

Build the Fit 4 You application on Android

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Abstract: In the context of increasing health advocacy and protection, this topic focuses on the necessity of an effective digital platform to support individuals in their physical training process. The goal is to build the Fit 4 You mobile application for Android to provide features for managing physical activity and nutrition. The research method is based on a combination of system design experimentation and application performance evaluation, while also considering user feedback to improve the user experience. This topic promises to provide a useful solution for those interested in maintaining a healthy lifestyle and contribute to research on technology development in the field of public health.

Keywords: Mobile application, Android, Health management, Physical training, Medical technology