

INTRO/ABSTRACT

Day Easy is an iOS and Android application that is designed to assist users with keeping track of their diet, workout routines, daily steps, water and calorie journals and a timer for intermittent fasting to assist users with keeping track of their diet, workout routines, daily steps, water intakes, while providing information about various diets, or workouts. The goal of this application is to promote clean eating and healthy workout regiments that is intuitive enough for everyone to use.

METHODS

For this application, our team used React Native framework to build an application that can run on both iOS and Android. Moreover, to ensure user authentication and to store users' data Firebase database was used as the server side.

Future Directions

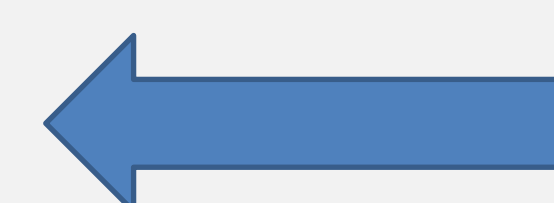
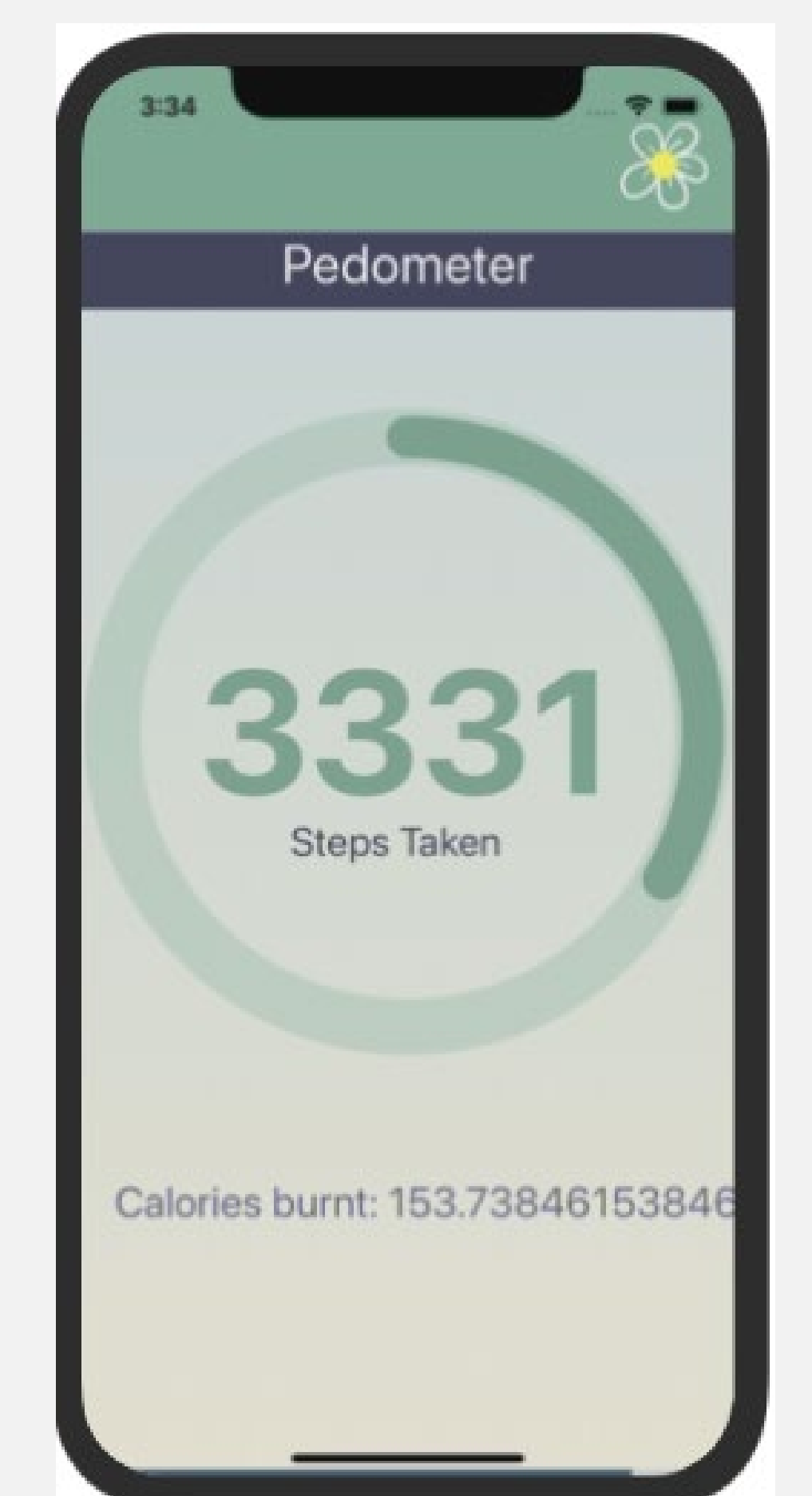
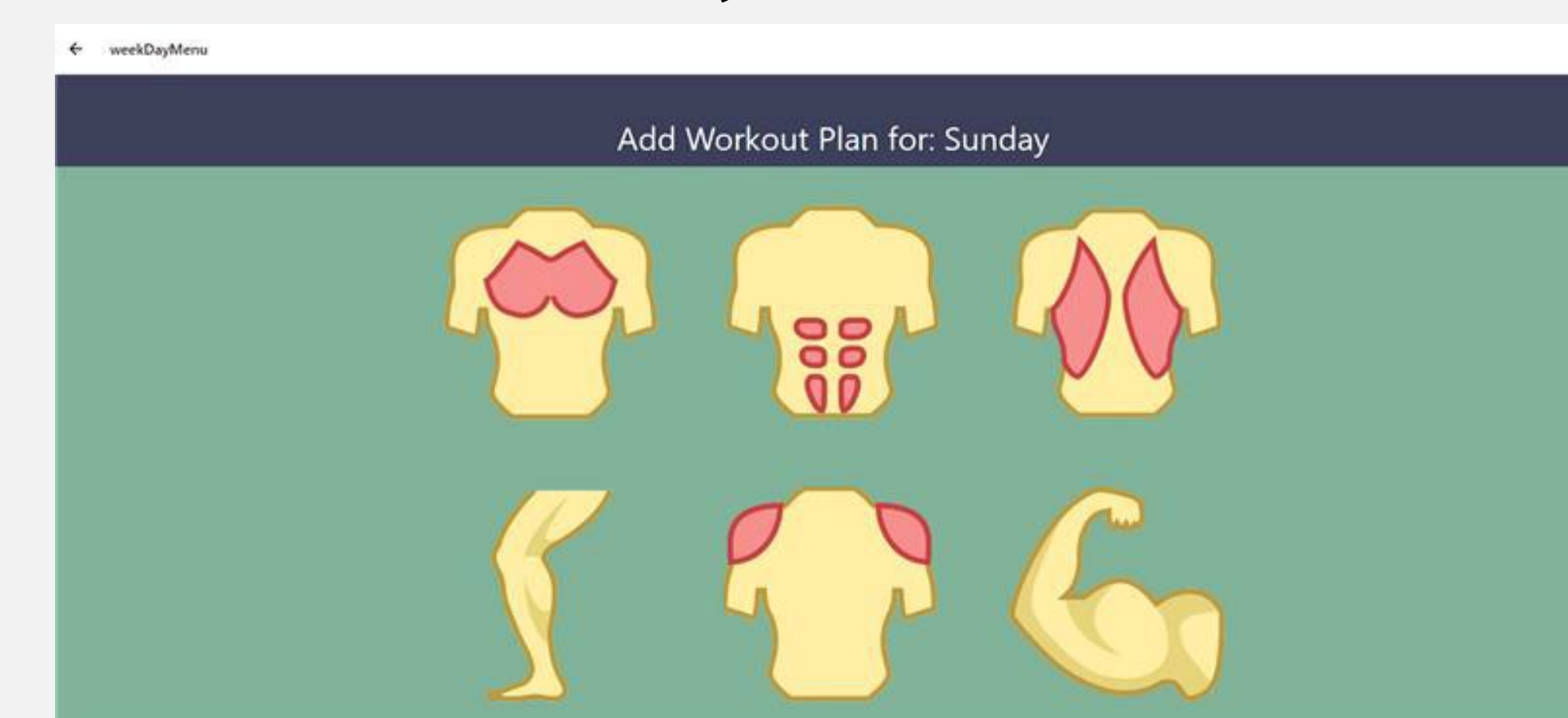
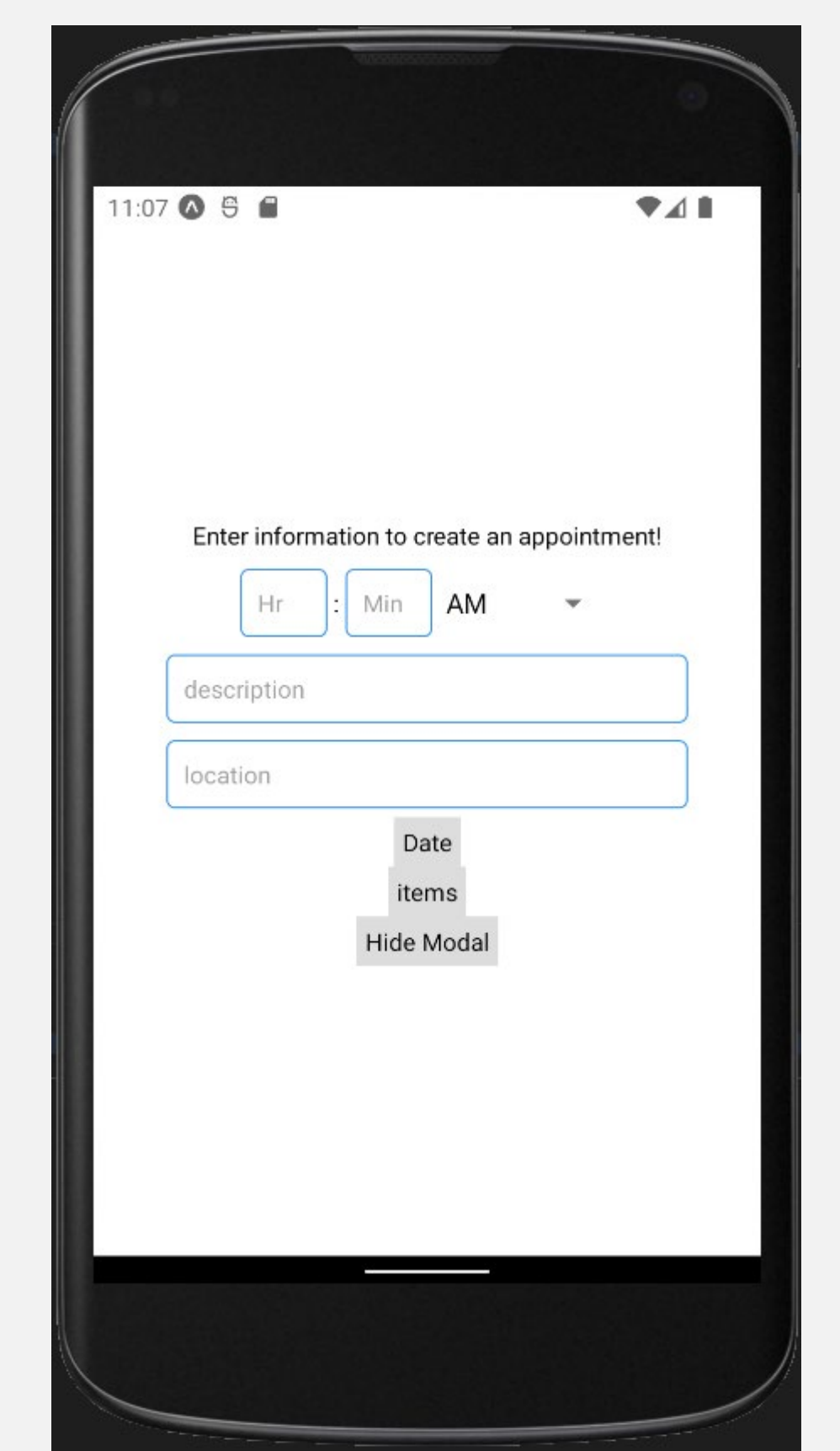
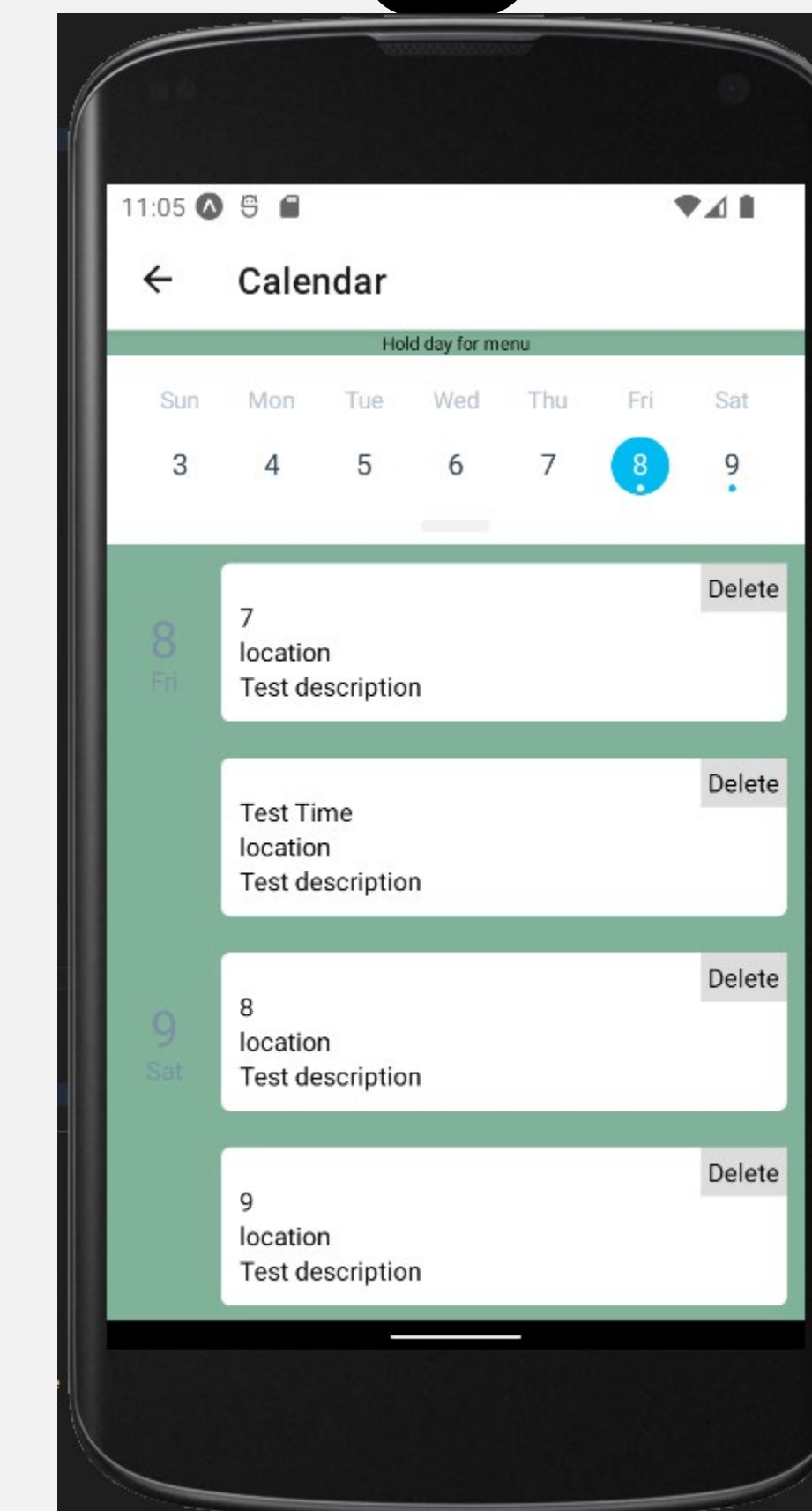
- Amplify the workout library to provide a more diverse array of workout both calisthenics and weighted.
- Implement a live chat and video call feature for users to be able to access a live personal trainer.
- Customize Meal Plan: include Machine Learning to suggest meals to users based on their input in their meal journals, dietary restrictions, etc.

Resources:

[Core Components and APIs · React Native](#)
[A Complete Guide to the Calisthenics Full Body Workout \(thefitnessphantom.com\)](#)
[React Native for Android development on Windows](#)
[Microsoft Docs](#)

DayEasy is a phone application that is designed to promote a healthy lifestyle through features such as:

- workout journal,
- calorie journal,
- hydration tracker,
- pedometer, and more.



View our application on Expo Go