



Map My Fitness App

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Abstract

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity" (WHO, 1946). According to this World Health Organization definition, health means general well-being. The increasing prevalence of health problems resulting from modern lifestyles and limited medical resources has led several stakeholders to seek alternative medical methods. Physical activity has many positive health effects, but people often lack the intrinsic motivation to do so.

The project is developed in Android Studios. Android has its own virtual machine "Dalvik Virtual Machine" which allows this Android application to run on any device, making it an open source application

We used XML (Extensible Markup Language) for the user interface and Java programming for the logic. Android, an operating system developed for small devices such as mobile phones, has rapidly gained market share in dozens of smartphones and is now also used in devices such as tablets and TVs. This is a mobile operating system that uses a modified version of the Linux kernel. Android is developed by Google as part of the Open Handset Alliance. The Open Handset Alliance is a collective of over 30 mobile and technology companies committed to opening up the mobile phone atmosphere. Direct Manipulation relies mostly on his UI on Android, with touch gestures that loosely resemble real actions such as taps, swipes, and pinches for manipulating objects on the screen, and virtual touch gestures for text input use the keyboard. Overall, touchscreen devices, later Android TV for televisions and Android Auto for cars, were developed by Google.

Keywords - Android, Dalvik virtual machine, GPS, Java, XML, Location-Based Services, API

Introduction

Android is an operating system built on top of the Linux kernel. The Android Open Source Project (AOSP) is the project responsible for building the Android system and is led by Google. This system is divided into 4 layers as shown below.

Usually an Android application developer creates a new Android application using her two layers above can be classified as:

- **Applications** – Dozens of standard applications such as browser, camera, gallery, music, and phone are maintained by the Android Open Source Project.
- **Application Framework** – APIs that allow advanced interaction between Android applications using the Android system.
- **Libraries and Runtimes** - There are many libraries for the same framework functionality, such as data storage, graphics rendering, and web browsing. It also contains the core Java libraries and Android runtime for running Android applications
- **Linux kernel** - This is the basic hardware communication layer.

Android is open-source mobile software that includes an operating system, middleware, and primary applications based on Linux and Java. The Android developer was acquired by Google in 2005 and launched in 2007. Android's open-source code was released on Google-certified Apache. Not good enough for Android. The number of developers building applications worldwide. Developers tested the application logic in Java code and designed the user interface in XML. As of February 2012, there were 450,000 of his Android apps, but since December 2011, his estimated downloads have exceeded 10 billion. Over 300 million Android devices are in use every day, with over 850,000 devices activated. Most people use his android.

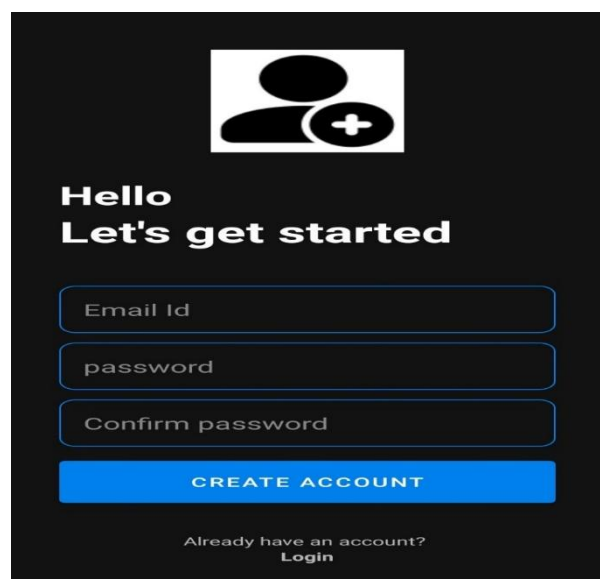
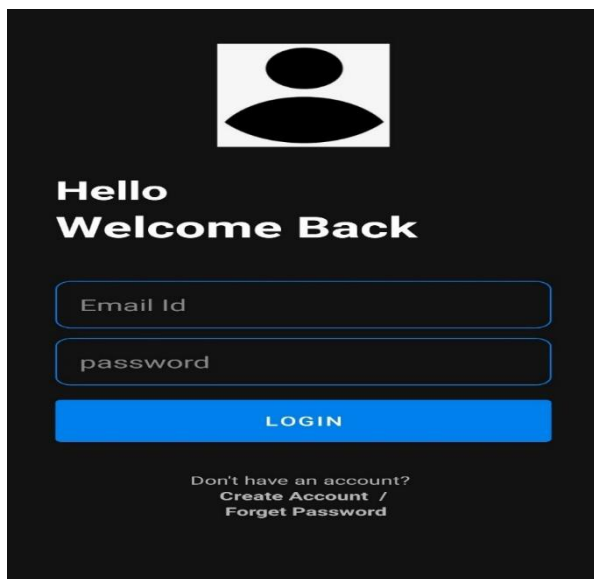
Why this Domain?!?!?

Because of its scope, this domain has many scopes. In today's world, everyone has a powerful smart wearable device. No need to deal with big data. It's also a very low cost application to run smoothly and you don't have to worry about data dynamics.

What is Map My Fitness?

The user interface is simple and very straight forward. Users do not have to be experts to understand this application. Even Commanders who know nothing about Android can use it. The colors are set to make it easier to understand where the user is typing and what the output is. The note is intended to assist the user in providing her. These are the next main screens and features of this Android application.

- welcome screen
- home screen
- list screen for all gyms and yoga centers in your area detected by GPS
- individual gym profile
- sort by gym rating screen
- gym cost Sort By Screen
- Sort By Distance Screen des Gym
- History Results Screen

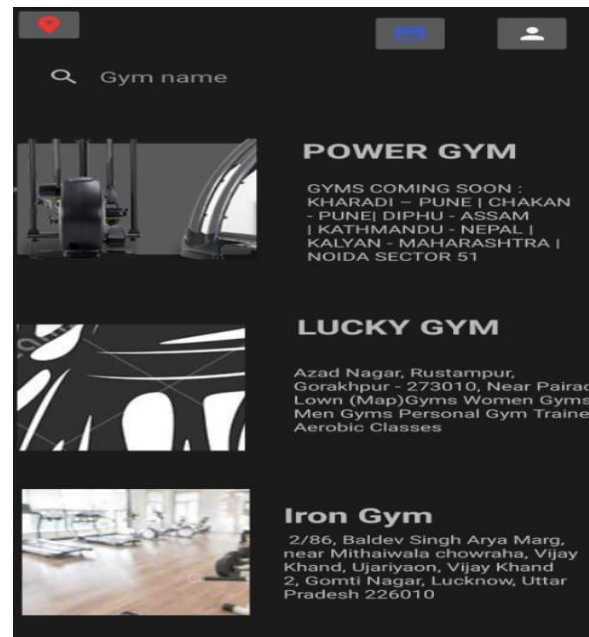
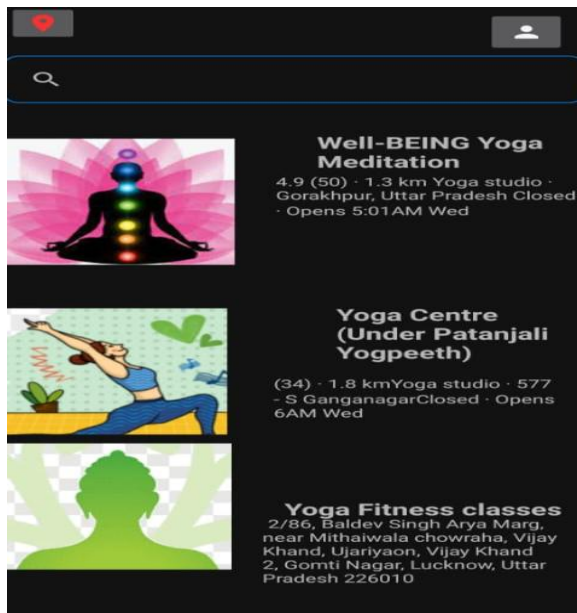
**Working**

The first page is a registration page that requests the user's email ID and password to register from the user. Registered user details are stored in a database for user authentication and login process.

The Second page is a selection page with two options. The first option is the gym and the second option is yoga. The user selects one of them according to his choice.

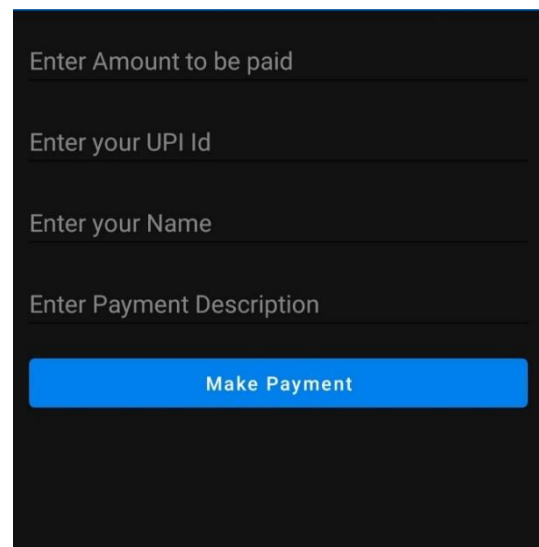
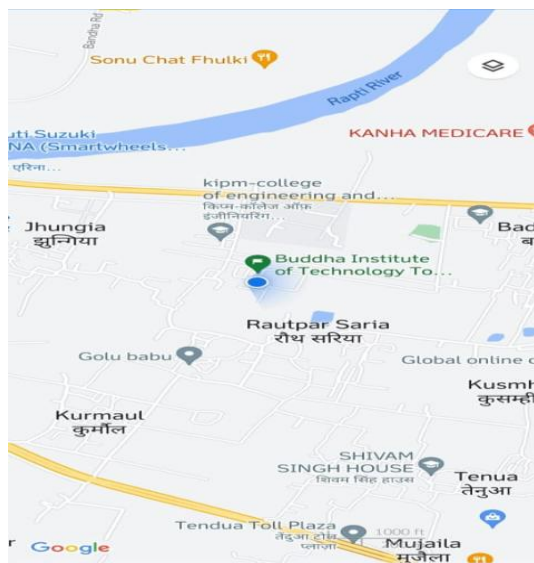
The Third page provides options to search for a center location or center name and payment icons for online payment methods and profile icons for updating profile, settings, etc. Also, the search bar shows the name of the center to visit by nearby or most visited places to.

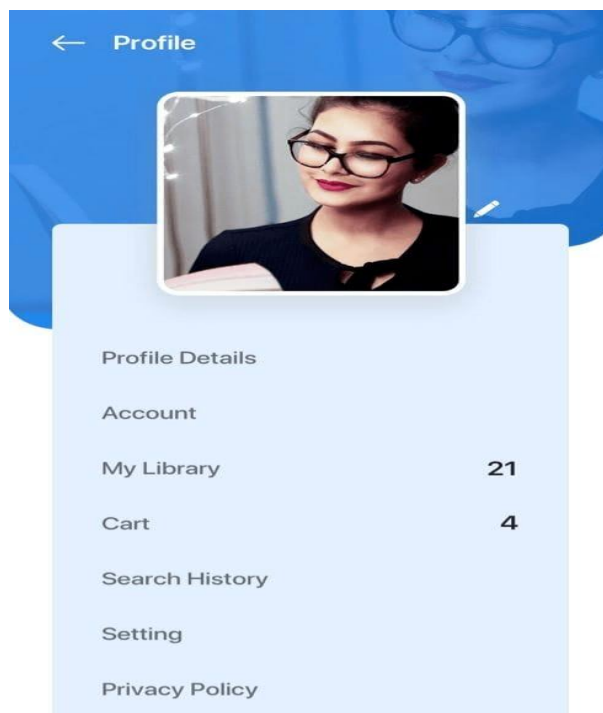
Selecting one of the centers will open a fourth page :



- 1- Showing details about that particular center, including opening and closing times for that center.
- 2- Center contact number and Trainer contact number.
- 3- It also includes videos and photos of the center that will be backed up. This can be exploited by anyone, so users cannot rearrange screens or take screen captures.
- 4- You will also see details of online courses offered by trainers. This will be conducted via the Zoom app or any online meeting app. If a user misses his class online for any reason, he can contact the trainer to get the class record and complete the class.
- 5- The main feature of our classes is the center/class subscription. As in normal times, the center will keep it for you on a monthly basis. Our app will add subscription functionality. The point of adding these features is that the continuation of the workout will be interrupted if the user is not at the station for any reason. These features allow you to participate in lessons via online mode.
- 6- Protein pack supplements are also provided if the user needs them.

The Fourth page is the payment page that opens when subscribing, the payment mode is all kinds of his UPI, GPAY, COD and so on. Payments are sent directly to the owner's account.





Conclusion

Never suffer with obesity again. It is not only the common person that can use app for fitness. Our app is not just for the general public to use for fitness. There are people who lead a more sedentary lifestyle and need guidance on how to lead a healthy lifestyle. People are more likely to invest in a product when they are aware of its benefits. The app is not only useful for people's health, but also for their daily life. Every day we see high-profile women and men promoting these apps, making them more credible. With tens of thousands of apps and programs out there, all these available options It is difficult for everyone to choose from. Before committing to any app or program, we need to educate ourselves on what works best for us and our lifestyle. Once you find the right one, you'll want to invest in it.

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