

“ TRACK MY MEAL WELNESS ANDROID APPLICATION”

*Project Report submitted in partial fulfillment of the requirements for
the Degree of*

BACHELOR OF TECHNOLOGY

IN

COMPUTER SCIENCE AND ENGINEERING

By

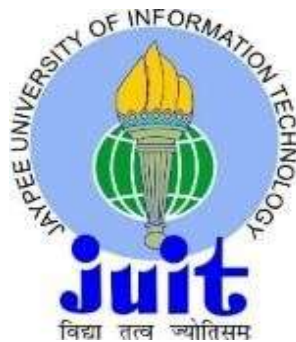
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DECLARATION

I thus pronounce that the work detailed in this report entitled "wellness android application" in halfway requirement of the prerequisites for the honor of the level of Bachelor of Technology in software engineering and building submitted in the division of software Engineering, Jaypee University of Information Technology Wakhnaghat is my very own real record work conveyed under the management of Dr Ruchi Verma

The issue typified in the report has not been submitted for the honor of some other degree or certificate..



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Computer Science & Engineering and information technology

Dated: 17/07/2020

ACKNOWLEDGEMENT

I might want to communicate our unique thanks of appreciation to my guide Ruchi verma who guided us in the entire process of creating an android application and likewise helped us in making mechanically solid.

Besides, we might likewise want to express gratitude toward Lab aides and co-instructors who helped us a ton in hands on inside the constrained time span.

Asmita Sharma

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ABSTRACT

Android is an open source software and has Linux based operating system, designed importantly for the touch screen mobile devices . I have created an application based on this android technology taking in account the wellness and well being of the nation for creating this application .Herein while creating this project I learned various function necessary for the android application.Android Toast can be used to show information for the short period of time. A toast contains message to be demonstrated quickly and evaporates after at some point.The android.widget.You can make custom toast additionally for example toast indicating picture.

Intent android is to impart signs that a specific move has made placed,it is fundamental crude of sending messages between various activities in the application,further intent is also of two types explicit intent and implicit intent.

SQLite is an open source database that contains information to a book record on a gadget. Android comes in with built in SQLite database execution. SQLite bolsters all the social database highlights. So as to get to this database, you don't have to set up any sort of associations for it like JDBC e.t.c.Also I inculcated SQLite in my project to store the credential information of the user in the application in a file system and authenticate the registered user using the database Helper class .

CHAPTER 1

INTRODUCTION

1.1 BASIC OVERVIEW

Technology has made human life simpler in terms of manual work ,time taking processes are much faster and accurate ,solutions to complex problems have been much at ease. Most of the generation is familiar with mobile phones,and not only familiar but with the advent of phones,it has become a necessary means of living,from alarm clock to emails to conversations and tracking daily news . So many tasks altogether are performed and need the use of mobile phones and with it the use of technology is much more convenient.

With the evolution and innovation of technology it has become a significant piece of our lives. Likewise, more current advancements are overwhelming the market and the individuals are becoming accustomed to them in a matter of moments. Most importantly, mechanical progression has prompted the development and improvement of countries



Fig 1.1 android development phases

1.12 Android Application

With mobile phones came the android applications which runs on the platform built mainly for mobile phones called android. An android application is predominantly designed for a smart phone ,tablet etc and runs on the android operating system.

1.13 Android Studio

For the development of my application I used Android studio as the development platform wherein a lot of features are provided to the developer for a creative built in of the application. This software is basically built for android apps development , it is openly available on internet for use by anyone on windows ,macOs .

Features of android studio

- Built on a gradle,has easy and speedy fix to errors or interrupts
- Is provided with XML layout coding for aesthetic ,creative look of the application
- The layout provides a sundry other widgets which help the app be user friendly and look good
- Has several formats like table,constraint,relative for the outer look of the application
- Supports blue tooth , wifi connection,internet permission and several more features.
- Widgets,text, buttons are widely available to support rich design of the application
- It comes with an emulator (avd) which allows the coder to run the application on the software.
- Supports all java languages, Kotlin and XML for designing.
- If we develop any application on android studio it offers it to be run on any device supported by android irrespective on which it is made

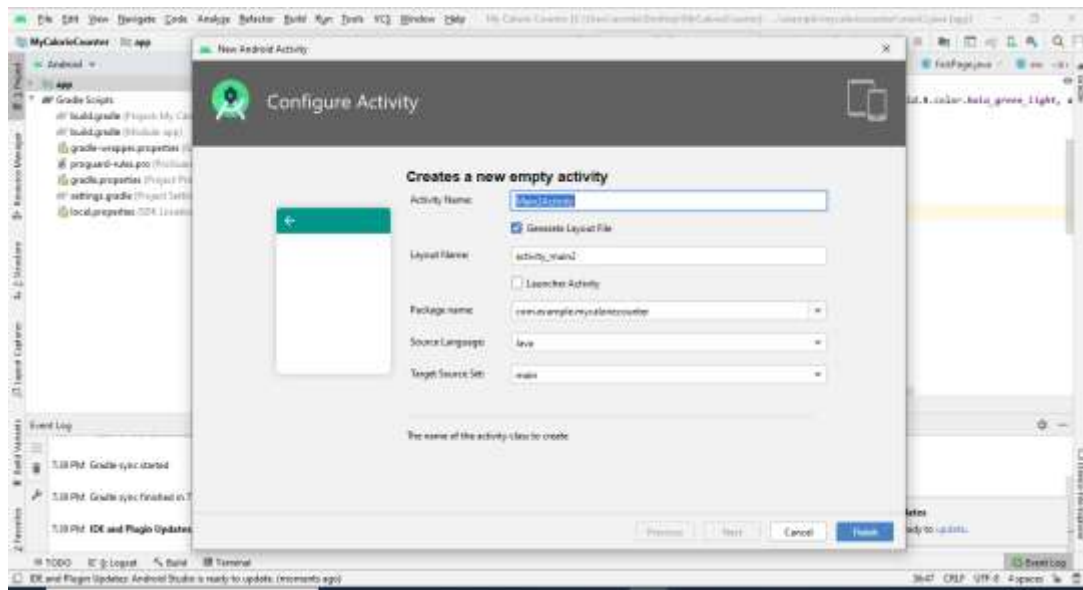


Fig 1.2 Android Studio

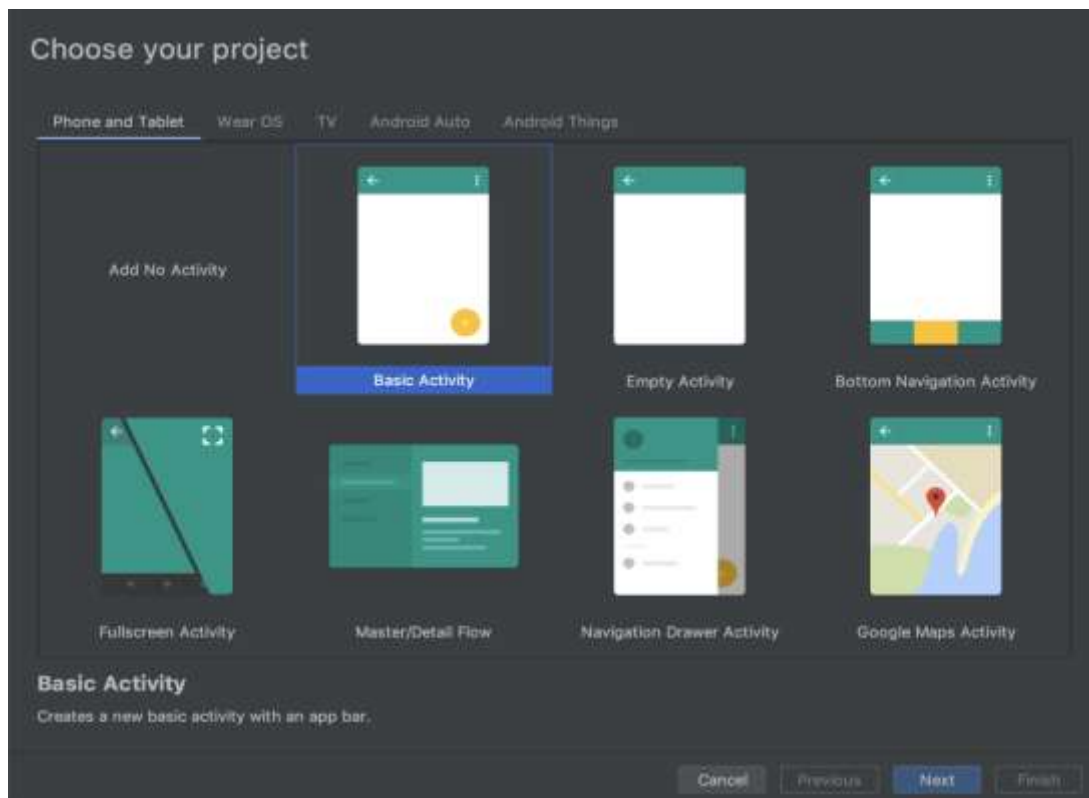


Fig 1.3 Activity In android studio

1.14 Prerequisites for android development

To be able to develop an android app we need the basics of java to be learned and have a good hands on experience in it .Java is one of the most well known ,widely used and popular programming dialects used to make Web applications and platform. It was intended for flexibility, allowing coders to compose code that would run on any machine/platform

1.15 Android Architecture

Android working framework is a heap of programming segments which is generally partitioned into five segments and four fundamental layers as appeared beneath in the engineering chart.

LAYER 1 : The bottom most part Linux which keeps all important hardware details to it and user see's only the drivers for example. the keypad, camera driver, the screen display and etc.

LAYER 2 : on top of Linux layer comes the libraries which keep all the necessary built in and is open source contains web engine,database like the SQLite for storage of useful and needed data, also there are libraries to have in the audio,video features in it.

ANDROID LIBRARIES : consists on all android- based libraries need for successful development on the application, example android.content to have communication between activities,view libraries the basic feature to provide UI to the user,widget library it gives all kinds of widgets such as buttons, texts edits etc.

ANDROID RUNTIME : this provides with the very fundamental and useful Dalvik virtual machine which is just like the java virtual (JVM) and is designed specifically for the android.

LAYER 3 : It provides the coder with the high level framework for needed in working with android,just like we have the content providers which help share data with several other activities,manages broadcasts such as the notifications in the background running in your application.

LAYER 4 : The android app is found to be built on this top most layer of the architecture ,the app written by coder runs on this particular layer.

Eg. True caller,clock etc.

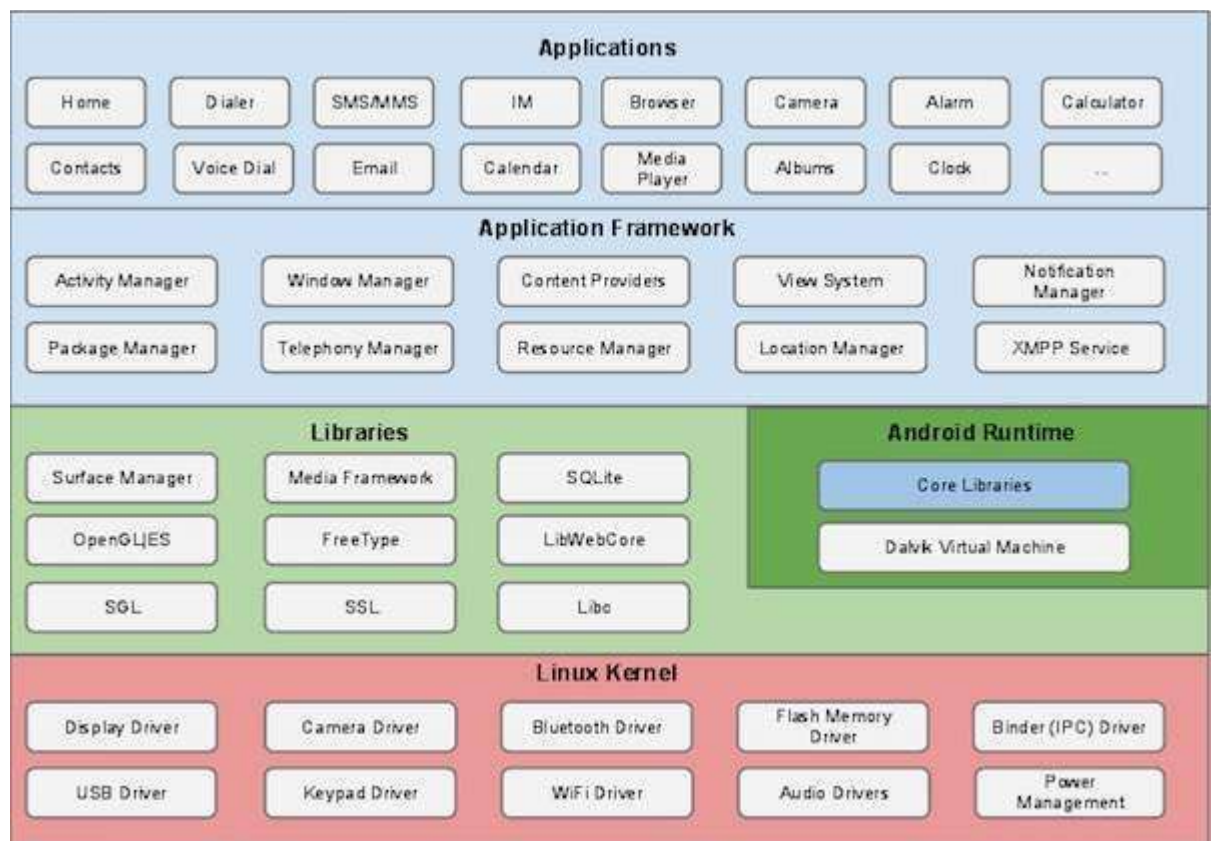


Fig 1.4 Architecture of android

1.16 Application components

Application components are the basic structure squares of an Android application. These segments are inexactly coupled by the application show document AndroidManifest.xml that portrays every part of the application and how they communicate.

1. **Activity:** they take care of the screen of the phone, the first page displayed can be called an activity they consist of several UI on the screen with widgets and options so that one can perform desired tasks.
2. **Service :** With applications they handle the activities going on the background of the application like the songs being downloaded or a notification from some other application of you phone.
3. **Content Provider :** now on request for data from one application to some other this acts on behalf and transmits information on request, this data provided can be stored in some file or a database system.
4. **Another components :** Intents, views and many other components are used for communication writing the main code or wiring or conjugating of data together

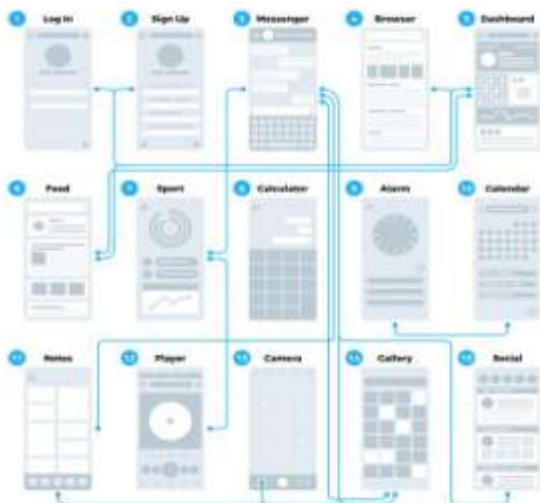


Fig 1.5 Activity in android

1.2 PROBLEM STATEMENT

With the development of cities, states, countries generations are busy working and further growing and with this increasing workload comes huge responsibilities fulfilling which mankind has forgotten the basics of self care. People nowadays do not have the time to prepare good healthy meals at home, Nor to have they time to learn cooking healthy food that our families used to provide us with. Young employees of any organization or company working late till night at away from families are totally dependent on the food from the outdoors , which leaves them with lack of choice and are certainly on unhealthy choice and can lead to diseases in the old age like diabetes , high BP and many more.

This scenario makes tracking our food necessary to live a healthy, energetic life. This is why I created a app for health care and wellness of beings, this app helps to track a meal and count the calories we are eating with the meal, to monitor which is necessary to control our diet.

Also this app comes up with data on the nutrition that goes in with your meal to your body, it provides information about how much vitamins, iron , carbohydrates, fats, fibre, starch we intake. Which will certainly help the generation to overcome their trouble and keep a track of how much unhealthy they've been eating and how they need to overcome it.

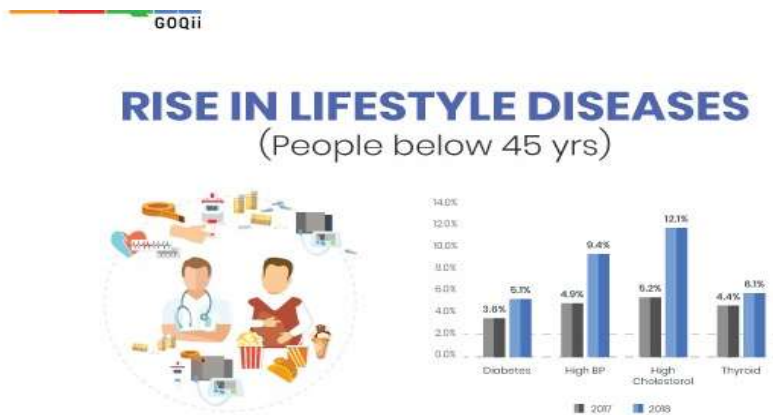


Fig 1.6 statistics of diseases due to unhealthy diet

1.3 OBJECTIVES

The objective of this project is to keep count of every meal that a person can have so that one can monitor of the amount of calories they intake, a healthy approach in the lifestyle is to be introduced through this app.

It also aims to provide the generation with wisdom and knowledge of what they are eating and what benefits do the get from their meal it tracks all of the vitamins nutrients and other starches , fats in the meal . so for a person in quest of meals or fruits providing citric acids can get there answers easily from this application , instead of looking up on the internet and only getting exposed to scattered information.

1.4 METHODOLOGY

Took up data for different cuisines and meals served particularly in India and tracked out the necessary information of what the average Indian eats during breakfast, lunch , dinner and snack time then compiled the meals , and looked for data about the meals its calorie count , fats and also the carbohydrate composition of all kinds of food.

1.5 ORGANIZATION

The initial steps for developing my application was to gather necessary requirements, designing the UI components in coordination with what I need to implement and further getting data in the databases using SQLite .next are the display of logics applied on application , expermental works,results.

CHAPTER 2

LITERATURE REVIEW

2.1 MECHANISAMS FOR USER AUTHETICATION IN ANDROID

The article highlights about how Verification is the way toward deciding if a person or thing is, actually, who or what it guarantee to be. The manners by which somebody might be validated fall into three classifications:

something the client knows, something the client has, and something the client is. Verification can be express, once passage based or certain and consistent. Understood verification dependent on conduct biometric is a confirmation instrument in which clients are validated dependent on the manner in which they cooperate with their cell phones. Conduct biometric Scan incorporate touch design, application use design, composing design, gadget direction design, strolling design and so on. In this explore these social biometric confirmation strategies have been considered. These methods function admirably for PDA as they give wanted precision to confirmed clients. With the expanding fame of tablets and considering the information and data that can be put away on the tablet, it is important to guarantee the security of the information and data that is put away on the tablet. Client verification is a significant safety effort for ensuring the data put away on the tablet on the grounds that these gadgets have higher danger of burglary. Likewise, a gatecrasher may get hold of the gadget after starting verification has been finished. hence, a constant confirmation strategy can either supplement passage point based verification techniques by checking the client after an effective login, or, if the strategy fulfills specific exactness necessities, it could even substitute passage point based verification.

In this exploration an arrangement system for nonstop verification of clients dependent on their collaboration with touchscreen gadgets has been considered. The characterization system will be investigated further to test the attainability of utilizing it for verifying tablet users. The touchscreen size of tablet is enormous when contrasted with in this way, the use example may fluctuate over a tablet when contrasted with advanced mobile phone. In this exploration a list of capabilities will be extricated from crude touchscreen information and characterization system will be applied to test if this touchscreen biometric can be utilized for ceaselessly validating tablet clients. The authentication systems single direction, two-way and three-route on Android gadgets have been contemplated. The ways of joining biometrics with cryptography to improve the security and to keep up the protection furthermore, trustworthiness of biometric qualities have been broke down. Conduct verification systems and challenges in executing them on Android gadgets are investigated.

CONCLUSION

In this we saw the three tiers of authentication process and the system framework has been examined for ordering the list of capabilities separated from the client communication with the touchscreen of the cell phone to examine in the event that it is conceivable to verify clients while they perform fundamental route steps on a touchscreen gadget and with no committed and unequivocal security activity that requires consideration from the client. Examination and examination of how vigorously such plans will work will be done and on the off chance that they are adequately dependable to be utilized on tablets will be tried. An application to test the possibility furthermore, precision of the proposed approach will be concocted. List of capabilities for improving the productivity and exactness of the order structure will be investigated

2.2 HEALTH ANDROID APPLICATION WITH SNA CAPABILITIES

This project workings centers around building up a phone development application to not just assist individuals with monitoring their well being related propensities, yet to utilize long range interpersonal communication to give clients further inspiration to remain fit what's more, to engage them to spread their own health tips to a wide crowd of comparative clients. The application additionally gets to mobile phone sensors like GPS to effectively decipher how areas the client frequents affect well being. This work is pertinent to numerous unavoidable data frameworks for human services, and this research will prompt advances in examining scanty, exceptionally dubious transient and spatial information and its application to designs of human conduct. The application design comprises of two segments, a customer side Android application and a web server (Figure 1). The Android side comprises of XML records to show screens the client cooperates with what's more, Java records to send client contribution to the server and to perform fundamental program rationale. The application begins with a login screen which takes the client to the primary menu after a fruitful login, or gives the client the alternative to make another record. The fundamental menu begins a well being administration complete with catches to perform different activities. The application will keep on running out of sight of the android gadget until the client shuts the application. With further advancement this application can give clients genuine benefits by empowering them to combination numerous well being and health exercises into one interface. The systems administration part of this application will improve client trust in quest for a superior way of life and will assist clients with inspiration issues in proceeding to seek after improved prosperity. The checking perspective ought to give clients fulfillment by giving clients target proof of the impact of their well being interests. Its' informing and warning highlights set it apart from most solid way of life applications since clients can message everybody enrolled with the application without being companions with them or knowing their client names. Likewise, the warnings from the

server will be rich consolation for the clients since they don't must have the application on their fundamental screen to get them and they are exceptionally advantageous to peruse.

Increments like a message notice administration can possibly keep clients on target for a long time. We would strongly suggest such an application for those hoping to improve their well being.

This application will improve client will in search for a better way of living will assist clients with inspiration issues in proceeding to seek after improved prosperity. with motivation issues in continuing to look for after improved flourishing. With motivation issues in continuing to look for after improved flourishing. The checking perspective should give customers satisfaction by giving customers target evidence of the effect of their prosperity advantages. Its' educating and notice features set it apart from most stable lifestyle applications since customers can message everyone enrolled with the application without being buddies with them or realizing their customer names. Moreover, the notification from the server will be rich help for the customers since they don't must have the application on their rule screen to get them and they are advantageous to scrutinize. Expands like a message cautioning organization can save customers on track for a long time. We would energetically recommend such an application for those wanting to improve their well being.

CHAPTER 3

SYSTEM DEVELOPMENT

3.1 SDLC FOR APP DEVELOPMENT

REQUIREMENT GATHERING

The initial step of creating any software or application or any system is the requirement gathering, For development of this application first requirements assessed were

1. Analyzing the market conditions and future requirements
2. The ability of application to reach the target customers
3. Looking for the right technology for the application
4. Scope of the application according to the present and future market conditions

SOFTWARE REQUIREMENTS : Android studio,SDK tools ,java development kit are used for the app creation.

HARDWARE REQUIREMENTS : Android studio is a huge software and may need a good RAM capability for a easy run of the software, up to 4Gb and above is required.

The application calorie counter targeted audience that includes the younger working generation that is mainly dependent on out door foods for survival and also do not have time to cook at home,and are constantly at risk of an unhealthy diet lacking nutrients and are in dire need to track their food calorie count and amount or types of minerals ,vitamins ,nutrients they intake.

PLANNING

This is the second step where I planned the goals of the app , limitations, risks .In calorie counter ,further planned an easy UI for a good user interaction and activities design plan was formulated.

DESIGN

Here, next I looked up for an appropriate design of my application,the layout , framework and widgets that should be used in the application. The main page that is the login page was linked with the calorie counter activity with the login button and a registration page was linked to the login in case of a new download of the application, this login and registration data was stored in a file. Further layout was developed using XML.

CODING

LOGIN AND AUTHENTICATION

With the start of the application first activity a user looks at is a login page . The layout of the page was coded in XML and contained the fill email and password edit text widget followed by a login button, which was further connected to the java page by set content view statement. This activity has an option to log in using a email password that is already existing in the database,in case of not valid data it displays a toast pointing invalid password or email, and a registration button where in the activity takes user email , password and conformation password field. Wherein the password entered twice should match and in case of failure it does not

register the user, the email is coded using regular expression and it is mandatory for user to put alphabet , @ , (.) , com operators in the email to confirm .

```
Public boolean isValidEmail(String email) {  
    SQLiteDatabase db=this.getReadableDatabase();  
    boolean flag = false;  
    String regex = "[a-zA-Z0-9]+@[a-zA-Z]+\\.\\.(com|in)";  
  
    if (email.matches(regex)) {  
        flag = true;  
    }  
    return flag;  
}
```

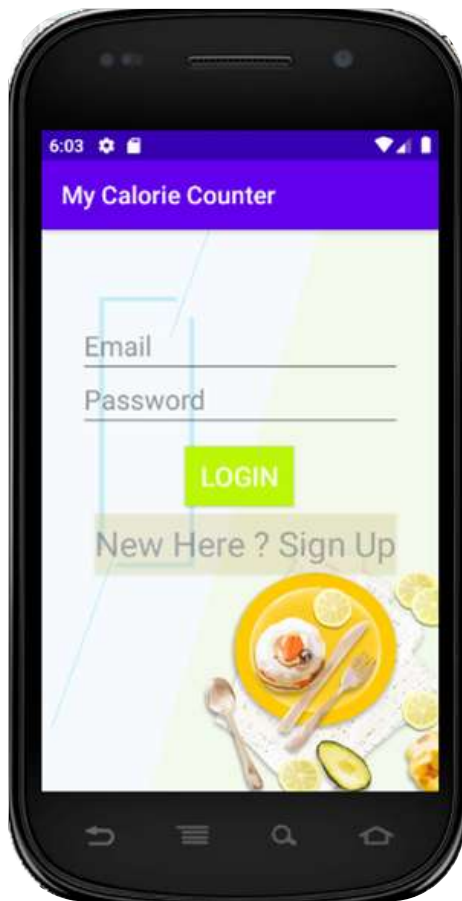


Fig 2.1 Login page



Fig 2.2 Register page

AUTHETICATION

The registered data is stored in the database using the in built SQLite provided by the Android studio, here in data used to register by the user is stored in a file , using this information the user login is validated . The databasehelper activity of my application helps validate login information provided by the user, a function created in this checks and reads the data in database and authenticates the user to further login in to the calorie count application.

While the registration is authenticates user by checking the password entered is correct or not or the email entered is in correct format otherwise the app invalidates the data.

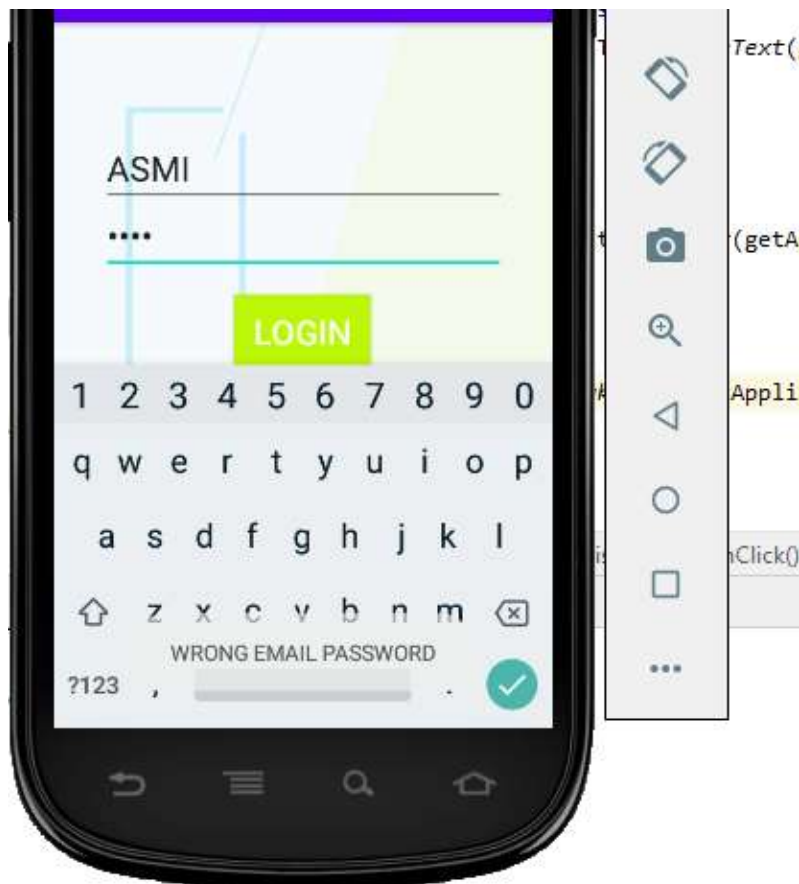


Fig 2.3 Wrong email password



Fig 2.4 Invalid email format



Fig 2.5 Password does not match

SCROLLABLE VIEW

After a successful login to the application the first activity has a scrollable view layout for a easy UI interaction of the user . this activity consists of various buttons so that user can pick up a meal of its choice that they recently had in order to successfully retrieve information about the same,these buttons did fit the screen,so using a scroll view layout UI could be easily managed and the complete content of this activity could be scrolled vertically down.

This layout had four options to select from so that the user could conveniently sort from the different types of meals they have had. The breakfast , lunch , dinner and snack buttons were beautifully aligned with a text pertinent and an image suitable to the provided button. All of this layout specifications,widgets,texts and buttons were aligned accordingly in the XML part of the activity using the constraint layout which is flexible and very efficient in maintaining the appearance of activity and links the views and connects to each other or the parent,using this we can align complex views easily and without much effort. This was further connected or linked to the java page of the same activity where the logic of the code is maintained,this is done using the set content() where we pass the XML layout resources and its reference.

Java code

This scroll view layout XML file is then connected to the .java page of the activity using the findviewbyid() function which passes its reference in the page it is called so to display a UI for the user, here the objects of the widgets used in the XML file are created like for the Edit texts,buttons and various text views. These object of the widgets created in java file are then linked with the XML specified widgets using the or passing the unique id's specified in the XML layout in find by view function of the java page which creates a link between them.

These button objects were created and the on click activity of these specified buttons was designated by the onclicklistner() function predefined in android studio, the code written inside this function is the key factor to decide what happens on the click of a view.

All the buttons including breakfast, lunch, dinner, snacks in the java activity of MyCalorieCounter application were further linked to another activity to specify different items/meals for the user to decide upon what he had last as a stodge. With the use of intent the further link of the buttons to an activity was completed.



Fig 2.6 Second activity



Fig 2.7 Second activity

INTENT

Intent in android is to send signals that a particular action has taken placed,it is basic primitive of sending messages between different components in the application

EXPLICIT INTENT

Explicit intent going to be associated inward universe of application, suppose in the event that you need to interface one action to another movement, we can do this statement by unequivocal plan, underneath picture is interfacing first action to second action by clicking button.

EXAMPLE :

```
{  
  
Intent intobject = new Intent (mainpage.this,targetpage.class);  
  
StartActivity(intobject);  
  
}
```

IMPLICIT INTENT

You do not need to specify the target location and can be extracted using get extras ,this can be used to go from one activity to another applications activity or any URL that is specified .

An Intent is an informing object you can use to demand an activity from another application segment. In spite of the fact that purposes encourage correspondence between segments in a few different ways, there are three major use cases:

1.) Starting a specific activity
2.) Providing services
3.) Broadcasts

In my application I used explicit intent where the different buttons led to a different activity on a click of those buttons using the intent object.

Example :

```
brk.setOnClickListener(new View.OnClickListener() {  
  
    public void onClick(View vi) {  
  
        Intent intobject=new Intent(firstPageoftheapplication.this,Breakfast.class);  
        startActivity(intobject);  
    }  
});
```

This onclicklistner let the entry of the user into a different activity called the breakfast class giving a list of buttons of different types of meals for the breakfast, similarly each button was linked to another activity displaying a list of meals before the user.

```
analyze Refactor Build Run Tools VCS Window Help My Calorie Counter [C:\Users\asmita\Desktop\MyCalorieCounter\...mycaloriecounter\firstPage.java [app]
main java com example mycaloriecounter firstPage app Nexus 5 API 28 DatabaseHelper.java activity_snack2.xml activity_fint_page.xml firstPag
package com.example.mycaloriecounter;
import ...
public class firstPage extends AppCompatActivity {
    Button brk,b1,bd,bs;
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_first_page);
        brk=(Button)findViewById(R.id.breakfast);
        b1=(Button)findViewById(R.id.button3);
        bd=(Button)findViewById(R.id.button2);
        bs=(Button)findViewById(R.id.button4);
        brk.setOnClickListener((view) -> {
            Intent i=new Intent( packageContext: firstPage.this,Breakfast.class);
            startActivity(i);
        });
        b1.setOnClickListener((view) -> {
            Intent i=new Intent( packageContext: firstPage.this,Lunch.class);
        });
    }
}
```

in 1 s 759 ms: App restart successful without requiring a re-install.

Logcat Build Terminal

Fig 2.8 list of buttons


```
        Intent i=new Intent( packageContext: firstPage.this,Breakfast.class);|
            startActivity(i);
    });
    bl.setOnClickListener((view) -> {

        Intent i=new Intent( packageContext: firstPage.this,Lunch.class);
        startActivity(i);
    });
    bd.setOnClickListener((view) -> {

        Intent i=new Intent( packageContext: firstPage.this,Dinner.class);
        startActivity(i);
    });
    bs.setOnClickListener((view) -> {

        Intent i=new Intent( packageContext: firstPage.this,snack.class);
        startActivity(i);
    });
    }
}
```

firstPage > onCreate() > new OnClickListener > onClick()

Fig 2.9 First page of activity

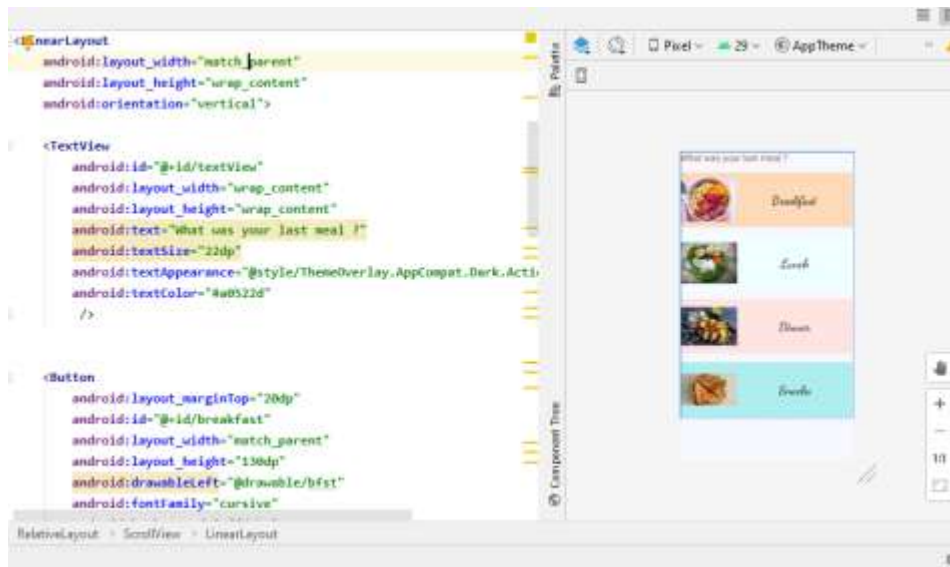


Fig 2.10 XML layout

Android R.java is an auto-created record by (Android Asset Packaging Tool) that contains asset resource IDs for all the assets of all the resources res/registry.

In the event that you make any segment in the activity_page.XML record, id for the comparing part is naturally made in this document. This id can be utilized in the action source document to play out any activity on the part.

TOAST

Android Toast can be utilized to show data for the brief time frame. A toast contains message to be shown rapidly and vanishes after at some point. The android.widget.Toast class is the

child class of java.lang.Object class. You can make custom toast also for instance toast showing picture.

Next activity consists a list of buttons with different meals appropriate to that activity

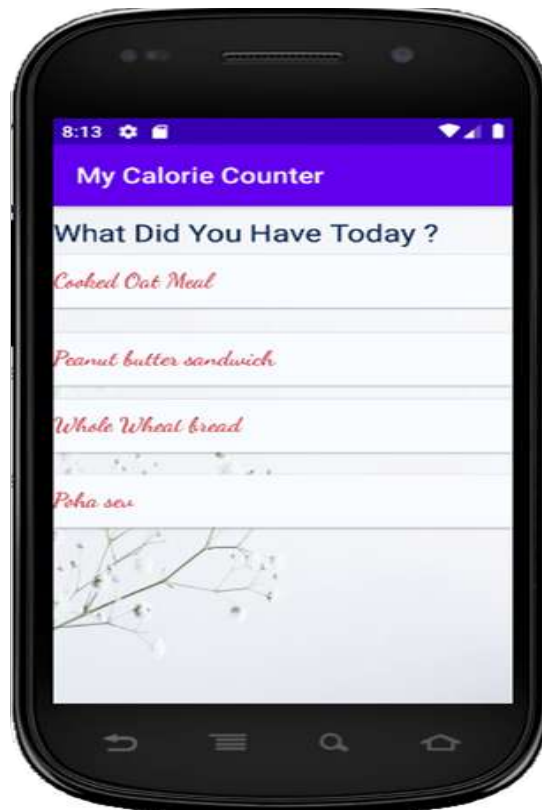


Fig 2.7 meals for breakfast



Fig 2.10 meals for breakfast



Fig 2.12 meals for lunch

FOOD AND WELNESS SPECIFICATION

Next comes the activity that promotes users health goal, and monitors their daily calorie . on clicking upon the meal of the choice of the user it goes to another set of page wherein complete information about the meal is provided plus u can calculate the calories u in take with the amount of bowls or quantity have had this app intends to motivate and provide

enthusiasm to people to eat healthy food and stick to a healthy diet so that overall wellness of the user can be looked upon.

Inside the activity a simple logic to calculate the calories has been coded, along with that the object for pie chart is created including the array list of the amount of specifications and their names so that in the pie chart could be shown. ArrayList is a unique information structure in which you can include or expel any number of components and those components are put away in requested arrangement. It might likewise contain copied values. the data that can be entered in this type of array list can only be of the type object and no primitive data is allowed to be entered in the list.

SYNTAX :

```
arrayListdemo aobj={values1,value2..};
```

Array can be characterized as a continuum memory areas used to store the homogeneous information types. In basic words, it is a variable that can store numerous estimations of single information type.

The length of array has to specified at the time of its creation and is not flexible as cannot be changed . for example int[y] has a size y and can only take y values where in the variable starts from 0 and goes to y-1. With these values passed in the array about the food specifications , its percentage and the name of nutrient it contains we created a pie char representation of the same using piedata() and piedataset() functions provided by the android studio. this is to create a succinct information for the people so that they can clearly look for the amount and the provided minerals in their food and do not have to gather scattered information from the

internet, this app provides a collection of required data in one activity with full specifications for a easier look up for the people, and thereby monitoring all the meals at once. Without wasting time looking up a thousand sites



Fig 2.13 Second activity

Takes information from user and asks the quantity eaten , on keep track information gives the calorie intake and also provides user with pie chart information.



Fig 2.14 Calorie counter activity

Salad/fruits information , does the calorie count and provides specifications of the meal bowl.



Fig 2.15 Calorie counter activity

This way the application creates a platform and test calories for various food items provided Plus also gives extra information about the meal to keep track and monitor healthy diets. With further advancement this application can give clients genuine benefits by empowering them to aggregate numerous well being and well being diets into one interface. The systems administration part of this application will improve client trust in quest for a superior way and will assist clients with inspiration issues in proceeding to seek after improved prosperity. The observing angle ought to give clients fulfillment by giving clients target proof of the impact of their well being interests. Its' informing and warning highlights set it apart from most solid way of life applications Likewise, the warnings from the server will be rich consolation for the clients since they don't must have the application on their fundamental screen to get them and they are extremely helpful to peruse. Increments like a message notice administration can possibly keep clients on target for quite a while.



CHAPTER 4

PERFORMANCE ANALYSIS

Performance analysis is the method of contemplating or looking at the presentation of a particular circumstance as opposed to the point but then executed. In Human Resource, execution investigation can assist with checking on a representative's commitment towards a task or project, which they distributed that person.

Here providing application with certain inputs and checking the outputs and results of it.

Case 1 : LOGIN CREDENTIALS

Email : wrong email format

Password: correct password



Fig 3.1 invalid email password

Case 2: User Registration

Email : Wrong email format

Password : Both entered password do not matching



Fig 3.2 password does not match

Case 3 :-

Email : Invalid email format

Password: Both password match

OUTPUT :



Fig 3.3 invalid email

Case 4 :-

Email : Already existing email

Password : Correct

OUTPUT :

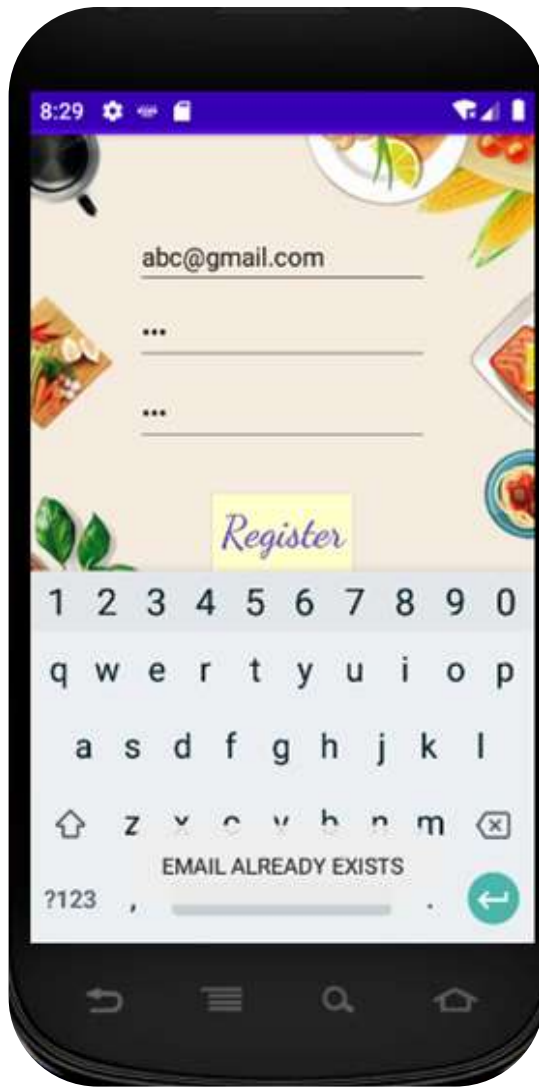


Fig 3.4 email already exists

Case 5 :-

Email : Correct format

Password : Different passwords

OUTPUT :



Fig 3.5 password does not match

CHAPTER 4

CONCLUSION AND FUTURE WORK

The wellness application is created keeping in mind the future eating habits and the current conditions of the world, wherein it is evident and necessary to keep a track of what the people have been eating and keep a list of nutrients and monitor the meal in this busy lifestyle of the youth. My calorie counter is created with proper login credentials for user to enter the application and also a proper register page for user to put there data which is further stored in the database, next it keeps a list of meals and gives details of what the food stores in, plus also counts the calorie intake of the user provided the information asked by the application.

In future the lifestyle is going to take a round revolution and the busy lifestyle of the working force and the business class will keep people apart from healthy eating habits and will lead to future diseases this makes it very necessary for a application which looks after the wellness of the population, so that even in busy lifestyle and no source of good and healthy food we can keep track of what we have been eating and monitor our routine .further this application insights to include healthy food recipes and will motivate yoga and fitness workout ,plus will also monitor the sleep cycle of the client and if a user a poor sleeping habits it will respond in a way sighting reasons and solutions to this problem.

With this growing trend of unhealthy lifestyle wellness application of any kind giving proper solutions of the problems of the younger generation has high scope in market to grow and help people in certain ways

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