

# STEM SOS- MIT APP INVENTOR GET FIT APPLICATION



## HOW TO DEVELOP A FITNESS APPLICATION WITH THE MIT APP INVENTOR

Our names are Anahi Martinez and Angela Hernandez, and we are freshmen at Harmony School of Discovery. Our project is a Fitness application generated by the MIT app inventor. We make extensive use of horizontal and vertical arrangements, which allow you to place components in specific locations on the user interface. We also use a lot of buttons that take you to our different pages, the workouts page and the new workout entry page. The buttons also take you to different types of workouts. The application allows you to record your progress and saves your workouts so that you may view them later on. It saves the day you did the workout, the duration of your workout, and the type of workout you did. Once you click save you can click “see my workouts” and a database containing all your previous workouts will appear.

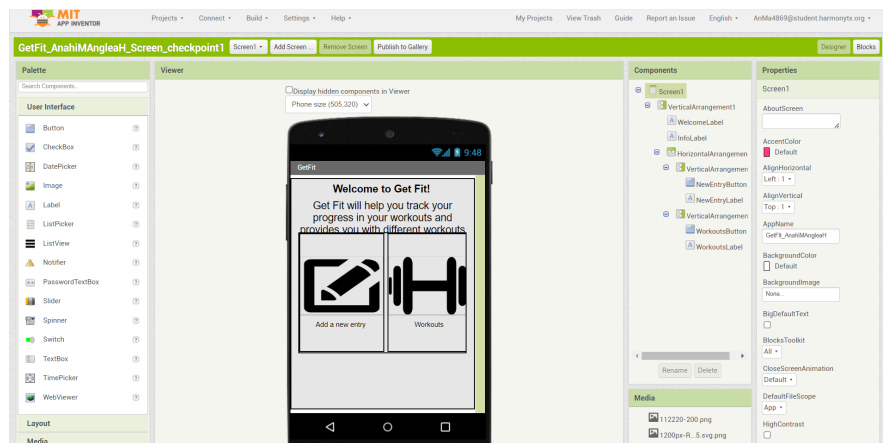
### STEM:

Do you find it hard to stay consistent with your fitness? Well we have a solution for you! We have made a fitness tracking app that will help you get back on track! This app will track the user's progress and will recommend exercises for weight loss. The main purpose of our project will be to help the user get fit.

Science: Our fitness application is designed and implemented using MIT App Inventor. This is a web-based platform developed to change computer science education from a theoretical to a practical emphasis.

Technology: Our fitness application enables the transition from technological assumption to technological construction. This app is developed and applied using Android-based smartphones and tablets.

Engineering: Design and blocks components were used to improve the visual programming environment. All of the capabilities of software engineering are present in MIT App Inventor "block-based programming".



Picture of our Designer View

Our Website:



Our Video 1



Our Video 2



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