

Healthy Lifestyle Mobile Application Development

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01

Objectives

Development of a mobile application of healthy lifestyle

02

Methodology

Study and analysis of specialized information sources

03

Results Analysis

Study data and planning

04

Conclusions

Summarize research process and application key points

Introduction

Healthy Lifestyle is all in one application - It's a combination of small functions related to health, workout, diet and habit. Users can find everything that they need to improve and track their lifestyle.

“Motivation is what gets you started. Habit is
what keeps you going.”

—Jim Ryun



Analysis

Study market, scan and discover similar applications. Figure out what users need? Why they use a specific app? what are the pros and cons of the chosen application?



Planning

1. Define app's audience
2. Decide app concept
3. Prototype
4. Design



Develop

The application was broken down into smaller modules. Develop core functionality. Test app and fix bugs. Adding additional features.



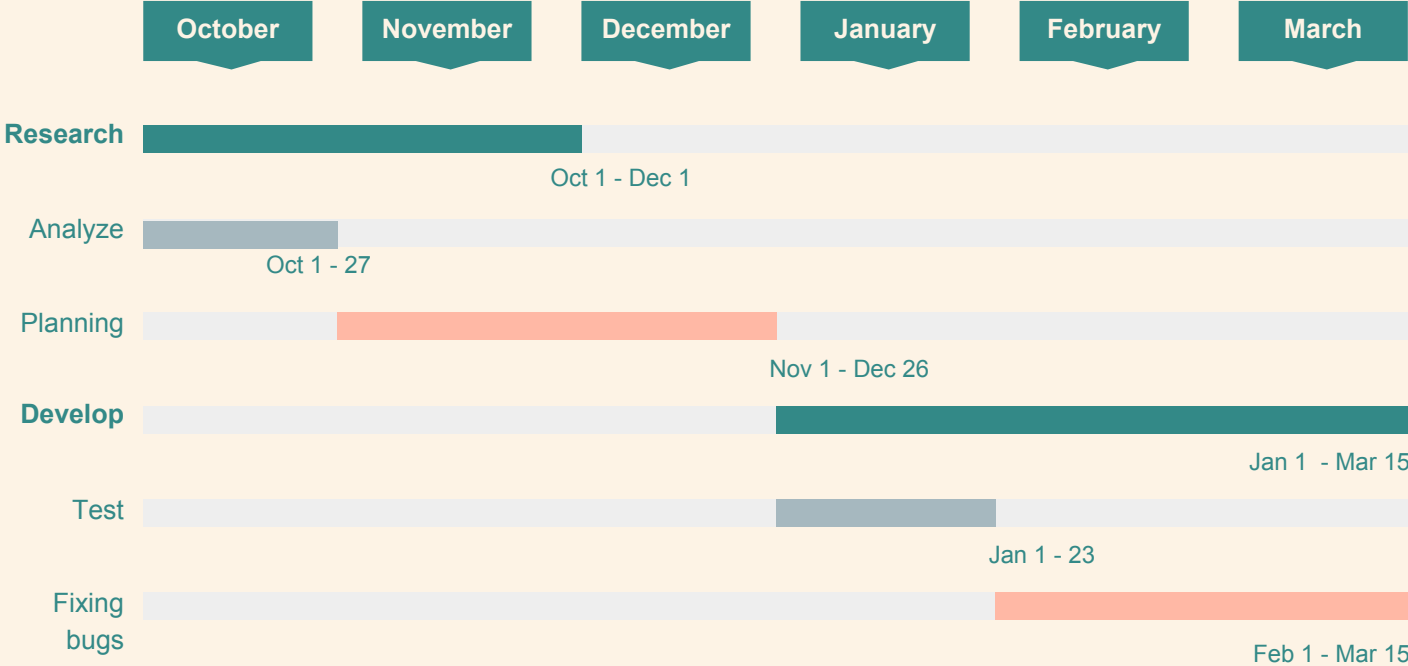
Theory 1

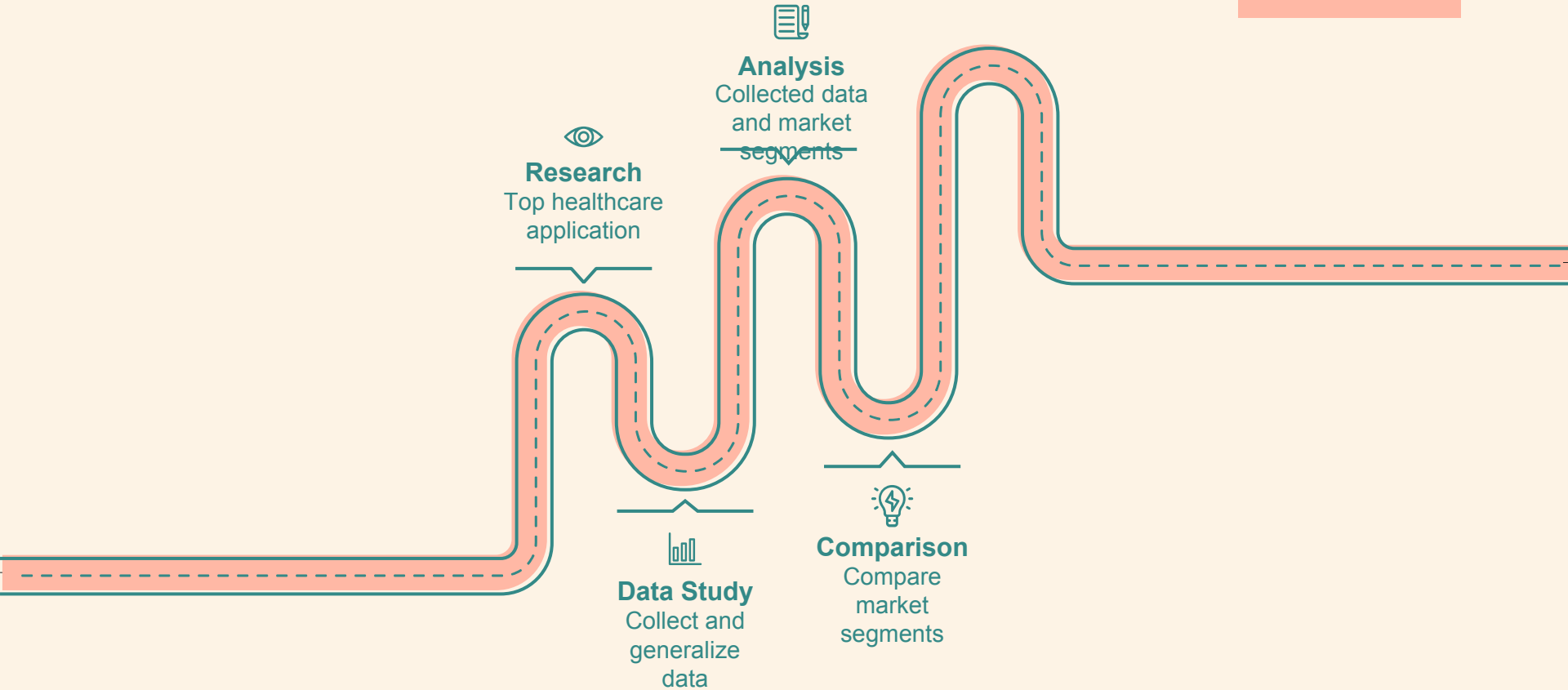
Dute, et al. have studied the health of the students and European youngsters that take unhealthy food and never stands on the better level of the physical activity and getting overweight, which increasing obesity rate day by day possessing public health problems in Europe. They predicted the use of mobile phone applications that are playing a vital role to enhance the strategies for the health promotion of the students.

Schoeppe, et al., have explained that fitness and Health apps have earned much popularity in the interventions to promote diet, sedentary behaviors and physical activities but their effectiveness is not clear. These systematic studies clear the intervention efficacy that the applications utilized to promote physical activities, sedentary behavior and diet in adults and children.



Theory 2





1

Research has shown that there is high competition in the healthcare segment, but user activity talks about an unused potential of market. It's a combination of different fields of healthcare in one application.

2

Main functions of the application are diet and workout which are supported by reminders and calculation