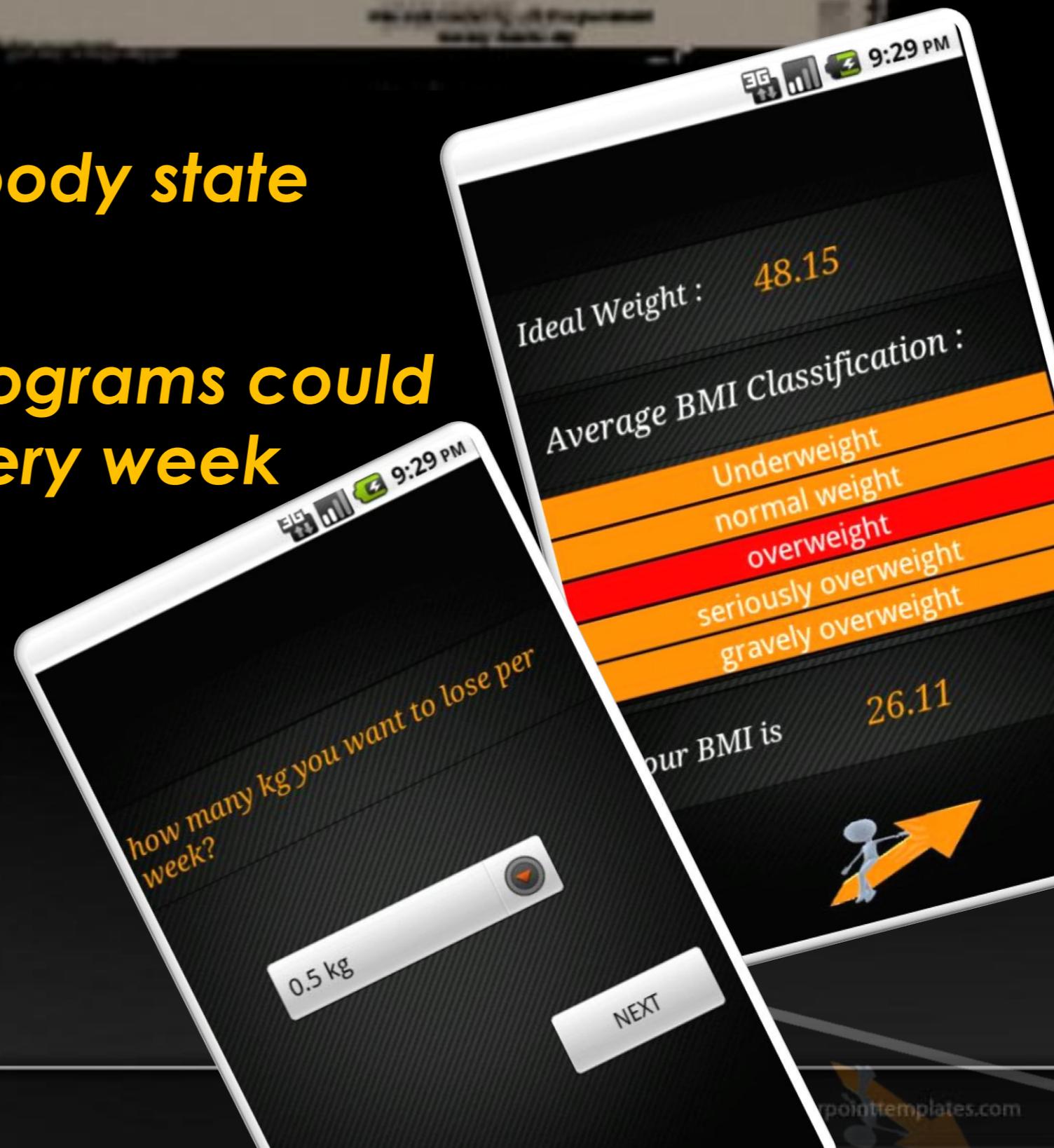
The image shows two smartphones displaying the app's registration and profile creation screens. The top smartphone shows the registration form with the following fields: Name (reem), Email (reem@notmail.c), Password (masked with dots), and Confirm Password (masked with dots). A 'Sign Up Now!' button is visible at the bottom. The bottom smartphone shows the profile creation form with the following fields: Gender (Male and Female radio buttons, with Female selected), Age (27), Weight (Kg) (66), Height (cm) (159), and a dropdown menu for 'Mostly staye'. The app's logo 'Gizme' is visible at the top of both screens.

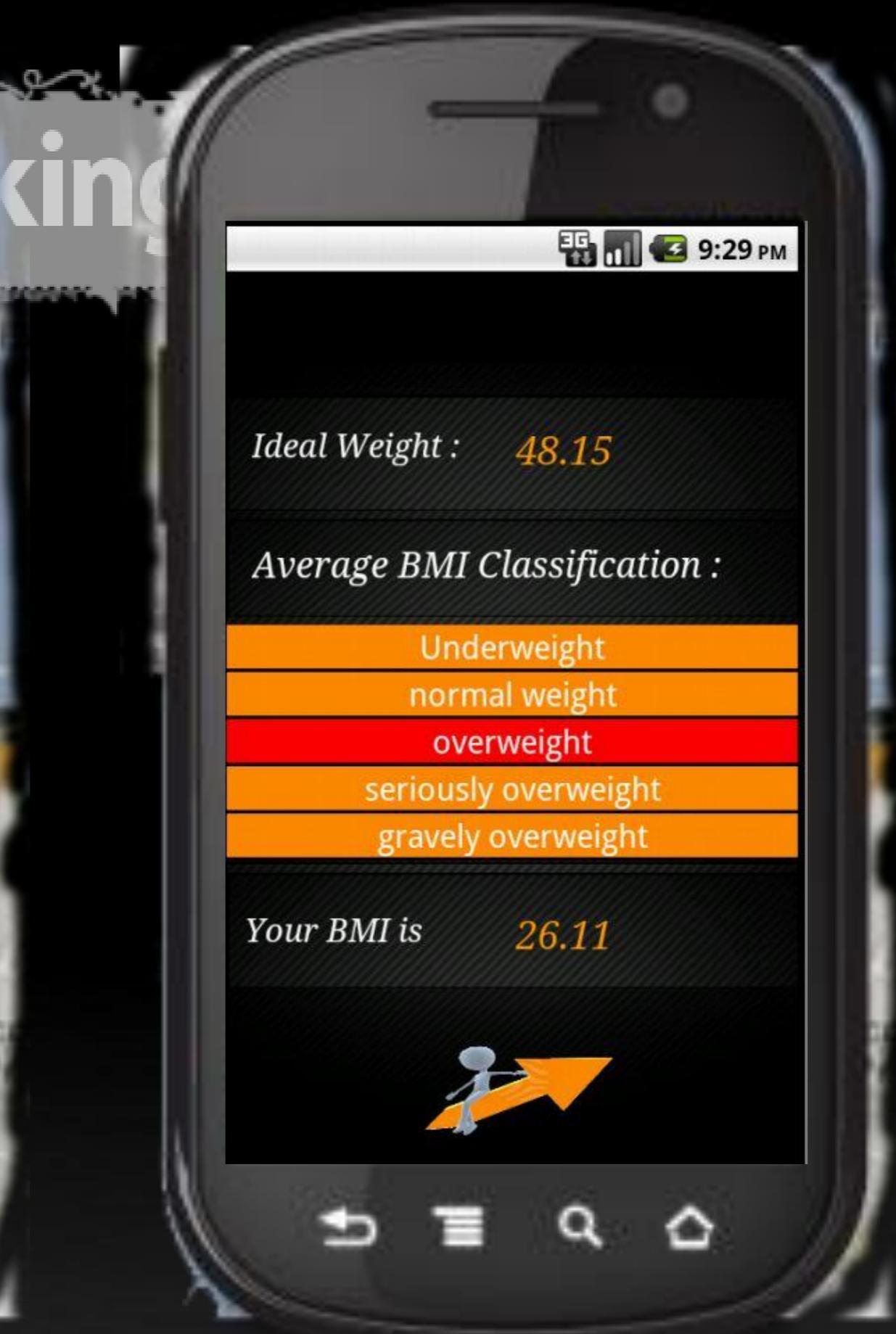
How does our app work?,,, cont.



How does our app work?

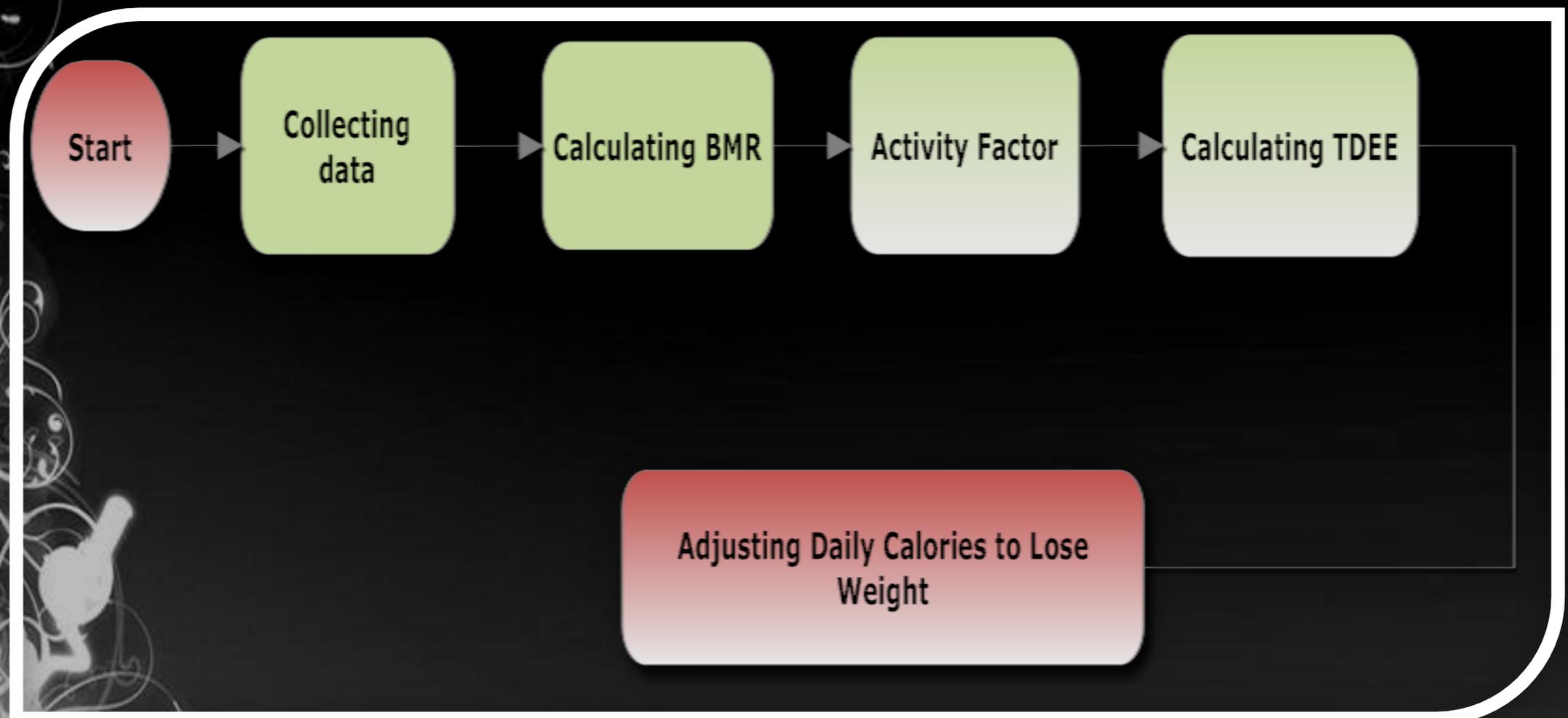
- **Classify user body state**
- **How much kilograms could be lost for every week**





How does our app work?,,, cont.

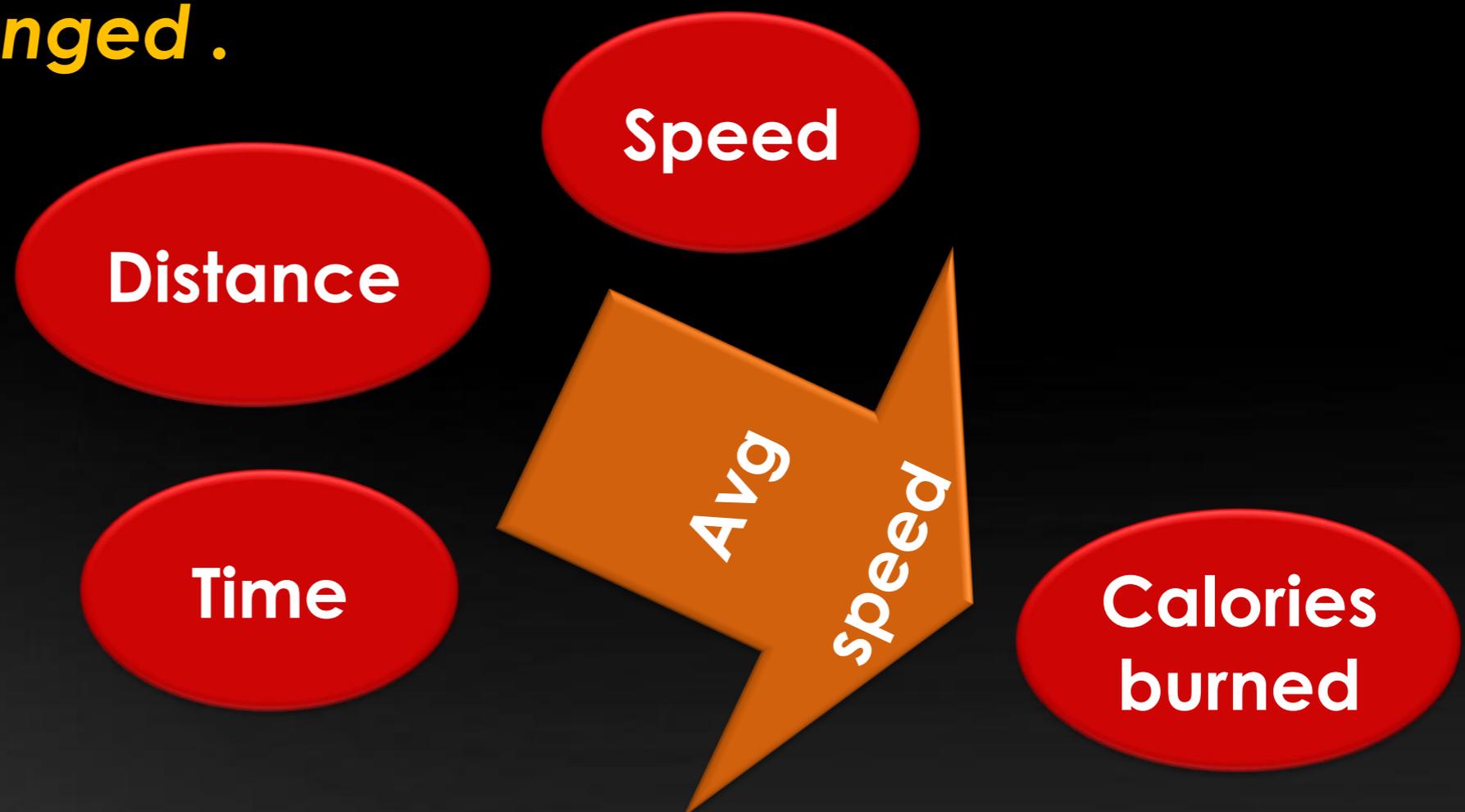
- *We have to keep an energy balance.*
- *So, we determine how many calories the user should eat per day to reach his goal of weight.*



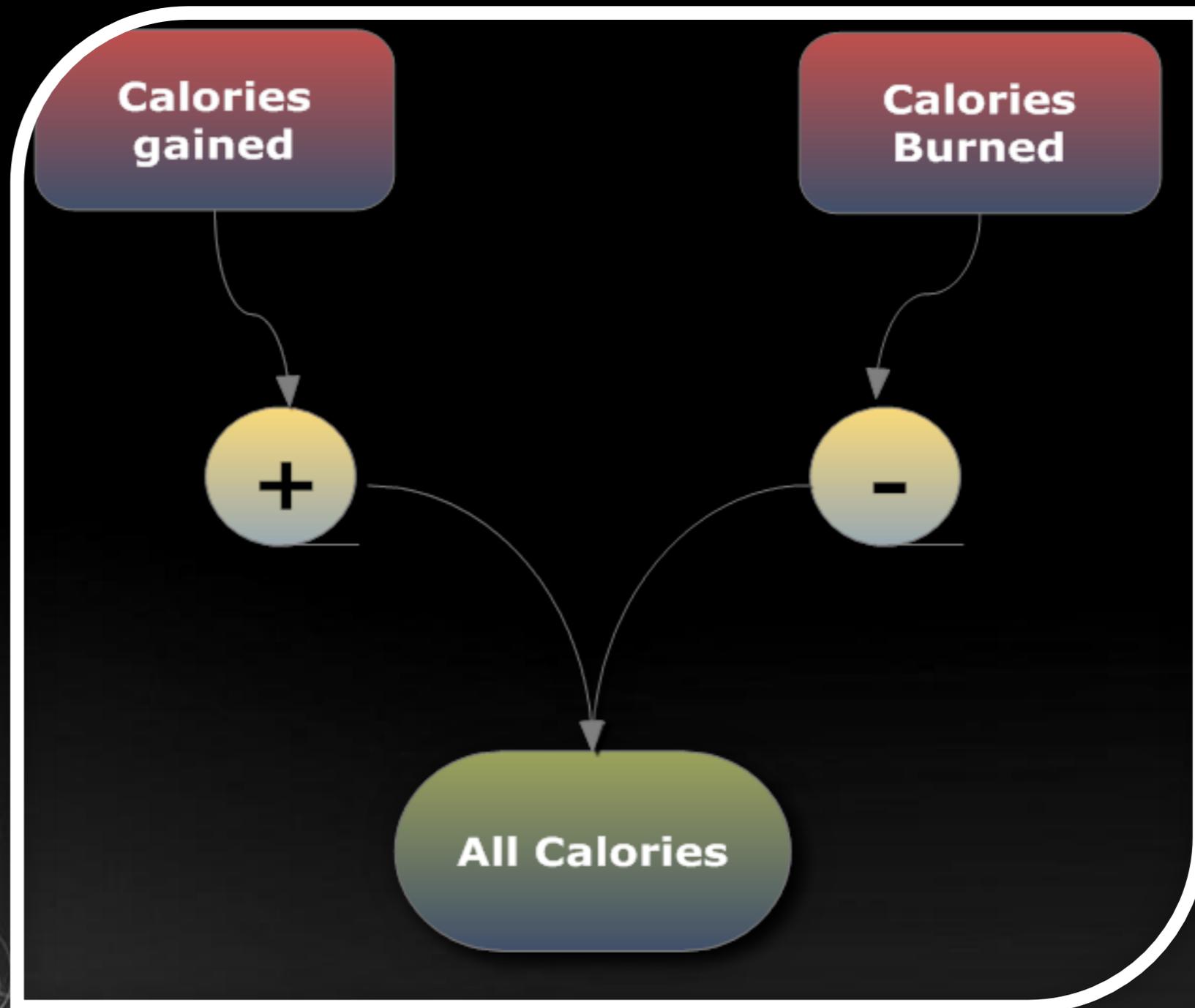
Exercise Tracking by GPS



- *GPS reads user location .*
- *& compute distance each time location changed .*



How does our app work?,,, cont.





king



Problems

- **Accelerometer**

a mobile sensor that measures the vibration or acceleration of motion .

- **GPS**

Difficulties to determine & get the exact location in Palestine.

- **Android for the first time**

Ourselves learning of android programming language.

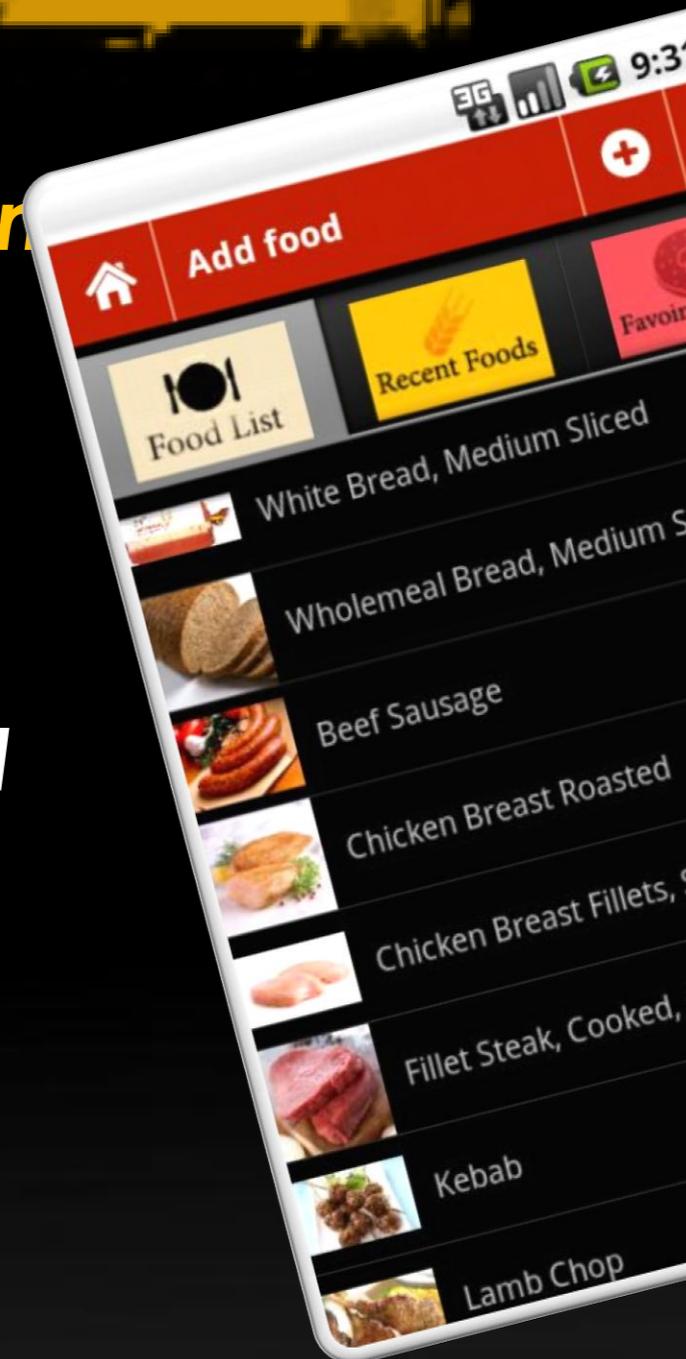


Related works

- **There are many Android applications concerned with losing weight.**

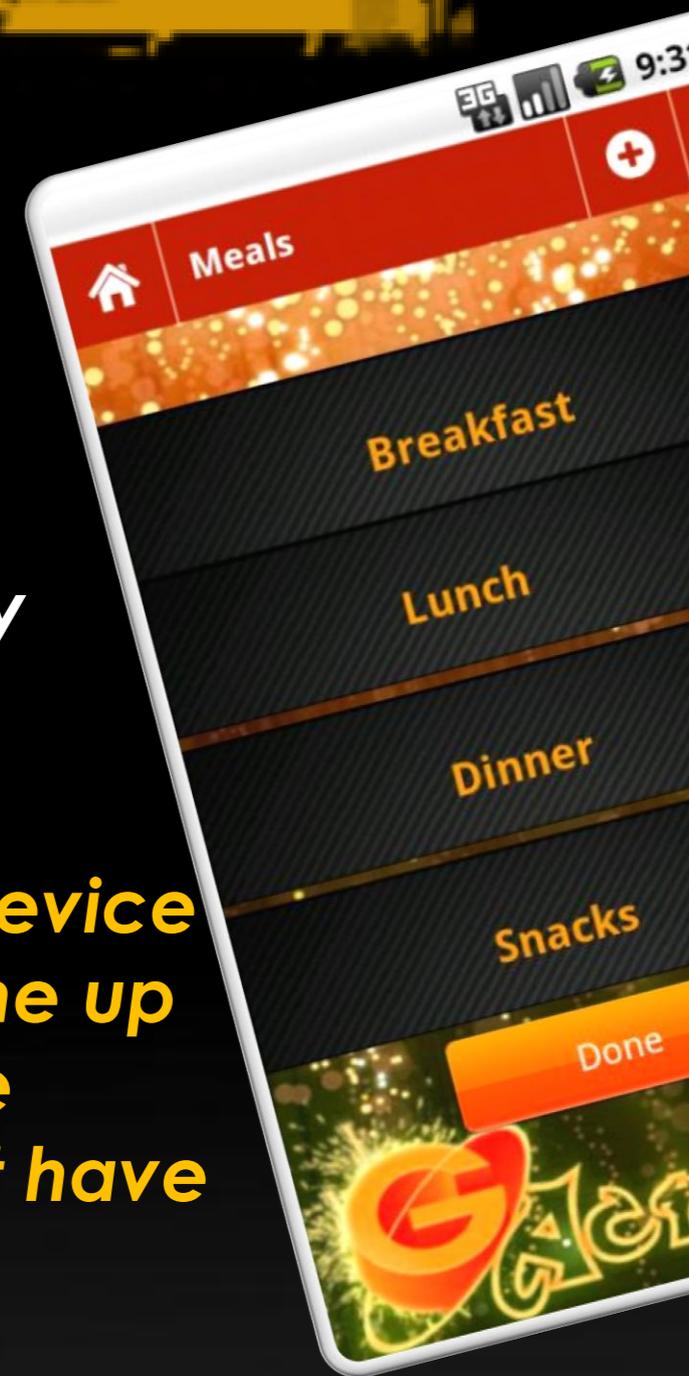
But

- **The special about our app is gathering many of the features and services all in one application.**



Conclusion

- **Our application is taking care of an important side of any person's life.**
- **keep track of body fitness . Both healthy eating and physical activity are important in weight control.**
- **We test our application on an Android device and did many experiments until we come up with a very good results, furthermore, we compare our results with other apps that have some of our application features.**



THANK YOU

Hope you enjoy

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GOACTIVE

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ANDROID MOBILE APPLICATION

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Discussion 😊

