MIT APP INVENTOR

LIFESPAN MANAGER

HONG, Sewon; JEONG, Sunghoon; KIM, Hyungchan; KIM, Nahui




Supervisor
LEE, Jieun

SUMMER APPATHON

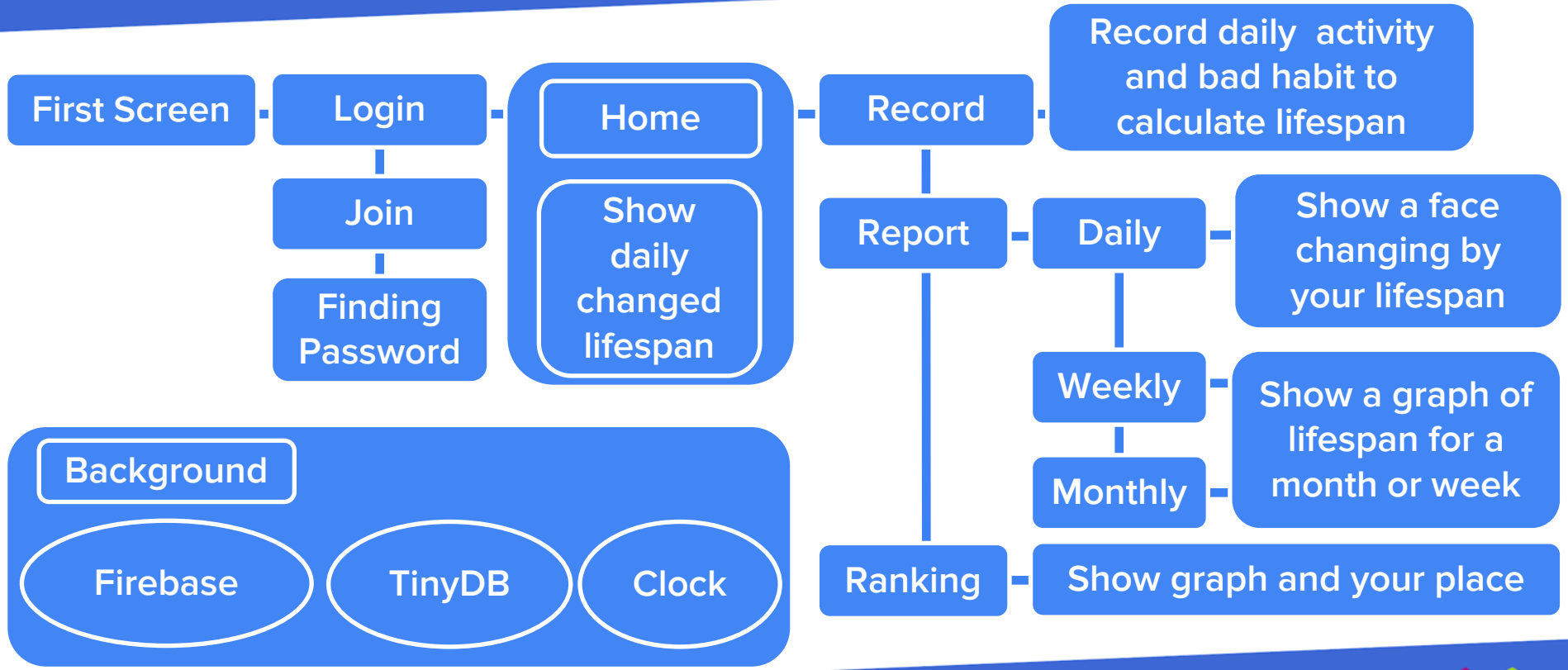
OVERVIEW

- **App Name:** LifeSpan Manager
- **App Description:** This app aims at helping users to record their behavior and understand life expectancy changes. They can compete with each other with their records and are motivated to increase their life expectancy.
- **Track:** Mixed Team
- **Category:** Mental health & wellbeing

THEME

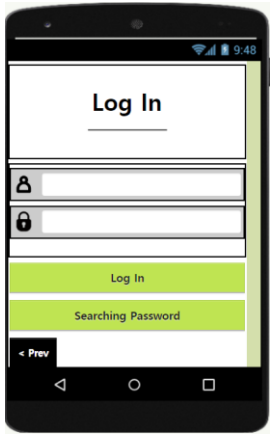
As medical advancements increase the human lifespan, our fast-paced lifestyles paradoxically risk reducing it. Everyone values health but often struggles to grasp the impact of daily actions on it. We've created an app to demystify this. Monitoring people’s behavior directly can provide insights into how their lifestyle affects their life expectancy and motivating healthier choices. This innovation empowers users to manage their health proactively, fostering more conscious wellness habits.

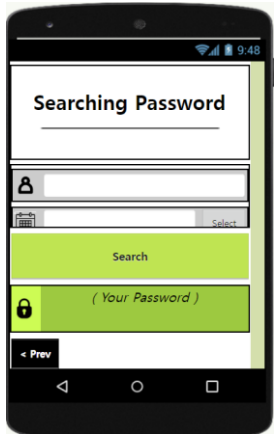
INSTRUCTIONS



INSTRUCTIONS

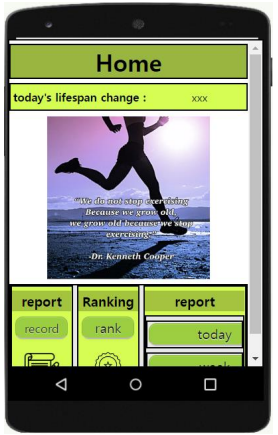
Step 1: App start screen





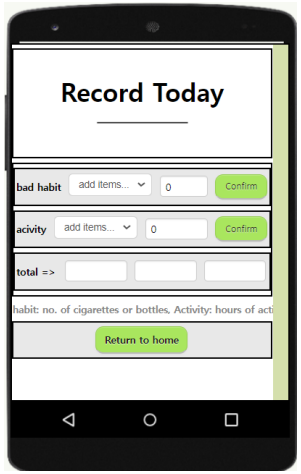
Step 2: Login & password search screen

Step 3: Creating an account screen

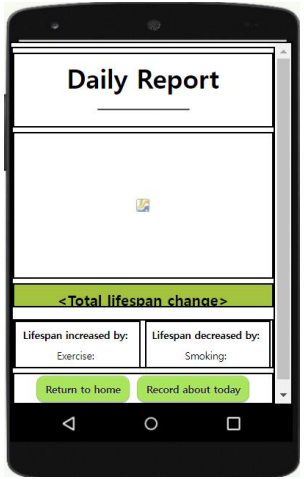


Step 4: Home screen

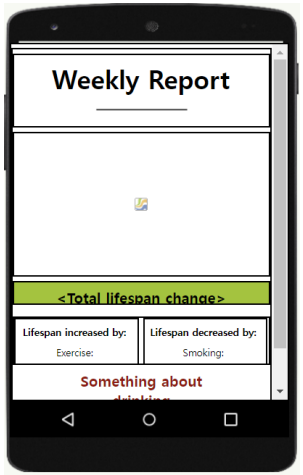
INSTRUCTIONS



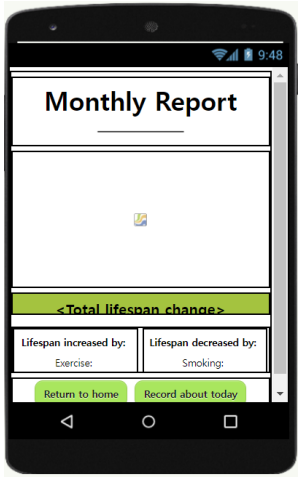
Step 5: Data input screen



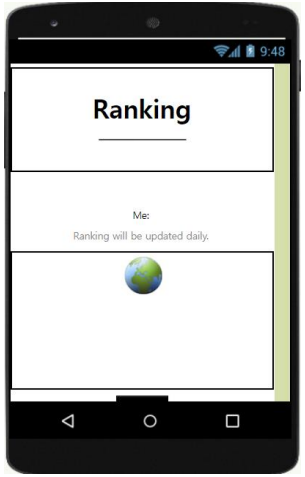
Step 6: My day report



Step 7: Weekly changes

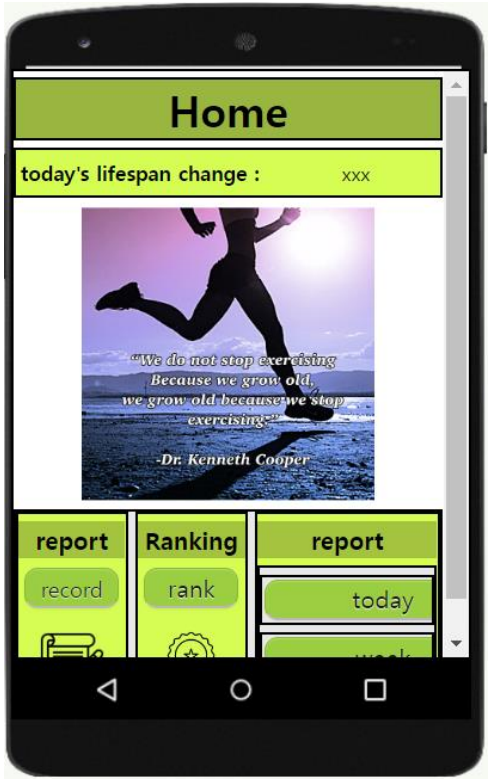


Step 8: Monthly changes



Step 9: Compete with others screen

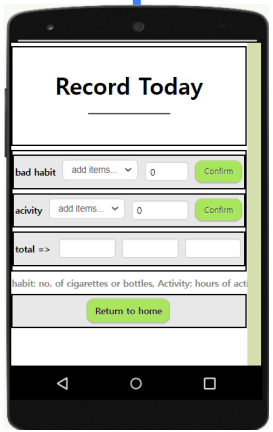
INSTRUCTIONS



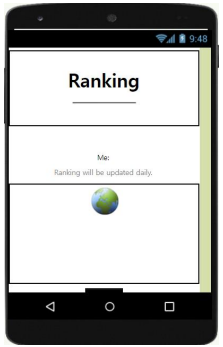
Get data from tinydb to show today's lifespan change.

As day pass, pushes tinydb's data one index and make new average value, updating weekly average every Monday.

INSTRUCTIONS



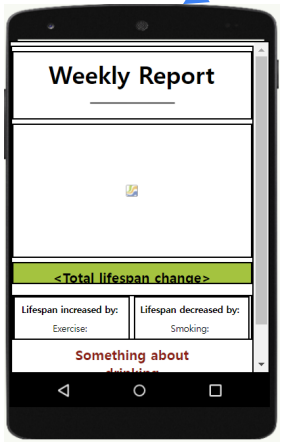
Record exercise, smoking, drinking data on tinydb and firebasedb as soon as the confirm button is pressed, on index of 0 and today's date each.

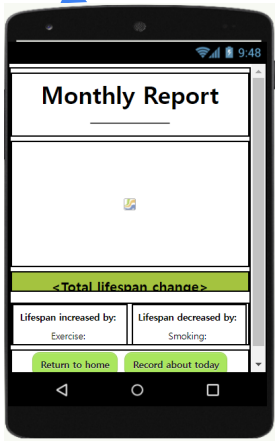


Use tinydb to get data of today and draw face.

Use firebasedb to get data of all users today and draw graphs.

Make tinydb get newest data and record weekly and monthly data by pushing old data one "index"(performed on home)





Use tinydb to get past information and draw graphs.

LIMITATIONS

Our app calculates life expectancy based on user-recorded daily activities. Thus accurate input is vital. Currently, the responsibility of data entry falls on the user, posing a limitation. However, we envision a future where this app integrates with wearable devices, autonomously receiving and analyzing activity data wirelessly, significantly improving usability and precision.

ACKNOWLEDGEMENTS

- Jun Hyuk Lee: for his help of guiding our app design and development