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ΤΜΗΜΑ ΗΛΕΚΤΡΟΛΟΓΩΝ ΜΗΧΑΝΙΚΩΝ ΚΑΙ ΜΗΧΑΝΙΚΩΝ
ΥΠΟΛΟΓΙΣΤΩΝ**

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Τίτλος

**«Ανάπτυξη της εφαρμογής με τίτλο: “Daily Calories & Body
Fitness” σε Android περιβάλλον»**

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ΠΙΝΑΚΑΣ ΠΕΡΙΕΧΟΜΕΝΩΝ

1. ΠΕΡΙΓΡΑΦΗ.....	4
1.1. ΠΕΡΙΓΡΑΦΗ ΤΗΣ ΕΦΑΡΜΟΓΗΣ	4
1.2. ΡΟΗ ΤΟΥ ΠΡΟΓΡΑΜΜΑΤΟΣ	4
2. ΥΠΟΛΟΓΙΣΤΙΚΟΙ ΤΥΠΟΙ.....	13
2.1. ΒΑΣΙΚΟΣ ΡΥΘΜΟΣ ΜΕΤΑΒΟΛΙΣΜΟΥ	13
2.2. ΗΜΕΡΗΣΙΕΣ ΘΕΡΜΙΔΙΚΕΣ ΑΝΑΓΚΕΣ	13
2.3. ΚΑΤΑΤΑΞΗ ΣΩΜΑΤΙΚΟΥ ΒΑΡΟΥΣ ΚΑΙ ΑΣΘΕΝΟΥΣ	13
2.4. ΙΔΑΝΙΚΟ ΒΑΡΟΣ	14
3. ΕΡΓΑΛΕΙΑ.....	15
3.1. ECLIPSE (ΕΚΔΟΣΗ KEPLER)	15
3.2. INKSCAPE	17
3.3. SQLITE DATABASE BROWSER.....	17
3.4. ΟΙ ΣΥΣΚΕΥΕΣ	18
4. ΚΩΔΙΚΑΣ ΤΗΣ ΕΦΑΡΜΟΓΗΣ ANDROID PROJECT: DAILYCALORIESBODYFITNESS	19
4.1. ΦΑΚΕΛΟΣ SRC	19
4.1.1 Αρχείο LanguageSelection.java.....	19
4.1.2 Αρχείο EntryForm.java.....	19
4.1.3 Αρχείο ResultScreen.java.....	24
4.1.4 Αρχείο BodyFormula.java.....	28
4.1.5 Αρχείο Diet.java.....	31
4.1.6 Αρχείο DietDatabaseHelper.java.....	36
4.2. ΦΑΚΕΛΟΣ GEN	56
4.2.1 Αρχείο R.java	56
4.3. ΦΑΚΕΛΟΣ RES	59
4.3.1 Φάκελος drawable	59
4.3.1.1 Αρχείο greek_language_button.xml:.....	59
4.3.1.2 Αρχείο english_language_button.xml	60
4.3.2 Φάκελος layout	60
4.3.2.1 Αρχείο language_selection.xml.....	60
4.3.2.2 Αρχείο entry_form.xml	61
4.3.2.3 Αρχείο result_screen.xml	63
4.3.2.4 Αρχείο day.xml.....	65
4.3.2.5 Αρχείο diet.xml	67
4.3.3 Φάκελος layout-land	68
4.3.3.1 Αρχείο language_selection.xml.....	68

4.3.4	Φάκελος layout-large	69
4.3.4.1	Αρχείο language_selection.xml	69
4.3.4.2	Αρχείο entry_form.xml	70
4.3.4.3	Αρχείο result_screen.xml	71
4.3.4.4	Αρχείο day.xml	74
4.3.4.5	Αρχείο diet.xml	76
4.3.5	Φάκελος layout-large-land	76
4.3.5.1	Αρχείο language_selection.xml	77
4.3.5.2	Αρχείο entry_form.xml	77
4.3.5.3	Αρχείο result_screen.xml	79
4.3.5.4	Αρχείο day.xml	81
4.3.5.5	Αρχείο diet.xml	84
4.3.6	Φάκελος layout-small	84
4.3.6.1	Αρχείο language_selection.xml	85
4.3.7	Φάκελος layout-small-land	85
4.3.7.1	Αρχείο language_selection.xml	85
4.3.8	Φάκελος layout-sw600dp	86
4.3.8.1	Αρχείο language_selection.xml	86
4.3.8.2	Αρχείο entry_form.xml	87
4.3.8.3	Αρχείο result_screen.xml	89
4.3.8.4	Αρχείο day.xml	91
4.3.8.5	Αρχείο diet.xml	94
4.3.9	Φάκελος layout-sw600dp-land	94
4.3.9.1	Αρχείο language_selection.xml	94
4.3.9.2	Αρχείο entry_form.xml	95
4.3.9.3	Αρχείο result_screen.xml	97
4.3.9.4	Αρχείο day.xml	99
4.3.9.5	Αρχείο diet.xml	102
4.3.10	Φάκελος layout-sw720dp	102
4.3.10.1	Αρχείο language_selection.xml	102
4.3.10.2	Αρχείο entry_form.xml	103
4.3.10.3	Αρχείο result_screen.xml	105
4.3.10.4	Αρχείο day.xml	107
4.3.10.5	Αρχείο diet.xml	109
4.3.11	Φάκελος layout-sw720dp-land	110
4.3.11.1	Αρχείο language_selection.xml	110
4.3.11.2	Αρχείο entry_form.xml	111
4.3.11.3	Αρχείο result_screen.xml	113
4.3.11.4	Αρχείο day.xml	115
4.3.11.5	Αρχείο diet.xml	117
4.3.12	Φάκελος values	118
4.3.12.1	Αρχείο arrays.xml	118
4.3.12.2	Αρχείο colors.xml	118
4.3.12.3	Αρχείο strings.xml	119
4.3.13	Αρχείο AndroidManifest.xml στο φάκελο res	120
5.	ΠΙΘΑΝΕΣ ΕΠΕΚΤΑΣΕΙΣ (UPDATES)	121
6.	ΒΙΒΛΙΟΓΡΑΦΙΑ	122

1. ΠΕΡΙΓΡΑΦΗ


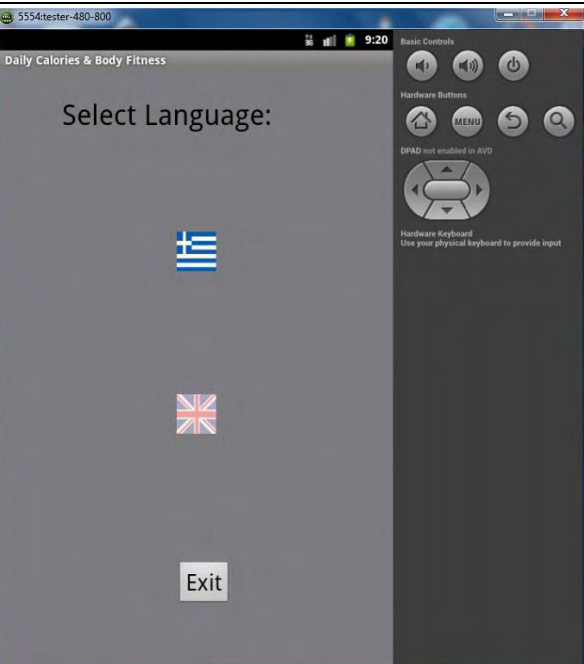
1.1. Περιγραφή της εφαρμογής

Η εφαρμογή Daily Calories & Body Fitness είναι μια υπολογιστική εφαρμογή που ανήκει στην κατηγορία των Calculators. Ο τίτλος της εφαρμογής μαρτυρά τις υπηρεσίες που προσφέρει στο χρήστη, οι οποίες είναι:

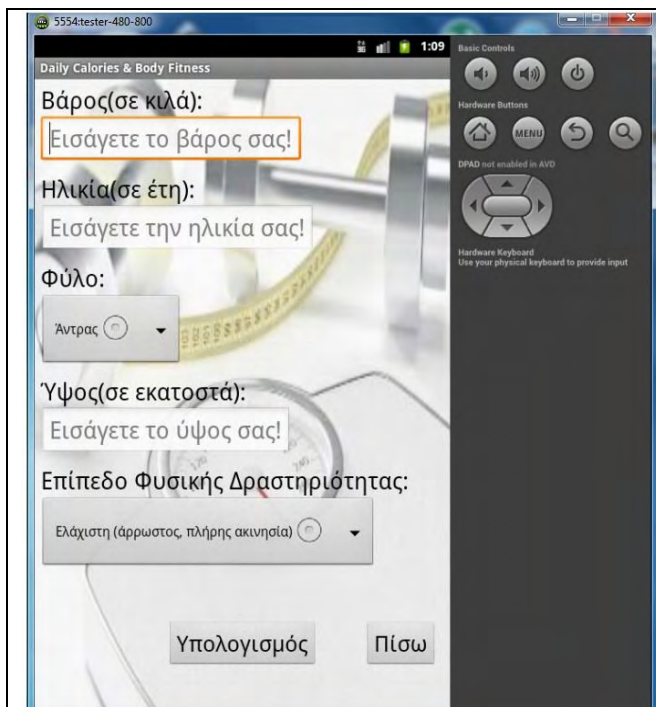
- A. Υπολογισμός βασικού ρυθμού μεταβολισμού
- B. Υπολογισμός ημερήσιων θερμιδικών αναγκών
- C. Κατάταξη σωματικού βάρους και κατάταξη ασθενούς
- D. Υπολογισμός ιδανικού βάρους
- E. Προβολή ενδεικτικής διατροφής μίας εβδομάδας

1.2. Ροή του προγράμματος

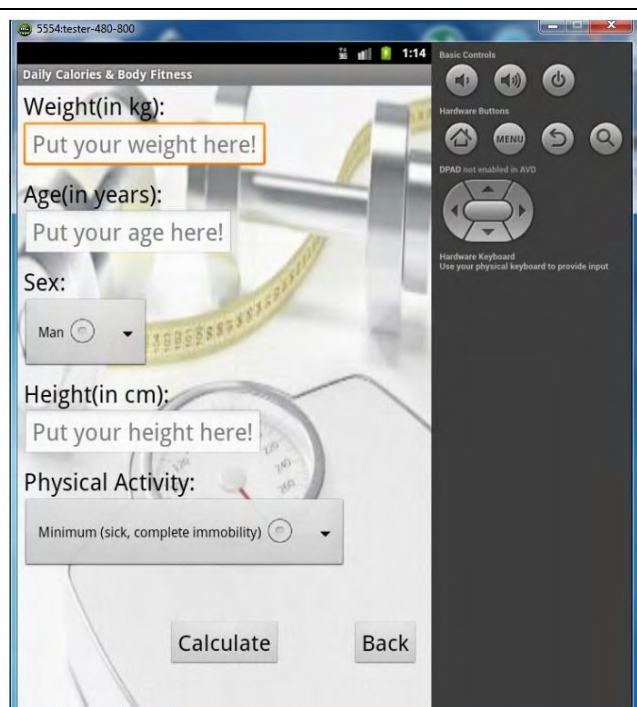
Στην αρχική σελίδα της εφαρμογής ο χρήστης καλείται να επιλέξει μια εκ των δύο υποστηριζόμενων γλωσσών (Ελληνικά, Αγγλικά) για να συνεχίσει την περιήγησή του (Εικόνα 1, Εικόνα 2).

 The screenshot shows the 'Daily Calories & Body Fitness' app interface. At the top, it says 'Daily Calories & Body Fitness' and 'Select Language:'. There are two language options: the Greek flag and the UK flag. The Greek flag is highlighted with a white border. At the bottom, there is an 'Exit' button. On the right side, there are control buttons for volume, power, and a directional pad. The time is 9:03.	 The screenshot shows the 'Daily Calories & Body Fitness' app interface. At the top, it says 'Daily Calories & Body Fitness' and 'Select Language:'. There are two language options: the Greek flag and the UK flag. The UK flag is highlighted with a white border. At the bottom, there is an 'Exit' button. On the right side, there are control buttons for volume, power, and a directional pad. The time is 9:20.
<p>Εικόνα 1 (επιλογή ελληνικής γλώσσας)</p>	<p>Εικόνα 2 (επιλογή αγγλικής γλώσσας)</p>

Στη συνέχεια περνάμε στη δεύτερη οθόνη όπου ο χρήστης συμπληρώνει τα στοιχεία του που είναι: Βάρος (kg), Ηλικία (έτη), φύλο, ύψος (cm) και επίπεδο φυσικής δραστηριότητας (Εικόνες 3α,3β).



Εικόνα 3α (φόρμα συμπλήρωσης στοιχείων χρήστη (ελληνικά))

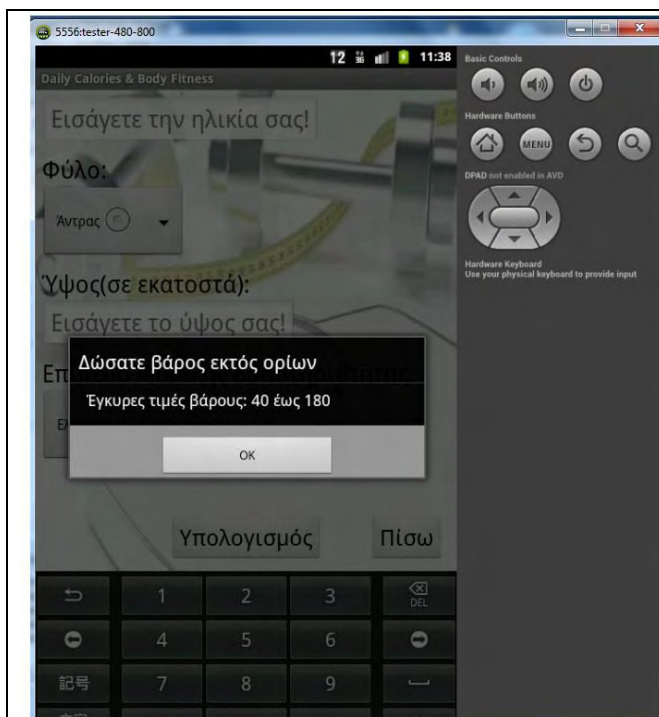


Εικόνα 3β (φόρμα συμπλήρωσης στοιχείων χρήστη (αγγλικά))

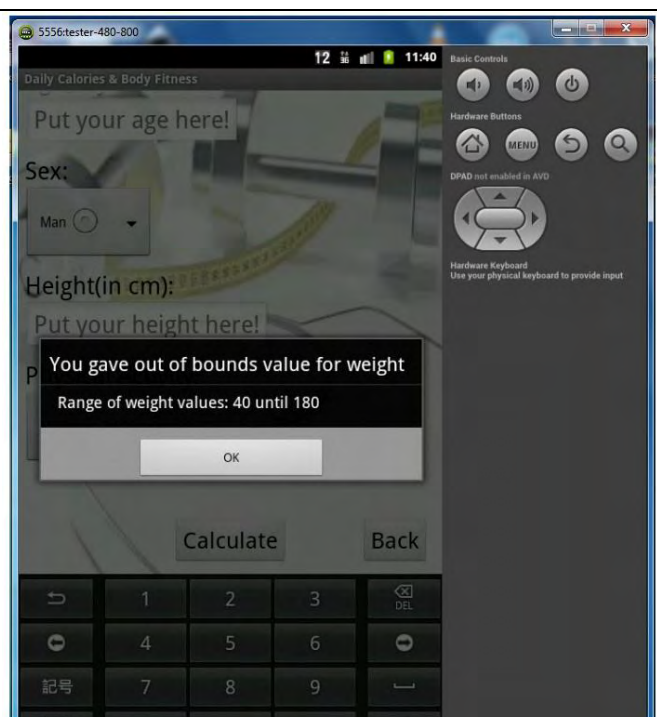
Από τα παραπάνω στοιχεία που δίνει ο χρήστης, το βάρος, η ηλικία και το ύψος μπορούν να δεχτούν μόνο ακέραιους αριθμούς των οποίων η εμβέλεια περιορίζεται ως εξής:

- Βάρος -> Τιμές από 40 έως 180
- Ηλικία -> Τιμές από 18 έως 90
- Ύψος -> Τιμές από 150 έως 200

Αν ο χρήστης εισάγει αριθμό εκτός εμβέλειας π.χ. Βάρος=30 και πατήσει το κουμπί "Υπολογισμός" που βρίσκεται στο κάτω μέρος της οθόνης, εμφανίζεται ένα μήνυμα που τον ενημερώνει για τις έγκυρες τιμές που μπορεί να πάρει το συγκεκριμένο πεδίο (Εικόνες 4α,4β).



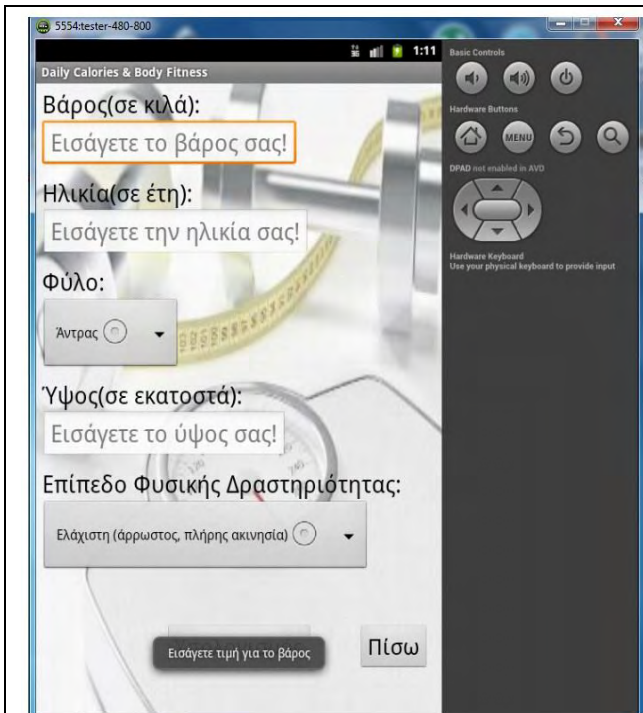
Εικόνα 4α (βάρος εκτός ορίων (ελληνικά))



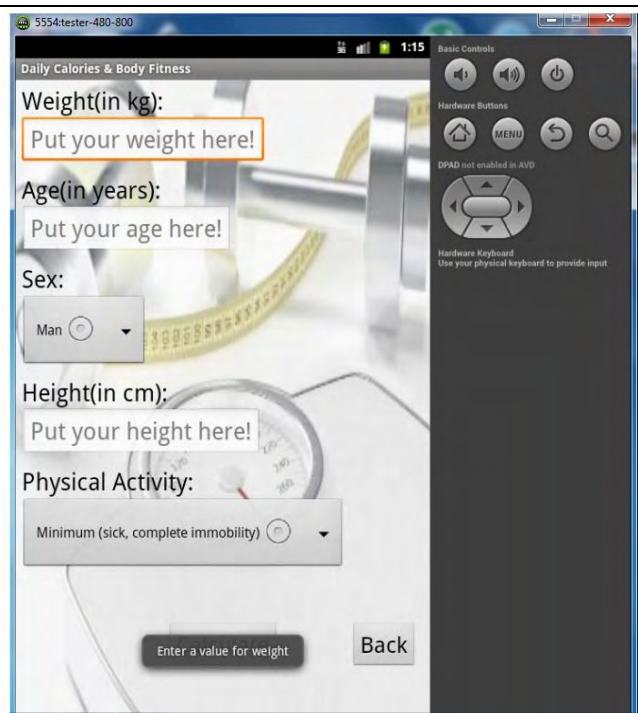
Εικόνα 4β (βάρος εκτός ορίων (αγγλικά))

Ο έλεγχος για τις έγκυρες τιμές των στοιχείων γίνεται από πάνω προς τα κάτω, δηλαδή πρώτα ελέγχεται για ορθότητα το βάρος, έπειτα η ηλικία και τέλος το ύψος. Αν ο χρήστης ξεχάσει να συμπληρώσει κάποιο πεδίο π.χ. το βάρος και πατήσει το κουμπί “Υπολογισμός” τότε εμφανίζεται ένα σύντομο μήνυμα που τον προτρέπει να το συμπληρώσει (Εικόνες 5α,5β).

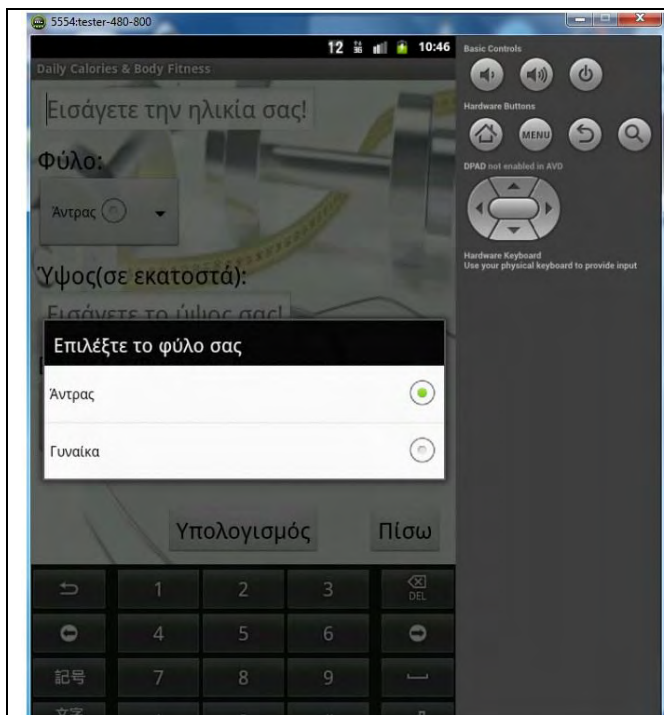
Εκτός από τα στοιχεία με τον περιορισμό εμβέλειας τιμών που αναφέρθηκαν υπάρχουν ακόμα δύο πεδία, το φύλο και το επίπεδο φυσικής δραστηριότητας. Στην περίπτωση του φύλου, ο χρήστης επιλέγει ενός εκ των δύο πιθανών: άντρας, γυναίκα, ενώ σε αυτήν του επιπέδου φυσικής δραστηριότητας μπορεί να επιλέξει μιας εκ των τεσσάρων πιθανών: Ελάχιστη (άρρωστος, πλήρης ακινησία), Ελαφριά (καθιστική ζωή, δουλειά γραφείου), Μέτρια (πιο έντονη δραστηριότητα, περπάτημα) και Έντονη (2 φορές τη βδομάδα 2 ώρες γυμναστική) (Εικόνες 6α,6β και 7α,7β αντίστοιχα). Αν ο χρήστης δεν επιλέξει κάτι ο ίδιος, τότε το πρόγραμμα θεωρεί ως προεπιλογές για το φύλο -> άντρας και για το επίπεδο φυσικής δραστηριότητας -> ελάχιστη.



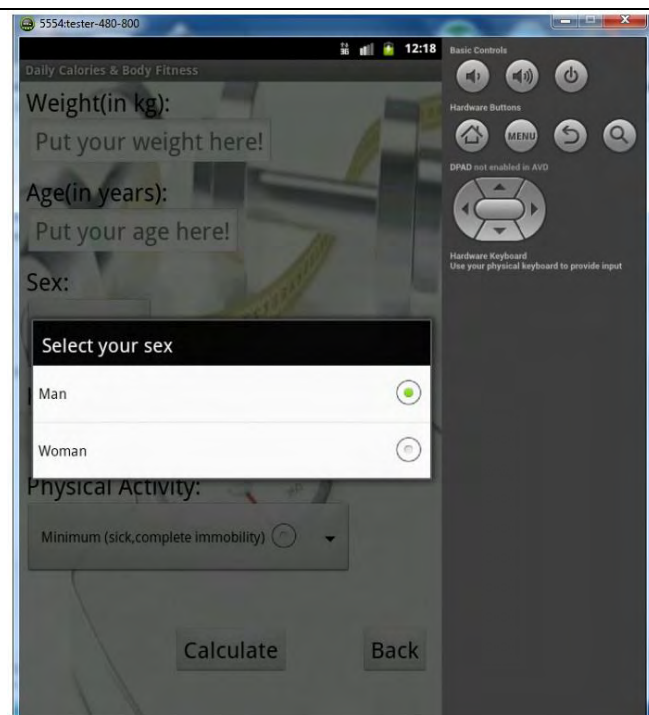
Εικόνα 5α (μήνυμα σε περίπτωση μη εισαγωγής βάρους (ελληνικά))



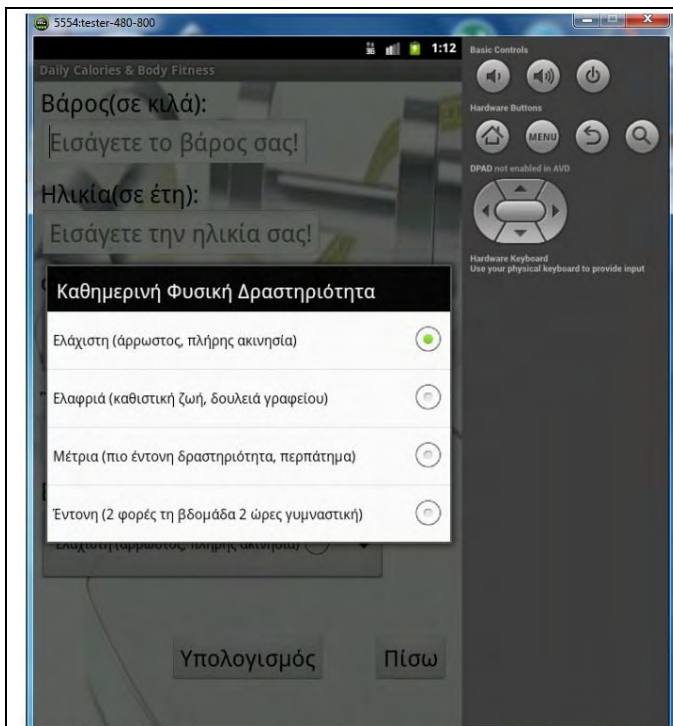
Εικόνα 5β (μήνυμα σε περίπτωση μη εισαγωγής βάρους (αγγλικά))



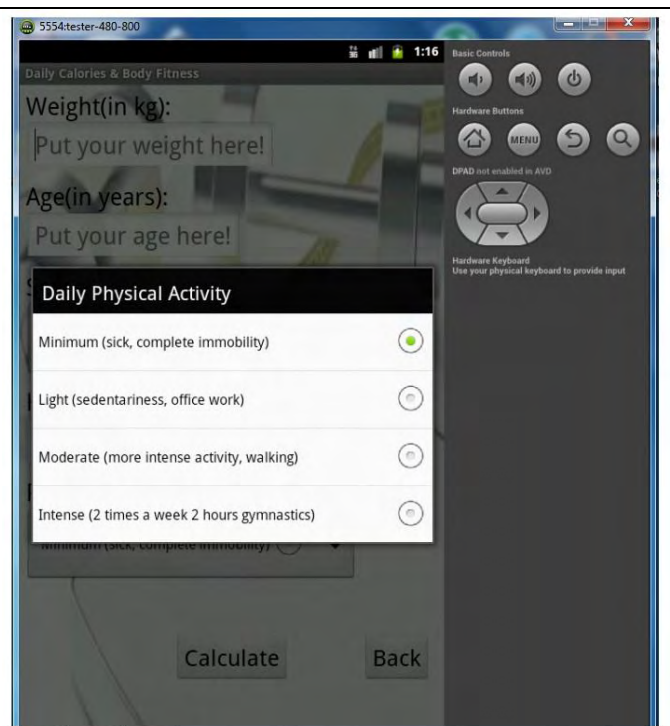
Εικόνα 6α (επιλογή φύλου (ελληνικά))



Εικόνα 6β (επιλογή φύλου (αγγλικά))



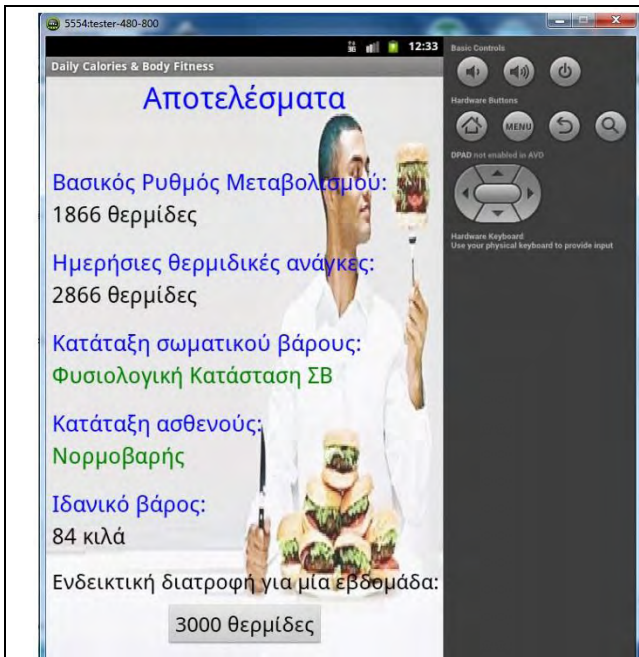
Εικόνα 7α (επιλογή επιπέδου φυσικής δραστηριότητας (ελληνικά))



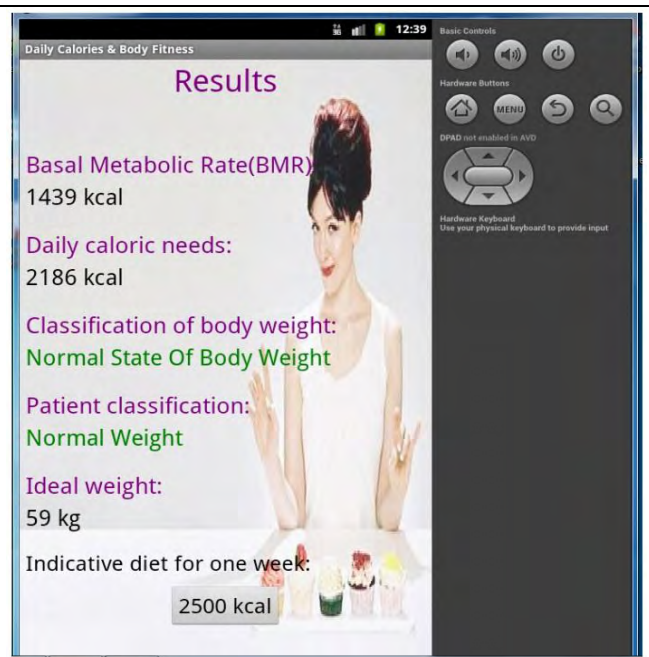
Εικόνα 7β (επιλογή επιπέδου φυσικής δραστηριότητας (αγγλικά))

Εφόσον συμπληρωθούν όλα τα πεδία εντός των επιτρεπτών ορίων και πατηθεί το κουμπί “Υπολογισμός” εμφανίζεται η οθόνη με τα αποτελέσματα που αφορούν: το βασικό ρυθμό μεταβολισμού, τις ημερήσιες θερμιδικές ανάγκες, την κατάταξη σωματικού βάρους και ασθενούς και το ιδανικό βάρος. Το πρόγραμμα επίσης υπολογίζει πόσο θα έπρεπε να είναι οι ημερήσιες θερμιδικές ανάγκες βάση του ιδανικού βάρους και, εάν το αποτέλεσμα είναι μικρότερο του 3828 (θερμίδες), τότε προτείνει στο χρήστη ενδεικτική διατροφή μιας εβδομάδας (Εικόνες 8,9).

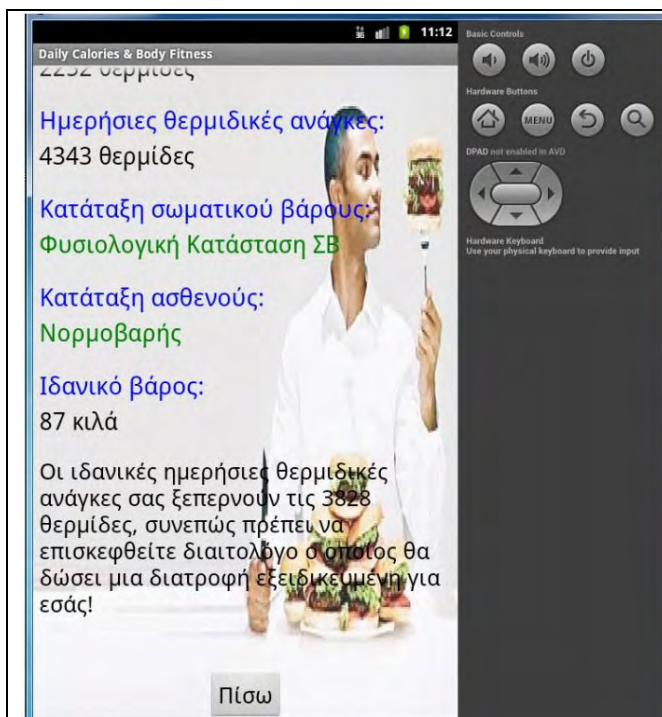
Διαφορετικά, εάν οι ημερήσιες θερμιδικές ανάγκες ξεπερνούν τις 3828, τότε το πρόγραμμα αντί για διατροφή εμφανίζει ένα μήνυμα που παρακινεί το χρήστη να επισκεφθεί διαιτολόγο διότι οι θερμίδες που πρέπει να παίρνει υπερβαίνουν τις ανάγκες του μέσου χρήστη και χρειάζεται ειδική διατροφή (Εικόνες 10α,10β). Οι συνολικές διατροφές που περιλαμβάνει η εφαρμογή είναι: 1300, 1500, 1800, 2500, 3000 και 3500 θερμίδων, και καλύπτουν το μέσο όρο των πιθανών χρηστών της εφαρμογής.



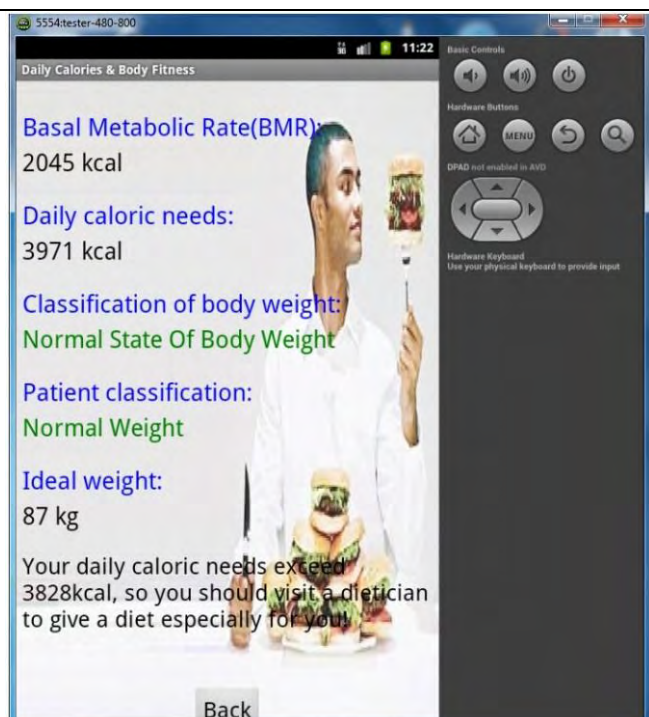
Εικόνα 8 (πρόταση για διατροφή 3000 θερμίδων (ελληνικά-άντρας))



Εικόνα 9 (πρόταση για διατροφή 2500 θερμίδων (αγγλικά-γυναίκα))



Εικόνα 10α (ιδανικές ημερήσιες θερμιδικές ανάγκες > 3828 (ελληνικά, άντρας))



Εικόνα 10β (ιδανικές ημερήσιες θερμιδικές ανάγκες > 3828 (αγγλικά, άντρας))

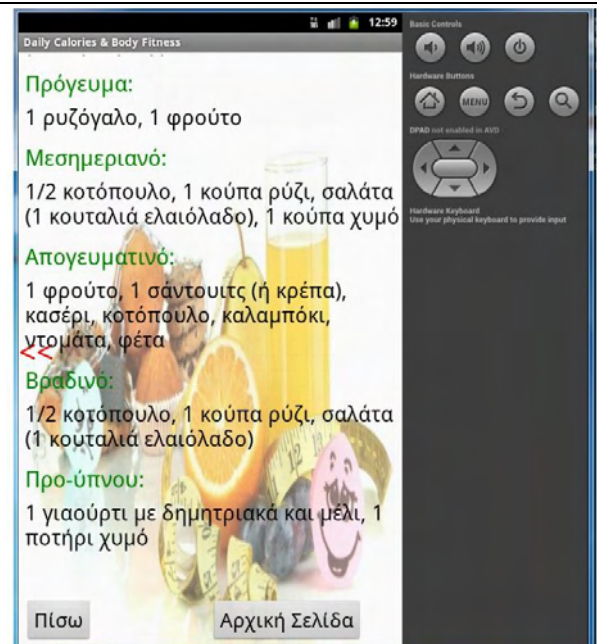
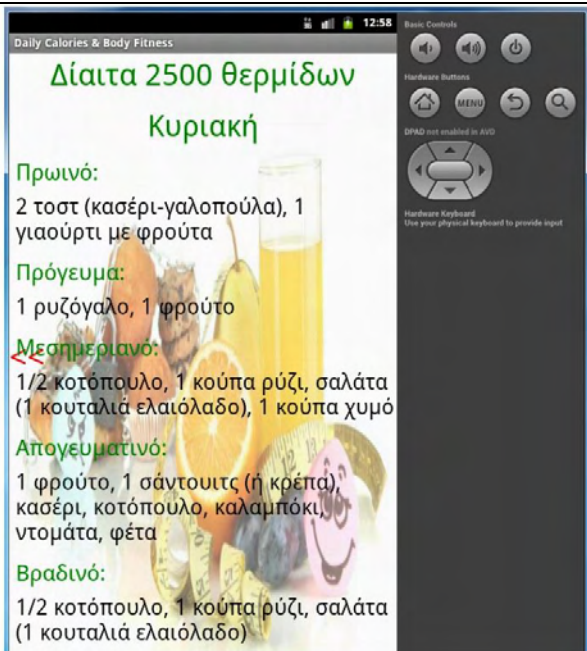
Το τελευταίο βήμα της εφαρμογής είναι η προβολή της διατροφής μίας εβδομάδας. Η πρώτη ημέρα διατροφής που εμφανίζεται είναι η Δευτέρα και ο χρήστης μπορεί, ακολουθώντας τα βελάκια πλοήγησης (συρόμενες εικόνες) να οδηγηθεί στην επόμενη κατά σειρά ημέρα. Στις Εικόνες 11a,11b έως 16a,16b παρουσιάζονται χαρακτηριστικά στιγμιότυπα του προγράμματος διατροφής για 2500 θερμίδες στα ελληνικά και στα αγγλικά.

<p>Εικόνα 11α (2500 θερμίδες - Δευτέρα (ελληνικά))</p>	<p>Εικόνα 11β (2500 θερμίδες - Δευτέρα (ελληνικά)-συνέχεια εικόνας)</p>

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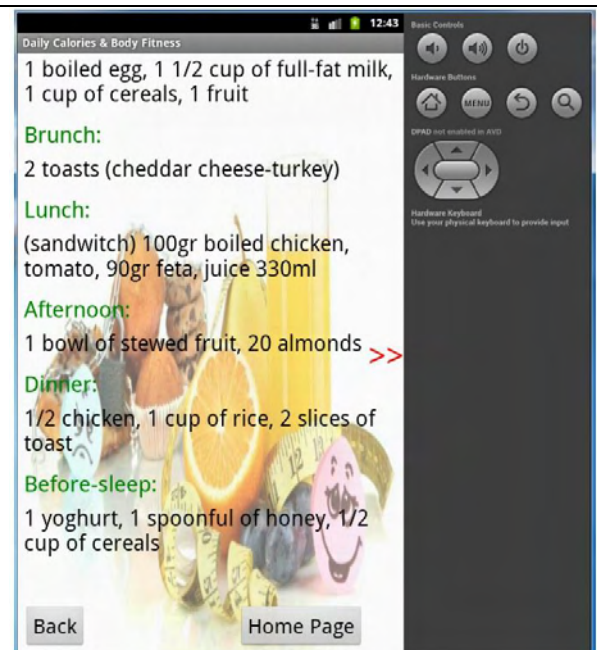
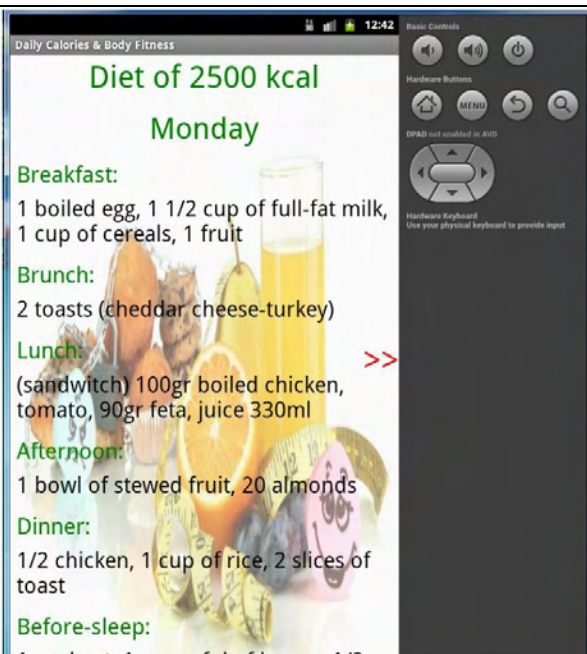
Εικόνα 12α (2500 θερμίδες - Τρίτη (αγγλικά))

Εικόνα 12β (2500 θερμίδες - Τρίτη (αγγλικά)-
συνέχεια εικόνας)



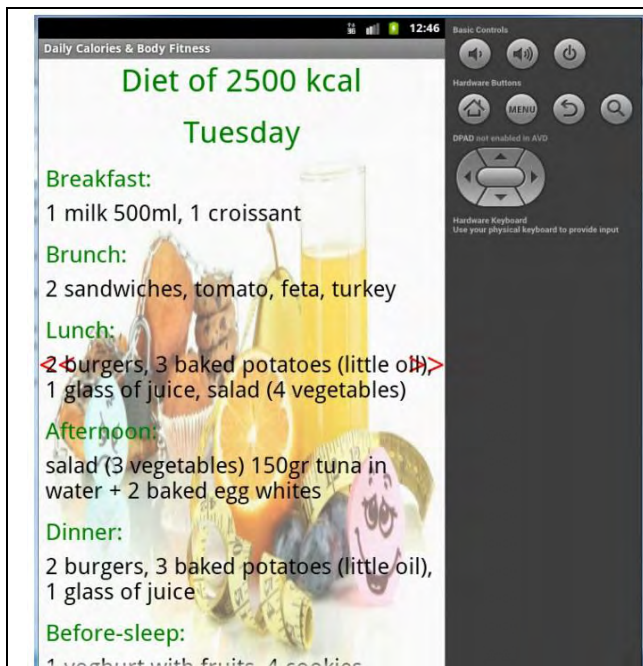
Εικόνα 13α (2500 θερμίδες - Κυριακή (ελληνικά))

Εικόνα 13β (2500 θερμίδες - Κυριακή (ελληνικά)-
συνέχεια εικόνας)

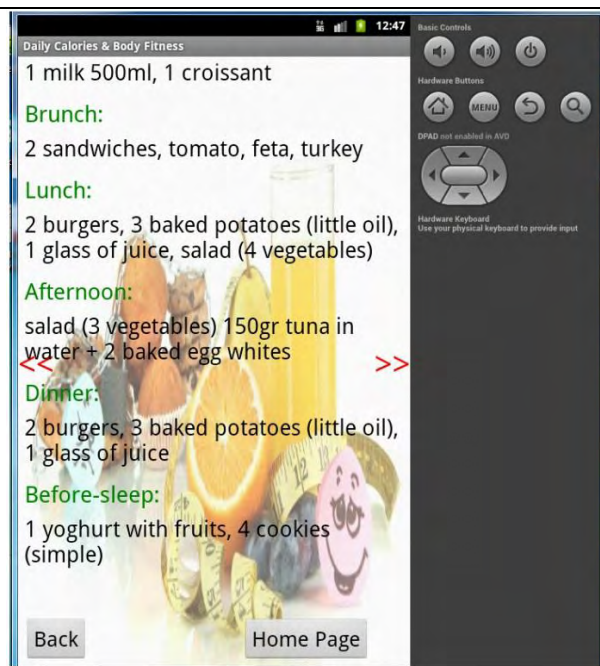


Εικόνα 14α (2500 θερμίδες - Δευτέρα (αγγλικά))

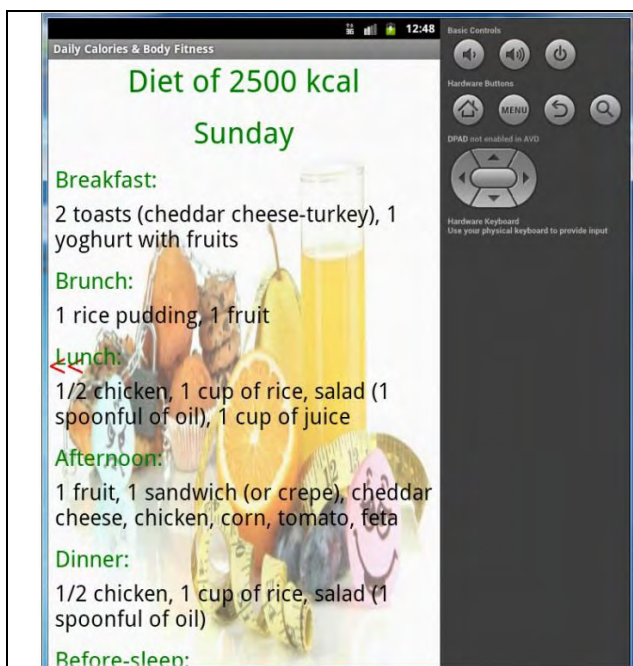
Εικόνα 14β (2500 θερμίδες - Δευτέρα (αγγλικά)-
συνέχεια εικόνας)



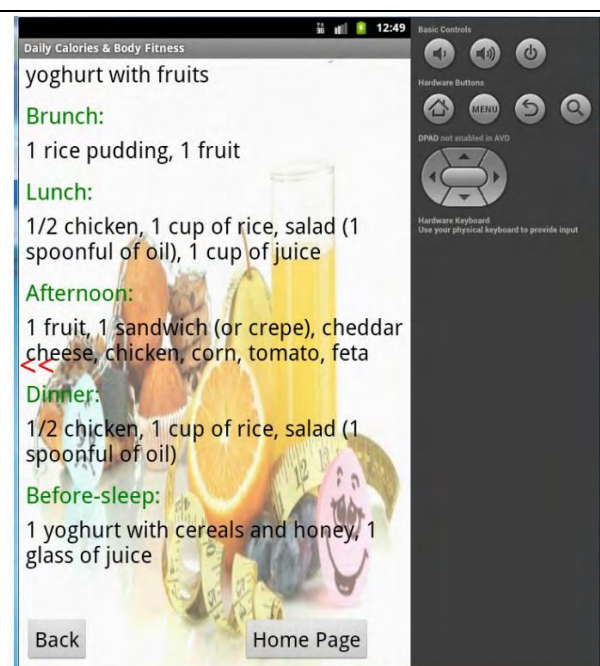
Εικόνα 15α (2500 θερμίδες - Τρίτη (αγγλικά))



**Εικόνα 15β (2500 θερμίδες - Τρίτη (αγγλικά)-
συνέχεια εικόνας)**



Εικόνα 16α (2500 θερμίδες - Κυριακή (αγγλικά))



**Εικόνα 16β (2500 θερμίδες - Κυριακή (αγγλικά)-
συνέχεια εικόνας)**

Σε καθεμία από τις σελίδες διατροφής ο χρήστης μπορεί να επιλέξει “Αρχική Σελίδα” για να ξεκινήσει πάλι την εφαρμογή από την επιλογή γλώσσας (Εικόνες 1,2).

2. ΥΠΟΛΟΓΙΣΤΙΚΟΙ ΤΥΠΟΙ

2.1. Βασικός ρυθμός μεταβολισμού

Οι τύποι που χρησιμοποιήθηκαν για τον υπολογισμό του **βασικού ρυθμού μεταβολισμού** είναι:

(Harris-Benedict) Άντρες: $MH=66.47+(13.75 \times B)+(5 \times Y)-(6.75 \times H)$
Γυναίκες: $MH=655.09+(9.56 \times B)+(1.84 \times Y)-(4.67 \times H)$,

όπου:

B-> Βάρος σε kg

Y-> Ύψος σε cm

H-> Ηλικία σε χρόνια

2.2. Ημερήσιες θερμιδικές ανάγκες

Οι τύποι που χρησιμοποιήθηκαν για τον υπολογισμό των **ημερήσιων θερμιδικών αναγκών** είναι:

HEA (ΓΥΝΑΙΚΕΣ) = $\{354 - (6.91 \times \text{ΗΛΙΚΙΑ}[\text{έτη}])\} + \Phi\Delta \times \{(9.36 \times \text{ΒΑΡΟΣ}[\text{kg}]) + (726 \times \text{ΥΨΟΣ}[\text{m}])\}$

Όπου ΦΔ (φυσική δραστηριότητα):

= 1.00 -> ελάχιστη ΦΔ

= 1.12 -> ελαφριά ΦΔ

= 1.27 -> μέτρια ΦΔ

= 1.45 -> έντονη ΦΔ

HEA (ΑΝΤΡΕΣ) = $\{662 - (9.53 \times \text{ΗΛΙΚΙΑ}[\text{έτη}])\} + \Phi\Delta \times \{(15.91 \times \text{ΒΑΡΟΣ}[\text{kg}]) + (539.6 \times \text{ΥΨΟΣ}[\text{m}])\}$

Όπου ΦΔ (φυσική δραστηριότητα):

= 1.00 -> ελάχιστη ΦΔ

= 1.11 -> ελαφριά ΦΔ

= 1.25 -> μέτρια ΦΔ

= 1.48 -> έντονη ΦΔ

2.3. Κατάταξη σωματικού βάρους και ασθενούς

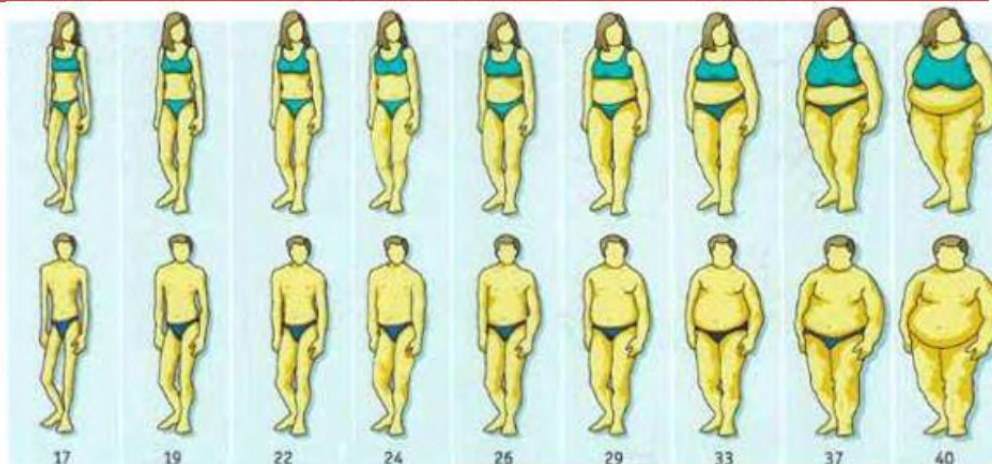
Για την **κατάταξη σωματικού βάρους και ασθενούς** χρησιμοποιήθηκε ο δείκτης μάζας σώματος σύμφωνα με τα εξής στοιχεία:

$$\Delta\text{Μ}\Sigma = \text{βάρος}(\text{kg}) / \text{ύψος}(\text{m})^2$$

Βάσει του ΔΜΣ κάνουμε τη διάγνωση απλής παχυσαρκίας σύμφωνα με τον παρακάτω πίνακα:

2. Διάγνωση Απλής Παχυσαρκίας (WHO/IASO/IOTF, 2000)

ΔΜΣ	Κατάταξη ΣΒ	Κατάταξη Ασθενούς
$<18.5\text{kg}/\text{m}^2$	Ελλειποβαρές	Λιποβαρής
$18.5 \leq \Delta\text{ΜΣ} < 25.0\text{kg}/\text{m}^2$	Φυσιολογική κατάσταση ΣΒ	Νορμοβαρής
$25.0 \leq \Delta\text{ΜΣ} < 29.9\text{kg}/\text{m}^2$	Υπερβάλλον ΣΒ	Υπέρβαρος
$30 \leq \Delta\text{ΜΣ} < 40\text{kg}/\text{m}^2$	Παχυσαρκία	Παχύσαρκος
$\geq 40\text{kg}/\text{m}^2$	Νοσογόνος Παχυσαρκία	Παχύσαρκος



2.4. Ιδανικό βάρος

Τέλος για τον υπολογισμό του **ιδανικού βάρους** χρησιμοποιήθηκαν τα εξής στοιχεία:

Από το ΔΜΣ βλέπει ο κάθε χρήστης σε ποια κατάταξη ασθενούς ανήκει και χρησιμοποιείται ο ανάλογος τύπος για τον υπολογισμό του ιδανικού βάρους. Οι τύποι αυτοί παρουσιάζονται στον ακόλουθο πίνακα:

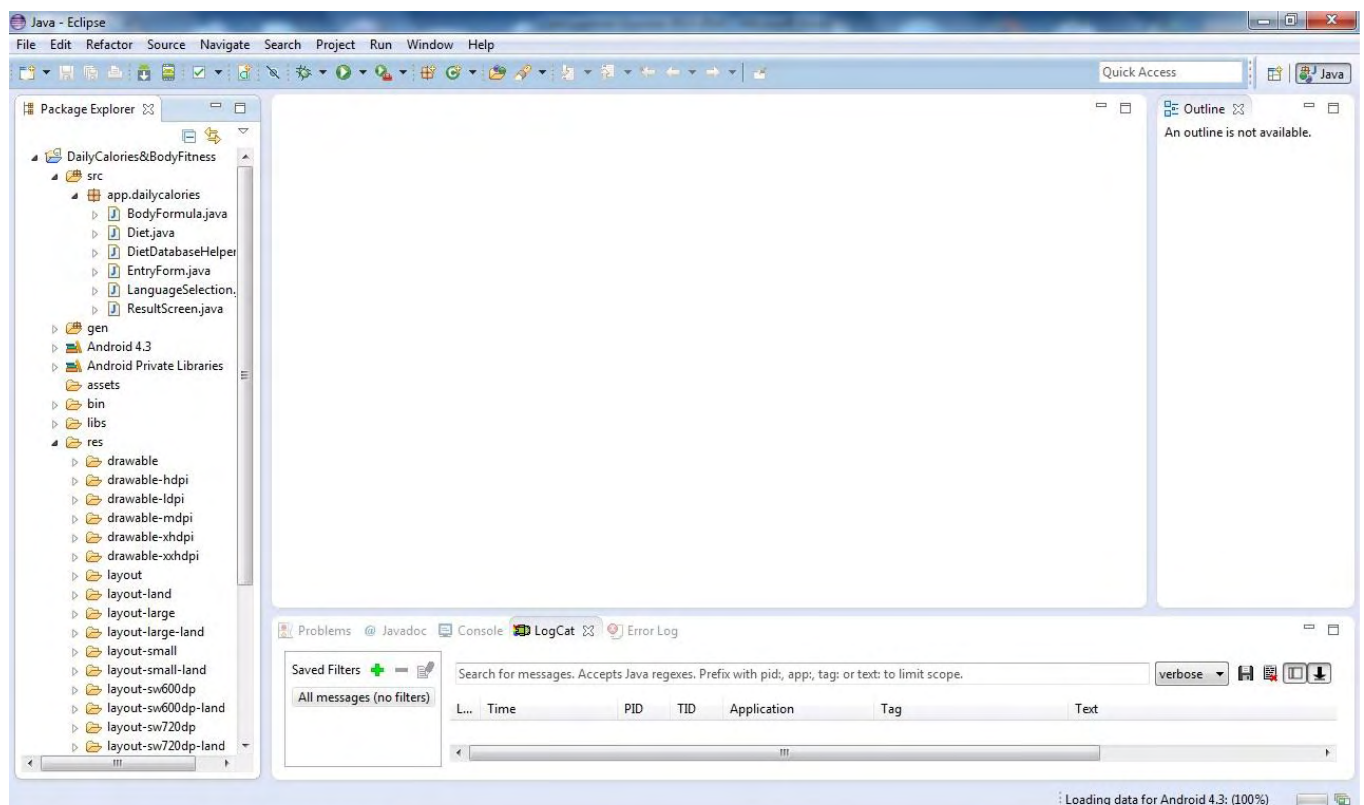
Κατάταξη Ασθενούς	Εξίσωση IB
Νορμοβαρής	$IB = 21.7 \times Y(m)^2$
Υπέρβαρος/Παχύσαρκος	$IB = 24.9 \times Y(m)^2$
Λιποβαρής	$IB = 18.5 \times Y(m)^2$

3. ΕΡΓΑΛΕΙΑ

Τα εργαλεία που χρησιμοποιήθηκαν για την ανάπτυξη της εφαρμογής είναι:

3.1. Eclipse (έκδοση Kepler)

Το Eclipse Integrated Development Environment (IDE) είναι το προγραμματιστικό περιβάλλον όπου γράφτηκε ο κώδικας της εφαρμογής. Είναι απλά ένα γενικό περιβάλλον προγραμματισμού, όχι εξειδικευμένο για Android Development (Εικόνα 17).



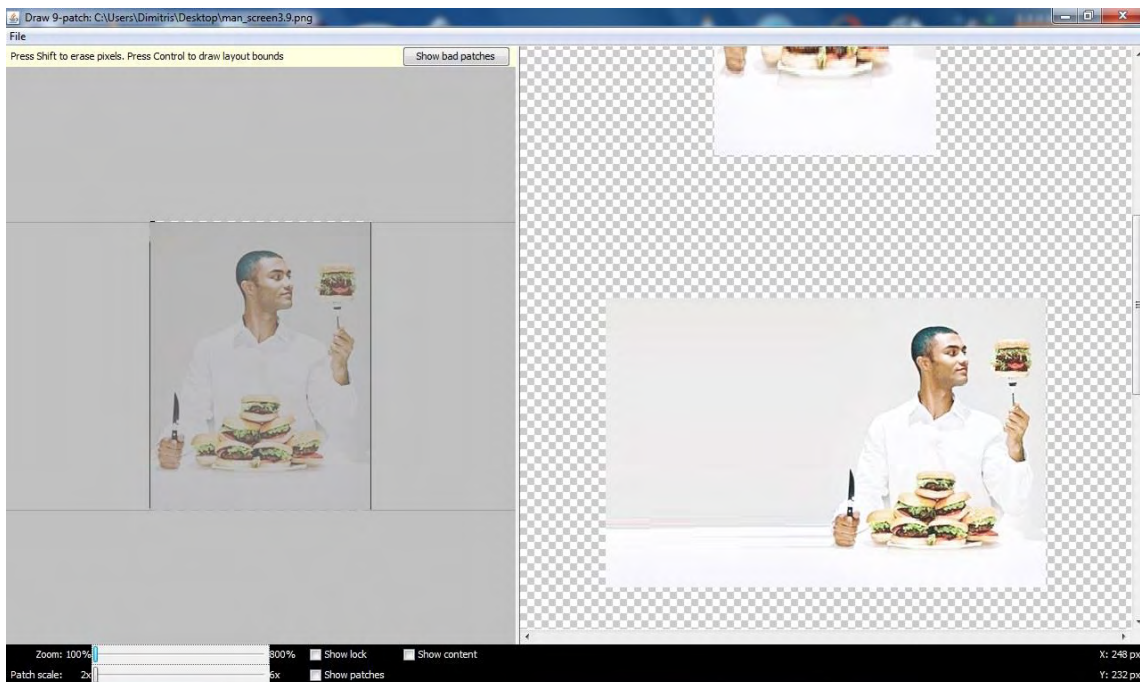
Εικόνα 17 (Eclipse)

- ✓ **Android Development Tools:** Το Android Development Tools (ADT) είναι ένα plugin που προσθέτει λειτουργικότητα Android στο περιβάλλον Eclipse.
- ✓ **Software Development Kit (SDK):** Το Android Software Development Kit (SDK) περιέχει όλα τα εργαλεία χαμηλού επιπέδου για να “χτιστεί”, να “τρέξει” αλλά και να “τεσταριστεί” κάθε Android εφαρμογή.
- ✓ **Android Packages:** Ο προγραμματιστής μπορεί να αναπτύσσει και να υποστηρίξει την εφαρμογή του πάνω από πολλαπλές εκδόσεις Android. Τα Packages προσθέτουνε αυτήν τη λειτουργικότητα στο βασικό SDK. Στη συγκεκριμένη εφαρμογή χρησιμοποιήθηκε ως ελάχιστη υποστηριζόμενη έκδοση Android η 2.3.3 (Gingerbread) ενώ ως μέγιστη-στόχος η 4.3.
- ✓ **Draw 9-patch:** Το draw 9-patch είναι μια εφαρμογή που βρίσκεται στο Android SDK. Χρησιμοποιήθηκε για την επεξεργασία των backgrounds της εφαρμογής. Παρέχει τη

δυνατότητα επεξεργασίας εικόνων με επαναπροσδιορισμό μεγέθους σημείων για όσον το δυνατόν μικρότερη παραμόρφωση (Εικόνες 18α, 18β).



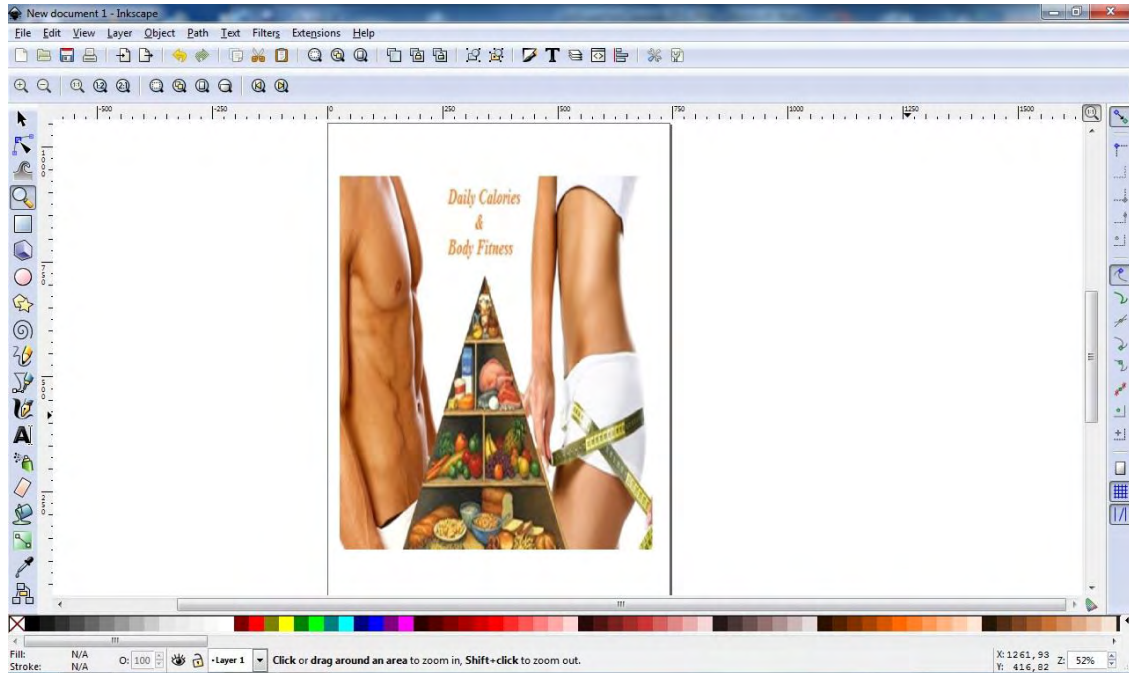
Εικόνα 18α (draw 9-patch-πριν την επεξεργασία)



Εικόνα 18β (draw 9-patch-μετά την επεξεργασία)

3.2. Inkscape

Το Inkscape είναι ένα πρόγραμμα επεξεργασίας εικόνας που χρησιμοποιήθηκε για τη διαμόρφωση των εικονιδίων: της εκκίνησης της εφαρμογής και της αρχικής οθόνης (σημαίες επιλογής γλώσσας) (Εικόνα 19).



Εικόνα 19 (Inkscape)

3.3. SQLite Database Browser

Το SQLite database browser είναι ένα πρόγραμμα στο οποίο μπορεί να δει κανείς τι περιέχει η βάση δεδομένων που έχει φτιάξει μέσα στο πρόγραμμά του (Εικόνες 20α,20β).

calories	day	breakfast	brunch	lunch	afternoon	dinner	before sleep
1300	Δευτέρα	καφέ/τσάι, 2 φρούτα	1 φλιτζάνι γάλα 2%	1/2 κύβου μακαρόνι	1 γουστου με φρούτα σαλάτα	1 κουνιάκι	1 κούνα γάλα, 1/2 κ
1300	Τρίτη	καφέ/τσάι, 1 κούνα	1 μισό κουνιάκι, 2 μισό στο σούσι, 2 2 φρονιόνες, 2 κουνιάκι, 1 κουνιάκι	1 γουστου με φρούτα			
1300	Τετάρτη	καφέ/τσάι, 1 κούνα	2 μισά φρούτα	1 κούνα φρούκ, 1 φ	1 μισό κουνιάκι, 2 κουνιάκι, 50g τόνο	1 γουστου, 1/2 κούνα	
1300	Πέμπτη	καφέ/τσάι, 1 κούνα	1 φλιτζάνι γάλα 2%	1/2 κύβου ρυζι, 50g μισή σαλάτα (για 1/2 κύβου τσασινά)	1 γουστου με φρούτα		
1300	Παρασκευή	καφέ/τσάι, 1 μισό 2 φρονιόνες, 2 κούνα	300g αποξηραμένο 2 κουνιάκι κρέι, 1/2 κουνιάκι 50g τόνο	ο	1 γουστου με φρούτα		
1300	Σάββατο	καφέ/τσάι, 1 φρούτο	1 γουστου, 1/2 κούνα	1/2 μισό σούσι, 2 2 φρονιόνες, 2 κουνιάκι, 50g κρέιφι φρούτα			
1300	Κυριακή	καφέ/τσάι, 1 κούνα	1 μισό κουνιάκι	1/2 κύβου τσασινά, 1 κουνιάκι κρέι, 1 κουνιάκι	1 κουνιάκι	1 μισό φρούτα, 1 κ	
1500	Δευτέρα	καφέ/τσάι, 1/2 κούνα	1 μισό φρούτα	1/2 κύβου μακαρόνι/καφέ/τσάι, 1 αυγό σαλάτα της εκλογής	1 γουστου 2%, 1 κ		
1500	Τρίτη	καφέ/τσάι, 1 φρούτο	1 γουστου 2% με εφισσοδότηση ημερινή/καφέ/τσάι, 1 φρούτο σαλάτα (για 1/2 κούνα γάλα)	1/2 κούνα γάλα, 1/2			
1500	Τετάρτη	καφέ/τσάι, 2 κρέιφι	1/2 κούνα γάλα, 1/2 1 μισό φρούκ + σού	1/2 κούνα γάλα, 1 σαλάτα (για 1/2 κούνα γάλα, 1/2 1 κούνα γάλα 2%, 1			
1500	Πέμπτη	καφέ/τσάι, 1 κούνα	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα γάλα	
1500	Παρασκευή	καφέ/τσάι, 1 μισό 1 κούνα γάλα 2%	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα γάλα, 1/2 1 μισό φρούτα	
1500	Σάββατο	καφέ/τσάι, 1 μισό 1 κούνα γάλα 2%	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα γάλα, 1/2 1 μισό φρούτα	
1500	Κυριακή	καφέ/τσάι, 2 φρούτα	2 κρέιφι, 1 κούνα	1 μισή σαλάτα στην καφέ/τσάι, 1/2 κούνα γάλα (για 1/2 κούνα γάλα)			
1800	Δευτέρα	4-5 μπισκότα, 1 κούνα	1 κούνα φρούκ	1 σαλάτα, 1/2 φλιτζάνι γουστου κρέιφι, 1 κουνιάκι (2 αυγά), 2			
1800	Τρίτη	1 γουστου 2% με σού	1/2 κούνα γάλα, 1 κ. η.	1 φλιτζάνι ρυζι (3 1 κούνα γάλα, 1/2 κούνα γάλα, 2 κ. η., 1/2 κ			
1800	Τετάρτη	1 γουστου με φρούτα	1 φρούτο φρούκ	1 φρούτο φρούκ	1 κούνα φρούκ	1 κούνα γάλα, 2 κ	
1800	Πέμπτη	1 γουστου 2% με σού	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα γάλα, 1/2 1 μισό φρούτα	
1800	Παρασκευή	1 γουστου 2% με σού	1 φρούτο φρούκ, 1 κ. η.	1 μισό φρούτα, 30g τόνο (καφέ/τσάι/σαλάτα (για 1/2 κούνα γάλα)			
1800	Σάββατο	1 γουστου 2% με σού	1 μισό φρούτα, 1 κ. η.	1 μισό φρούτα, 30g τόνο (καφέ/τσάι/σαλάτα (για 1/2 κούνα γάλα)			
1800	Κυριακή	1 γουστου 2% με σού	1 φρούτο φρούκ, 1 κ. η.	1 φλιτζάνι ρυζι, 50g τόνο (καφέ/τσάι/σαλάτα (για 1/2 κούνα γάλα)			
2500	Δευτέρα	1 αυγό βραστό, 1 1/2 τσασινά	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα γάλα, 1 κ	
2500	Τρίτη	1 γάλα 500ml, 1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα γάλα, 1 κ	
2500	Τετάρτη	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα γάλα, 1 κ	
2500	Πέμπτη	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα γάλα, 1 κ	
2500	Παρασκευή	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα φρούκ	1 κούνα γάλα, 1 κ	

Εικόνα 20α (SQLite Browser – ελληνική βάση δεδομένων)

calories	day	breakfast	brunch	lunch	afternoon	dinner	before sleep
1300	Monday	coffee/tea, 2 slices	1 cup of milk 2%, 1 1/2 cup of spaghetti	1 yogurt with fruits salad	1 spoonful of 1 cup of milk, 1/2 cup		
1300	Tuesday	coffee/tea, 1 cup	of 1 bowl of steamed fish/baked fish, 2 baked	2 slices of toast, 2 sliced, 1 spoonful of 1 yogurt with fruits			
1300	Wednesday	coffee/tea, 1 yoghu	2 big-size fruits	1 cup of lentils, 1 sh	1 bowl of steamed fish/salad, 50g tuna in c	1 yogurt, 1/2 cup of	
1300	Thursday	coffee/tea, 1 yoghu	1 cup of milk 2%	1/2 cup of rice, 50g big-size salad (oil-free)	1/2 cup of tahini, 1 yogurt with fruits		
1300	Friday	coffee/tea, 1 big-size	2 slices of toast, 2 1 300g spinach with 2 pieces of cake, 1/2 salad	50g tuna in c	1 yogurt with fruits		
1300	Saturday	coffee/tea, 1 fruit, 1/2	1/2 cup of 1 1/2 bowl of soup, 2 slices of toast, 2 sliced, 30g boiled of 1 fruit				
1300	Sunday	coffee/tea, 1 yoghu	1 bowl of steamed fish	1/2 cup of tahini, 1 piece of cake, 1 c	1 c	1 spoonful of 1 big-size fruit, 10 g	
1500	Monday	coffee/tea, 1/2 cup	1 medium-size fruit	1/2 cup of spaghetti/coffee/tea, 1 boiled oil-free salad of you	1 cup of milk 2%, 1 sp		
1500	Tuesday	coffee/tea, 1 slice o	1 yogurt 2% with farm-fried fish, 1/2 coffee/tea, 1 fruit o	salad (oil-free), 2 sh	1/2 cup of milk, 1/2		
1500	Wednesday	coffee/tea, 2 bread	1/2 cup of milk, 1/2 1 bowl of lentils + so	1/2 cup of juice, 1 sliced (lettuce, tomato)	1 cup of milk 2%, 2		
1500	Thursday	coffee/tea, 1 cup of 1	glass of natural ju	1 stuffed tomato or coffee/tea, 1 bowl c	of your choice, 1 cup of milk		
1500	Friday	coffee/tea, 1 big-size	1 cup of milk 2%, 2 big-size mixed salad	coffee/tea, 1 bowl c	1/2 cup of milk, 1/2 1 medium-size fruit		
1500	Saturday	coffee/tea, 1 big-size	1 glass of milk 2%	1 bowl of green bean coffee/tea, oil-free	2 breadsticks, 1 slice	1/2 cup of milk, 1/2	
1500	Sunday	coffee/tea, 2 slices	2 breadsticks, 1 cup	1 big-size baked port coffee/tea, 1/2 cup	salad (oil-free) + 30		
1800	Monday	4-5 cookies, 1 cup o	1 glass of natural or 1 salad, 1/2 cup of 1	full-fat yogurt, 1 OneMeal(2 eggs), 2			
1800	Tuesday	1 yogurt 2% with 1	fruit jelly, 2 whole 1 c	1 cup of rice, 50g b	1 fruit jelly, 1 boiled salad with 50g tuna		
1800	Wednesday	1 yogurt with fruits	1 slice of bread, 1 sh	2 cups of spinach w	salad 30g tuna in w	1 boiled egg, 2 bread	
1800	Thursday	1 yogurt 2% with 1	toast (only cheddar), 1/2 cup of spaghetti	1 cup of milk 2%	w/ salad with 50g boiled		
1800	Friday	1 yogurt 2% with 1	slice of bread, 1 sh	1 bowl of legumes, 1 1	toast (cheddar ch	oil-free), 1/2	
1800	Saturday	1 yogurt 2% with 2	cereal bar	1/2 cup of rice, 50g b	1 cup of juice, 1 tea	1 small-size ice cream	
1800	Sunday	1 yogurt 2% with 1	slice of bread, 1 c	1 cup of rice, 50g b	1 fruit jelly, 1 boiled salad with 50g tuna		
2500	Monday	1 boiled egg, 1 1/2	2 toast(cheddar ch (sandwich))	300g b	1 bowl of steamed fish, 1/2 chicken, 1 cup o	1 yogurt, 1 spoonf	
2500	Tuesday	1 milk 500ml, 1 cran	2 sandwiches, 2 bread	2 burgers, 3 baked	2 (vegetable) 2 burgers, 3 baked	1 yogurt with fruits	
2500	Wednesday	1 cup of sour cherry	2 toast (cheddar ch	2 dishes of lentils, 2 salad with 3	vegetal 2 dishes of lentils, 9	1 full-fat yogurt w/	
2500	Thursday	1 1/2 cup of full-fat	1 glass of juice, 1 br	1 20g boiled hve, 1 1	toast (cheddar ch	2 fruits, 1 toast (ch	oil-free salad with 50
2500	Friday	1 yogurt with hone	150 g boiled Frank	2 dishes of lentils, 2 2	toast (cheddar ch	1 sandwich, 1 cup o	salad (oil-free), 2 sp

Εικόνα 20β (SQLite Browser – αγγλική βάση δεδομένων)

3.4. Οι συσκευές

Οι συσκευές (κινητά, Tablet) που χρησιμοποιήθηκαν ώστε να επαληθευτεί η ορθή λειτουργία της εφαρμογής είναι:

Όνομασία	Κωδικός Μοντέλου	Λειτουργικό (Android)
Samsung Galaxy Mini	GT-S5570	2.3.5
Samsung Galaxy Mini	GT-I8190	4.1.2
Samsung Galaxy Pocket Plus	GT-S5301	4.0.4
Samsung Galaxy S4	GT-I9505	4.2.2
Samsung Note 8 (Tablet)	GT-N5110	4.1.2

Η γλώσσα προγραμματισμού που χρησιμοποιήθηκε είναι εξολοκλήρου Java με τις ιδιαιτερότητες του Android Development.

4. ΚΩΔΙΚΑΣ ΤΗΣ ΕΦΑΡΜΟΓΗΣ Android Project: DailyCaloriesBodyFitness

4.1. Φάκελος src

Αρχεία .java στο φάκελο src

4.1.1 Αρχείο LanguageSelection.java

```
package app.dailycalories;
import android.os.Bundle;
import android.view.View;
import android.app.Activity;
import android.content.Intent;

public class LanguageSelection extends Activity {

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.language_selection);
    }
    public void onExit(View view){
        finish();
    }
    public void inGreek(View view){
        Intent entryform = new Intent(this, EntryForm.class);
        entryform.putExtra("language", "greek");
        startActivity(entryform);
    }
    public void inEnglish(View view){
        Intent entryform = new Intent(this, EntryForm.class);
        entryform.putExtra("language", "english");
        startActivity(entryform);
    }
}
```

4.1.2 Αρχείο EntryForm.java

```
package app.dailycalories;
import android.os.Bundle;
import android.view.View;
import android.widget.AdapterView;
import android.widget.Button;
import android.widget.EditText;
import android.widget.Spinner;
import android.widget.TextView;
import android.widget.Toast;
import android.app.Activity;
import android.app.AlertDialog;
import android.content.Intent;

public class EntryForm extends Activity {
```

```

private String lang_res;
private TextView weightTextView;
private EditText weightEntryView;
private TextView ageTextView;
private EditText ageEntryView;
private TextView sexTextView;
private TextView heightTextView;
private EditText heightEntryView;
private TextView physActivTextView;
private Button backButton1, calcButton;
private Spinner spinnerSex, spinnerPhysActiv;
private String weight_str, age_str, height_str;

@Override
protected void onCreate(Bundle savedInstanceState) {
    super.onCreate(savedInstanceState);
    setContentView(R.layout.entry_form);

    Intent intent = getIntent(); // intent = αναφορά(δείκτης) προς την Activity που κάλεσε την
    EntryForm Activity
    lang_res = intent.getStringExtra("language");

    weightTextView = (TextView)findViewById(R.id.weight_id);
    weightEntryView = (EditText)findViewById(R.id.weight_entry_id);
    ageTextView = (TextView)findViewById(R.id.age_id);
    ageEntryView = (EditText)findViewById(R.id.age_entry_id);
    sexTextView = (TextView)findViewById(R.id.sex_id);
    heightTextView = (TextView)findViewById(R.id.height_id);
    heightEntryView = (EditText)findViewById(R.id.height_entry_id);
    physActivTextView = (TextView)findViewById(R.id.phys_activ_id);
    backButton1 = (Button)findViewById(R.id.back_button1_id);
    calcButton = (Button)findViewById(R.id.calc_button_id);

    setMenuOptions();
}

private void addItemOnSexSpinner(){
    spinnerSex = (Spinner)findViewById(R.id.sex_entry_id);
    ArrayAdapter<String> spinnerSexArrayAdapter;

    if(lang_res.equalsIgnoreCase("greek")){
        spinnerSex.setPrompt(getResources().getString(R.string.gr_sex_prompt));
        spinnerSexArrayAdapter = new ArrayAdapter<String>(this,
        android.R.layout.simple_spinner_dropdown_item, getResources().getStringArray(R.array.gr_sex_list));
    }
    else{
        spinnerSex.setPrompt(getResources().getString(R.string.en_sex_prompt));
        spinnerSexArrayAdapter = new ArrayAdapter<String>(this,
        android.R.layout.simple_spinner_dropdown_item, getResources().getStringArray(R.array.en_sex_list));
    }
    spinnerSex.setAdapter(spinnerSexArrayAdapter);
}

private void addItemOnPhysActivSpinner(){
    spinnerPhysActiv = (Spinner)findViewById(R.id.phys_activ_entry_id);
    ArrayAdapter<String> spinnerPhysActivArrayAdapter;

    if(lang_res.equalsIgnoreCase("greek")){
        spinnerPhysActiv.setPrompt(getResources().getString(R.string.gr_phys_activ_prompt));
        spinnerPhysActivArrayAdapter = new ArrayAdapter<String>(this,
        android.R.layout.simple_spinner_dropdown_item, getResources().getStringArray(R.array.gr_phys_activ_list));
    }
    else{
        spinnerPhysActiv.setPrompt(getResources().getString(R.string.en_phys_activ_prompt));
        spinnerPhysActivArrayAdapter = new ArrayAdapter<String>(this,
        android.R.layout.simple_spinner_dropdown_item, getResources().getStringArray(R.array.en_phys_activ_list));
    }
}

```

```

        spinnerPhysActiv.setAdapter(spinnerPhysActivArrayAdapter);
    }
    private boolean checkWeight(){ // έλεγχος τιμής βάρους
        weightEntryView = (EditText)findViewById(R.id.weight_entry_id);

        int weight_int;

        weight_str = weightEntryView.getText().toString();
        Intent languagescreen = getIntent();
        String lang_res = languagescreen.getStringExtra("language");

        if(weight_str.matches("")){
            if(lang_res.equalsIgnoreCase("greek")){
                Toast.makeText(this, getResources().getString(R.string.gr_forgot_weight),
                    Toast.LENGTH_SHORT).show();
            }
            else{
                Toast.makeText(this, getResources().getString(R.string.en_forgot_weight),
                    Toast.LENGTH_SHORT).show();
            }
            return false;
        }
        else{
            weight_int = Integer.parseInt(weightEntryView.getText().toString());
            if((weight_int<40) || (weight_int>180)){
                AlertDialog.Builder alertDialog = new AlertDialog.Builder(EntryForm.this);
                if(lang_res.equalsIgnoreCase("greek")){

                    alertDialog.setTitle(getResources().getString(R.string.gr_wrong_weight_input_title));

                    alertDialog.setMessage(getResources().getString(R.string.gr_wrong_weight_input_message));

                }
                else{

                    alertDialog.setTitle(getResources().getString(R.string.en_wrong_weight_input_title));

                    alertDialog.setMessage(getResources().getString(R.string.en_wrong_weight_input_message));

                }

                alertDialog.setPositiveButton("OK", null);
                alertDialog.setNegativeButton("",null);
                alertDialog.show();
                return false;
            }
            else{
                return true;
            }
        }
    }
    private boolean checkAge(){ // έλεγχος τιμής ηλικίας
        ageEntryView = (EditText)findViewById(R.id.age_entry_id);
        int age_int;

        age_str = ageEntryView.getText().toString();
        Intent languagescreen = getIntent();
        String lang_res = languagescreen.getStringExtra("language");

        if(age_str.matches("")){
            if(lang_res.equalsIgnoreCase("greek")){
                Toast.makeText(this, getResources().getString(R.string.gr_forgot_age),
                    Toast.LENGTH_SHORT).show();
            }
            else{
                Toast.makeText(this, getResources().getString(R.string.en_forgot_age),
                    Toast.LENGTH_SHORT).show();
            }
            return false;
        }
    }
}

```

```

        else{
            age_int = Integer.parseInt(ageEntryView.getText().toString());
            if((age_int<18) || (age_int>90)){
                AlertDialog.Builder alertDialog = new AlertDialog.Builder(EntryForm.this);
                if(lang_res.equalsIgnoreCase("greek")){

                    alertDialog.setTitle(getResources().getString(R.string.gr_wrong_age_input_title));

                    alertDialog.setMessage(getResources().getString(R.string.gr_wrong_age_input_message));
                }
                else{

                    alertDialog.setTitle(getResources().getString(R.string.en_wrong_age_input_title));

                    alertDialog.setMessage(getResources().getString(R.string.en_wrong_age_input_message));

                }
                alertDialog.setPositiveButton("OK", null);
                alertDialog.setNegativeButton("",null);
                alertDialog.show();
                return false;
            }
            else{
                return true;
            }
        }
    }
}

private boolean checkHeight(){ // έλεγχος τιμής ύψους
    heightEntryView = (EditText)findViewById(R.id.height_entry_id);
    int height_int;

    height_str = heightEntryView.getText().toString();
    Intent languagescreen = getIntent();
    String lang_res = languagescreen.getStringExtra("language");

    if(height_str.matches("")){
        if(lang_res.equalsIgnoreCase("greek")){
            Toast.makeText(this, getResources().getString(R.string.gr_forgot_height),
                Toast.LENGTH_SHORT).show();
        }
        else{
            Toast.makeText(this, getResources().getString(R.string.en_forgot_height),
                Toast.LENGTH_SHORT).show();
        }
        return false;
    }
    else{
        height_int = Integer.parseInt(heightEntryView.getText().toString());
        if((height_int<150) || (height_int>200)){
            AlertDialog.Builder alertDialog = new AlertDialog.Builder(EntryForm.this);
            if(lang_res.equalsIgnoreCase("greek")){

                alertDialog.setTitle(getResources().getString(R.string.gr_wrong_height_input_title));

                alertDialog.setMessage(getResources().getString(R.string.gr_wrong_height_input_message));
            }
            else{

                alertDialog.setTitle(getResources().getString(R.string.en_wrong_height_input_title));

                alertDialog.setMessage(getResources().getString(R.string.en_wrong_height_input_message));

            }
            alertDialog.setPositiveButton("OK", null);
            alertDialog.setNegativeButton("",null);
            alertDialog.show();
            return false;
        }
    }
}

```

```

        else{
            return true;
        }
    }
}
private void setMenuOptions(){ // προσθήκη μενού επιλογών για το χρήστη
    if(lang_res.equalsIgnoreCase("greek")){ // επιλογή ελληνικής
        γλώσσας
            weightTextView.setText(getResources().getString(R.string.gr_weight));
            weightEntryView.setHint(getResources().getString(R.string.gr_put_weight));
            ageTextView.setText(getResources().getString(R.string.gr_age));
            ageEntryView.setHint(getResources().getString(R.string.gr_put_age));
            sexTextView.setText(getResources().getString(R.string.gr_sex));

            heightTextView.setText(getResources().getString(R.string.gr_height));
            heightEntryView.setHint(getResources().getString(R.string.gr_put_height));
            physActivTextView.setText(getResources().getString(R.string.gr_phys_activ));

            backButton1.setText(getResources().getString(R.string.gr_back));
            calcButton.setText(getResources().getString(R.string.gr_calculate));
        }
    }
    else{ // επιλογή αγγλικής γλώσσας
        weightTextView.setText(getResources().getString(R.string.en_weight));
        weightEntryView.setHint(getResources().getString(R.string.en_put_weight));
        ageTextView.setText(getResources().getString(R.string.en_age));
        ageEntryView.setHint(getResources().getString(R.string.en_put_age));
        sexTextView.setText(getResources().getString(R.string.en_sex));

        heightTextView.setText(getResources().getString(R.string.en_height));
        heightEntryView.setHint(getResources().getString(R.string.en_put_height));
        physActivTextView.setText(getResources().getString(R.string.en_phys_activ));

        backButton1.setText(getResources().getString(R.string.en_back));
        calcButton.setText(getResources().getString(R.string.en_calculate));
    }
    addItemsOnSexSpinner();
    addItemsOnPhysActivSpinner();
}

public void onBack(View view){
    finish();
}

public void onCalculate(View view){
    boolean entry_form_ok=false;
    String spinner_sex_res;
    String spinner_phys_activ_res;

    entry_form_ok = (checkWeight() && checkAge() && checkHeight());
    if(entry_form_ok==true){
        Intent resultscreen = new Intent(this,ResultScreen.class);

        if(lang_res.equalsIgnoreCase("greek")){
            resultscreen.putExtra("language", "greek");
        }
        else{
            resultscreen.putExtra("language", "english");
        }
    }
    spinner_sex_res = spinnerSex.getSelectedItem().toString();

    resultscreen.putExtra("sex",spinner_sex_res);
    spinner_phys_activ_res = spinnerPhysActiv.getSelectedItem().toString();

    resultscreen.putExtra("physical_activity",spinner_phys_activ_res);

    resultscreen.putExtra("weight",weight_str);
    resultscreen.putExtra("age",age_str);
    resultscreen.putExtra("height",height_str);
}

```



```

        startActivity(resultscreen);
    }
}

```

4.1.3 Αρχείο ResultScreen.java

```

package app.dailycalories;
import android.os.Bundle;
import android.util.DisplayMetrics;
import android.view.View;
import android.view.ViewGroup;
import android.view.ViewGroup.LayoutParams;
import android.widget.Button;
import android.widget.RelativeLayout;
import android.widget.ScrollView;
import android.widget.TextView;
import android.app.Activity;
import android.content.Intent;
import android.content.res.Configuration;

public class ResultScreen extends Activity {

    private String lang_res,sex_res,phys_activ_res,weight_res,age_res,height_res;
    private int sex_sel=0; // 0->Αντρας(προεπιλογή), 1-> Γυναίκα
    private int phys_activ_sel=0; //0->Ελάχιστη(προεπιλογή), 1->Ελαφριά, 2->Μέτρια, 3->Έντονη
    private ScrollView scrollView;
    private TextView resultTextView;
    private TextView bmrResultTextView,bmrTextView;
    private TextView dailyCaloriesTextView,dailyCaloriesResultTextView;
    private TextView classOfBodyWeightTextView,classOfBodyWeightResultTextView;
    private TextView patientClassTextView,patientClassResultTextView;
    private TextView idealWeightTextView,idealWeightResultTextView;
    private TextView visitDieticianView,suggestedDietView;
    private BodyFormula body;
    private Button backButton2,idealCaloriesButtonView;
    int diet_calories=0;

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.result_screen);

        Intent intent = getIntent();
        lang_res = intent.getStringExtra("language");
        sex_res=intent.getStringExtra("sex");
        phys_activ_res=intent.getStringExtra("physical_activity");
        weight_res=intent.getStringExtra("weight");
        age_res=intent.getStringExtra("age");
        height_res=intent.getStringExtra("height");

        scrollView = (ScrollView)findViewById(R.id.scroll_id);
        resultTextView = (TextView)findViewById(R.id.results_id);
        bmrTextView = (TextView)findViewById(R.id.bmr_id);
        bmrResultTextView = (TextView)findViewById(R.id.bmr_res_id);
        dailyCaloriesTextView = (TextView)findViewById(R.id.daily_cal_id);
        dailyCaloriesResultTextView = (TextView)findViewById(R.id.daily_cal_res_id);
        classOfBodyWeightTextView = (TextView)findViewById(R.id.class_of_body_weight_id);
        classOfBodyWeightResultTextView = (TextView)findViewById(R.id.class_of_body_weight_res_id);
        patientClassTextView = (TextView)findViewById(R.id.patient_class_id);
        patientClassResultTextView = (TextView)findViewById(R.id.patient_class_res_id);
        idealWeightTextView = (TextView)findViewById(R.id.ideal_weight_id);
        idealWeightResultTextView = (TextView)findViewById(R.id.ideal_weight_res_id);
        backButton2 = (Button)findViewById(R.id.back_button2_id);
        idealCaloriesButtonView = (Button)findViewById(R.id.ideal_calories_button_id);
    }
}

```

```

visitDieticianView = (TextView)findViewById(R.id.visit_message_id);
suggestedDietView = (TextView)findViewById(R.id.suggested_message_id);

setBackgroundAndSex(); // επιλογή του background της οθόνης και των χρωμάτων των
κατηγοριών βάσει του φύλου του χρήστη
setPhysicalActivity(); // επιλογή επιπέδου φυσικής δραστηριότητας
body = new BodyFormula(sex_sel,phys_activ_sel,weight_res,age_res,height_res,lang_res);

setBodyFitnessColors();
setResults();
}

private void setBackgroundAndSex(){
    if((sex_res.equalsIgnoreCase(getResources().getString(R.string.gr_sex_man)))
    ||(sex_res.equalsIgnoreCase(getResources().getString(R.string.en_sex_man)))){
        scrollView.setBackgroundResource(R.drawable.man_screen3);
        scrollView.setPadding(0, 0, 0, 0);
        resultTextView.setTextColor(getResources().getColor(R.color.blue));
        bmrTextView.setTextColor(getResources().getColor(R.color.blue));
        dailyCaloriesTextView.setTextColor(getResources().getColor(R.color.blue));
        classOfBodyWeightTextView.setTextColor(getResources().getColor(R.color.blue));

        patientClassTextView.setTextColor(getResources().getColor(R.color.blue));
        idealWeightTextView.setTextColor(getResources().getColor(R.color.blue));
    }
    else{
        scrollView.setBackgroundResource(R.drawable.woman_screen3);
        scrollView.setPadding(0, 0, 0, 0);
        resultTextView.setTextColor(getResources().getColor(R.color.purple));
        bmrTextView.setTextColor(getResources().getColor(R.color.purple));
        dailyCaloriesTextView.setTextColor(getResources().getColor(R.color.purple));
        classOfBodyWeightTextView.setTextColor(getResources().getColor(R.color.purple));

        patientClassTextView.setTextColor(getResources().getColor(R.color.purple));
        idealWeightTextView.setTextColor(getResources().getColor(R.color.purple));

        sex_sel=1; // Γυναίκα
    }
}

private void setPhysicalActivity(){
    // Σωματική Δραστηριότητα (phys_activ_sel==0 => Ελάχιστη Δραστηριότητα (default τιμή))
    if((phys_activ_res.equalsIgnoreCase(getResources().getString(R.string.gr_phys_activ_li)))
    ||(phys_activ_res.equalsIgnoreCase(getResources().getString(R.string.en_phys_activ_li)))){
        phys_activ_sel=1; // Ελαφριά
    }
    else if((phys_activ_res.equalsIgnoreCase(getResources().getString(R.string.gr_phys_activ_mo)))
    ||(phys_activ_res.equalsIgnoreCase(getResources().getString(R.string.en_phys_activ_mo)))){
        phys_activ_sel=2; // Μέτρια
    }
    else if((phys_activ_res.equalsIgnoreCase(getResources().getString(R.string.gr_phys_activ_in)))
    ||(phys_activ_res.equalsIgnoreCase(getResources().getString(R.string.en_phys_activ_in)))){
        phys_activ_sel=3; // Έντονη
    }
}

private void setBodyFitnessColors(){
    if((body.get_class_body_weight().equalsIgnoreCase("Ελλειποβαρές"))
    ||(body.get_class_body_weight().equalsIgnoreCase("Underweight"))){

        classOfBodyWeightResultTextView.setTextColor(getResources().getColor(R.color.yellow));
        patientClassResultTextView.setTextColor(getResources().getColor(R.color.yellow));
    }
    else if((body.get_class_body_weight().equalsIgnoreCase("Φυσιολογική Κατάσταση ΣΒ"))
    ||(body.get_class_body_weight().equalsIgnoreCase("Normal State Of Body Weight"))){

        classOfBodyWeightResultTextView.setTextColor(getResources().getColor(R.color.green));
        patientClassResultTextView.setTextColor(getResources().getColor(R.color.green));
    }
    else if((body.get_class_body_weight().equalsIgnoreCase("Υπερβάλλον ΣΒ"))
    ||(body.get_class_body_weight().equalsIgnoreCase("Excess Body Weight"))){

```

```

classOfBodyWeightResultTextView.setTextColor(getResources().getColor(R.color.orange));
    patientClassResultTextView.setTextColor(getResources().getColor(R.color.orange));

}
else{ // Παχυσαρκία/Νοσηρόνος Παχυσαρκία
    classOfBodyWeightResultTextView.setTextColor(getResources().getColor(R.color.red));
    patientClassResultTextView.setTextColor(getResources().getColor(R.color.red));

}
}
private void setResults(){
    if(lang_res.equalsIgnoreCase("greek")){
        resultTextView.setText(getResources().getString(R.string.gr_results));
        bmrTextView.setText(getResources().getString(R.string.gr_bmr));
        bmrResultTextView.setText(body.get_bmr()+" Θερμίδες");
        dailyCaloriesTextView.setText(getResources().getString(R.string.gr_daily_cal_needs));
        dailyCaloriesResultTextView.setText(body.get_daily_calories()+" Θερμίδες");

classOfBodyWeightTextView.setText(getResources().getString(R.string.gr_class_of_body));
classOfBodyWeightResultTextView.setText(body.get_class_body_weight());
patientClassTextView.setText(getResources().getString(R.string.gr_patient_class));
patientClassResultTextView.setText(body.get_class_patient());
idealWeightTextView.setText(getResources().getString(R.string.gr_ideal_weight));
idealWeightResultTextView.setText(body.get_ideal_weight()+" κιλά");
backButton2.setText(getResources().getString(R.string.gr_back));

visitDieticianView.setText(getResources().getString(R.string.gr_exceed_calories_message));
suggestedDietView.setText(getResources().getString(R.string.gr_suggested_diet));

}
else{

resultTextView.setText(getResources().getString(R.string.en_results));
bmrTextView.setText(getResources().getString(R.string.en_bmr));
bmrResultTextView.setText(body.get_bmr()+" kcal");
dailyCaloriesTextView.setText(getResources().getString(R.string.en_daily_cal_needs));
dailyCaloriesResultTextView.setText(body.get_daily_calories()+" kcal");

classOfBodyWeightTextView.setText(getResources().getString(R.string.en_class_of_body));
classOfBodyWeightResultTextView.setText(body.get_class_body_weight());
patientClassTextView.setText(getResources().getString(R.string.en_patient_class));
patientClassResultTextView.setText(body.get_class_patient());
idealWeightTextView.setText(getResources().getString(R.string.en_ideal_weight));
idealWeightResultTextView.setText(body.get_ideal_weight()+" kg");
backButton2.setText(getResources().getString(R.string.en_back));

visitDieticianView.setText(getResources().getString(R.string.en_exceed_calories_message));
suggestedDietView.setText(getResources().getString(R.string.en_suggested_diet));

}

// relative_layout
RelativeLayout.LayoutParams p_back = new
RelativeLayout.LayoutParams(ViewGroup.LayoutParams.WRAP_CONTENT,ViewGroup.LayoutParams.WRAP_CONT
ENT);

RelativeLayout.LayoutParams p_calc = new
RelativeLayout.LayoutParams(ViewGroup.LayoutParams.WRAP_CONTENT,ViewGroup.LayoutParams.WRAP_CONT
ENT);

RelativeLayout.LayoutParams p_text = new
RelativeLayout.LayoutParams(ViewGroup.LayoutParams.WRAP_CONTENT,ViewGroup.LayoutParams.WRAP_CONT
ENT);

// Παράμετροι για έλεγχο μεγέθους οθόνης κινητού και tablet
DisplayMetrics metrics = new DisplayMetrics();
getWindowManager().getDefaultDisplay().getMetrics(metrics);
int widthPixels = metrics.widthPixels;
int heightPixels = metrics.heightPixels;
float scaleFactor = metrics.density;
float widthDp = widthPixels / scaleFactor;
float heightDp = heightPixels/scaleFactor;

```

```

float smallestWidth = Math.min(widthDp, heightDp);

int ideal_cal = Integer.parseInt(body.get_ideal_daily_calories());
// large screens default
p_back.height=LayoutParams.WRAP_CONTENT;
p_back.width=LayoutParams.WRAP_CONTENT;
p_back.topMargin=60;

p_text.height=LayoutParams.WRAP_CONTENT;
p_text.width=LayoutParams.WRAP_CONTENT;
p_text.topMargin=60;
if(((getResources().getConfiguration().screenLayout // small screen
    & Configuration.SCREENLAYOUT_SIZE_MASK)
    == Configuration.SCREENLAYOUT_SIZE_SMALL)){
    p_text.topMargin = p_text.topMargin-20;
    p_back.topMargin = p_back.topMargin-20;
}
else if(((getResources().getConfiguration().screenLayout // normal screen
    & Configuration.SCREENLAYOUT_SIZE_MASK)
    == Configuration.SCREENLAYOUT_SIZE_NORMAL)){

    p_back.topMargin = p_back.topMargin-26;
}
if(smallestWidth>=720){ // 10" Tablet
    p_text.topMargin = p_text.topMargin+30;
    p_back.topMargin = p_back.topMargin+30;
}
else if(smallestWidth>=600){ // 7" Tablet
    p_text.topMargin = p_text.topMargin+10;
    p_back.topMargin = p_back.topMargin+10;
}
p_text.addRule(RelativeLayout.BELOW,R.id.ideal_weight_id);
p_text.addRule(RelativeLayout.ALIGN_LEFT,R.id.bmr_id);
p_back.addRule(RelativeLayout.CENTER_IN_PARENT,1);

if(ideal_cal>3828){ // επιλογή exceed_diet message για εμφάνιση

    visitDieticianView.setLayoutParams(p_text);
    visitDieticianView.setVisibility(0);
    p_back.addRule(RelativeLayout.BELOW,R.id.visit_message_id);
}
else{ // επιλογή suggested_diet message για εμφάνιση + κουμπί
    επιλογής διαίτας για μια μέρα
    suggestedDietView.setLayoutParams(p_text);
    suggestedDietView.setVisibility(0);
    p_calc.height=LayoutParams.WRAP_CONTENT;
    p_calc.width=LayoutParams.WRAP_CONTENT;

    p_calc.addRule(RelativeLayout.BELOW,R.id.suggested_message_id);
    p_calc.addRule(RelativeLayout.CENTER_IN_PARENT,1);
    p_calc.topMargin=10;
    if(smallestWidth>=720){ // 10" Tablet
        p_calc.topMargin = p_calc.topMargin+30;
    }
    else if(smallestWidth>=600){ // 7" Tablet
        p_calc.topMargin = p_calc.topMargin+10;
    }
    idealCaloriesButtonView.setLayoutParams(p_calc);
    idealCaloriesButtonView.setVisibility(0);
    p_back.addRule(RelativeLayout.BELOW,R.id.ideal_calories_button_id);
    if(ideal_cal<1400){ // διαίτα 1300 θερμίδων

        diet_calories=1300;
    }
    else if((ideal_cal>=1400)&&(ideal_cal<1650)){ // διαίτα 1500 θερμίδων

        diet_calories=1500;
    }
}
}

```

```

        else if((ideal_cal>=1650)&&(ideal_cal<2150)){ // διατα 1800 θερμίδων
            diet_calories=1800;
        }
        else if((ideal_cal>=2150)&&(ideal_cal<2750)){ // διατα 2500 θερμίδων
            diet_calories=2500;
        }
        else if((ideal_cal>=2750)&&(ideal_cal<3250)){ // διατα 2500 θερμίδων
            diet_calories=3000;
        }
        else if((ideal_cal>=3250)&&(ideal_cal<=3828)){ // διατα 3500 θερμίδων
            diet_calories=3500;
        }
        if(lang_res.equalsIgnoreCase("greek")){
            idealCaloriesButtonView.setText(Integer.toString(diet_calories) +"
θερμίδες");
        }
        else{
            idealCaloriesButtonView.setText(Integer.toString(diet_calories) +"
kcal");
        }
    }
    backButton2.setLayoutParams(p_back);
    backButton2.setVisibility(0);
}
public void onCaloriesSelect(View view){
    Intent dietscreen = new Intent(this,Diet.class);
    String diet_calories_str;

    if(lang_res.equalsIgnoreCase("greek")){
        dietscreen.putExtra("language", "greek");
    }
    else{
        dietscreen.putExtra("language", "english");
    }

    diet_calories_str = Integer.toString(diet_calories);
    dietscreen.putExtra("diet_calories",diet_calories_str);
    startActivity(dietscreen);
}
public void onBack(View view){
    finish();
}
}
}

```

4.1.4 Αρχείο BodyFormula.java

```

package app.dailycalories;

public class BodyFormula {

    private int sex; // 0->"man/Αντρας", 1->"woman/Γυναίκα"
    private int physical_activity; // 0->"Minimum/Ελάχιστη", 1->"Light/Ελαφριά", 2->"Moderate/Μέτρια", 3->"Vigorous/Εντονη"
    private int weight; //in kg
    private int height_cm; //in cm
    private int age; //in years
    private double height_m; //in m
    private double bmr; // ακριβής βασικός ρυθμός μεταβολισμού(bmr)
    private int bmr_int; // στρογγυλοποιημένος βασικός ρυθμός μεταβολισμού(bmr)
    private double daily_calories; // ακριβής αριθμός ημερήσιων θερμίδων
    private int daily_calories_int; // στρογγυλοποιημένος αριθμός ημερήσιων θερμίδων
    private double ideal_daily_calories; // ακριβής αριθμός ιδανικών ημερήσιων θερμίδων
}

```



```

private int ideal_daily_calories_int; // στρογγυλοποιημένος αριθμός ιδανικών ημερήσιων θερμίδων
private double bmi; // body mass index (δείκτης μάζας σώματος)
private String language; // "greek" or "english"
private String class_body_weight; // Κατάταξη Σωματικού Βάρους
private String class_patient; // Κατάταξη Ασθενούς
private double ideal_weight; // ιδανικό βάρος
private int ideal_weight_int; // στρογγυλοποιημένο ιδανικό βάρος

public BodyFormula(int sex, int physical_activity, String weight, String age, String height, String language){
    this.sex=sex;
    this.physical_activity=physical_activity;
    this.weight=Integer.valueOf(weight);
    this.age=Integer.valueOf(age);
    this.height_cm= Integer.valueOf(height);
    this.height_m = (double)this.height_cm/100;
    this.language=language;

    class_by_bmi_calc(); // κλήση συνάρτησης για τον υπολογισμό Κατάταξης Σωματικού Βάρους και
    Κατάταξης Ασθενούς
    ideal_weight_calc(); // κλήση συνάρτησης για τον υπολογισμό Ιδανικού Βάρους
}

private double bmr_calc(){
    if(sex==0){ // Άντρας
        return(66.47+(13.75*weight)+(5*height_cm)-(6.75*age));
    }
    else{ // Γυναίκα
        return(655.09+(9.56*weight)+(1.84*height_cm)-(4.67*age));
    }
}

private double daily_calories_needed_calc(int weight){
    double phys_value=0.0;
    if(sex==0){ // Άντρας
        switch(physical_activity){
            case 0: phys_value=1.00; break;
            case 1: phys_value=1.11; break;
            case 2: phys_value=1.25; break;
            case 3: phys_value=1.48; break;
        }
        return((662-(9.53*age))+phys_value*((15.91*weight)+(539.6*height_m)));
    }
    else{ // Γυναίκα
        switch(physical_activity){
            case 0: phys_value=1.00; break;
            case 1: phys_value=1.12; break;
            case 2: phys_value=1.27; break;
            case 3: phys_value=1.45; break;
        }
        return((354-(6.91*age))+phys_value*((9.36*weight)+(726*height_m)));
    }
}

private double bmi_calc(){
    return((double)weight/((height_m*height_m)));
}

private void class_by_bmi_calc() // υπολογισμός Κατάταξης Σωματικού Βάρους και Κατάταξης
    Ασθενούς
    bmi=bmi_calc();
    if(language.equalsIgnoreCase("greek")){// στα ελληνικά
        if(bmi<18.5){
            class_body_weight = "Έλλειποβαρές";
            class_patient = "Λυτοβαρής";
        }
        else if((bmi>=18.5)&&(bmi<25.0)){
            class_body_weight = "Φυσιολογική Κατάσταση ΣΒ";
            class_patient = "Νορμοβαρής";
        }
        else if((bmi>=25.0)&&(bmi<29.9)){

```

```

        class_body_weight = "Υπερβάλλον ΣΒ";
        class_patient = "Υπέρβαρος";
    }
    else if((bmi>=30.0)&&(bmi<40)){
        class_body_weight = "Παχυσαρκία";
        class_patient = "Παχύσαρκος";
    }
    else{
        class_body_weight = "Νοσογόνος Παχυσαρκία";
        class_patient = "Παχύσαρκος";
    }
}
else{ // στα αγγλικά
    if(bmi<18.5){
        class_body_weight = "Underweight";
        class_patient = "Underweight";
    }
    else if((bmi>=18.5)&&(bmi<25.0)){
        class_body_weight = "Normal State Of Body Weight";
        class_patient = "Normal Weight";
    }
    else if((bmi>=25.0)&&(bmi<29.9)){
        class_body_weight = "Excess Body Weight";
        class_patient = "Overweight";
    }
    else if((bmi>=30.0)&&(bmi<40)){
        class_body_weight = "Obesity";
        class_patient = "Obese";
    }
    else{
        class_body_weight = "Morbid Obesity";
        class_patient = "Obese";
    }
}
}
}
private void ideal_weight_calc(){
    if((class_patient.equalsIgnoreCase("Νορμοβαρής"))
    ||(class_patient.equalsIgnoreCase("Normal weight"))){
        ideal_weight=21.7*(height_m*height_m);
    }
    else if((class_patient.equalsIgnoreCase("Αυτοβαρής"))
    ||(class_patient.equalsIgnoreCase("Underweight"))){
        ideal_weight=18.5*(height_m*height_m);
    }
    else{ // Παχύσαρκος
        ideal_weight=24.9*(height_m*height_m);
    }
    ideal_weight_int=round_number(ideal_weight);
}
private int round_number(double number){
    int round_number;
    double rest;

    round_number = (int)number;
    rest = number-round_number;
    if(rest>=0.5){
        round_number++;
    }
    return(round_number);
}
// getters()
public String get_bmr(){ // επιστροφή Βασικού Ρυθμού Μεταβολισμού
    bmr=bmr_calc();
    bmr_int=round_number(bmr);
    return(Integer.toString(bmr_int));
}

```

```

}
public String get_daily_calories(){ // επιστροφή Ημερήσιων Θερμιδικών Αναγκών
    daily_calories=daily_calories_needed_calc(weight);
    daily_calories_int=round_number(daily_calories);
    return(Integer.toString(daily_calories_int));
}
public String get_ideal_daily_calories(){ // επιστροφή ιδανικών Ημερήσιων Θερμιδικών Αναγκών
    ideal_daily_calories=daily_calories_needed_calc(ideal_weight_int);
    ideal_daily_calories_int=round_number(ideal_daily_calories);
    return(Integer.toString(ideal_daily_calories_int));
}
public String get_class_body_weight(){ // επιστροφή Κατάταξης Σωματικού Βάρους
    return(class_body_weight);
}
public String get_class_patient(){ // επιστροφή Κατάταξης Ασθενούς
    return(class_patient);
}
public String get_ideal_weight(){ // επιστροφή Ιδανικού Βάρους
    return(Integer.toString(ideal_weight_int));
}
}
}

```

4.1.5 Αρχείο Diet.java

```

package app.dailycalories;

import android.os.Bundle;
import android.support.v4.view.PagerAdapter;
import android.support.v4.view.ViewPager;
import android.support.v4.view.ViewPager.OnPageChangeListener;
import android.view.LayoutInflater;
import android.view.View;
import android.view.ViewGroup;
import android.widget.Button;
import android.widget.TextView;
import android.app.Activity;
import android.content.Context;
import android.content.Intent;
import android.database.Cursor;

public class Diet extends Activity {

    private String lang_res,diet_calories_str;
    private int diet_calories,day_count;
    private TextView dietTitleTextView;
    private TextView dayTextView;
    private TextView breakfastTitleTextView,breakfastResultTextView;
    private TextView brunchTitleTextView,brunchResultTextView;
    private TextView lunchTitleTextView,lunchResultTextView;
    private TextView afternoonTitleTextView,afternoonResultTextView;
    private TextView dinnerTitleTextView,dinnerResultTextView;
    private TextView beforeSleepTitleTextView,beforeSleepResultTextView;
    private TextView rightArrowView,leftArrowView;
    private Button backButton3,returnButton;
    private DietDatabaseHelper databaseHelper;
    private String q; // q=query
    private Cursor cursor;
    private String[] day,breakfast,brunch,lunch,afternoon,dinner,before_sleep;
    private LayoutInflater inflater; //Used to create individual pages
    private ViewPager vd; //Reference to class to swipe views (view day)

    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.diet);
    }
}

```

```

//get an inflater to be used to create single pages
inflater = (LayoutInflater) getSystemService(Context.LAYOUT_INFLATER_SERVICE);

rightArrowView = (TextView)findViewById(R.id.arrow_right_id);
leftArrowView = (TextView)findViewById(R.id.arrow_left_id);

databaseHelper = new DietDatabaseHelper(this);

Intent intent = getIntent();
lang_res = intent.getStringExtra("language");
diet_calories_str = intent.getStringExtra("diet_calories");
diet_calories = Integer.valueOf(diet_calories_str);

/***** Προσπέλαση κατάλληλου πίνακα για ανάκτηση δεδομένων εβδομαδιαίου προγράμματος
*****/
if(lang_res.equalsIgnoreCase("greek")){
    q = "SELECT * FROM GreekDiet WHERE _calories = " + diet_calories;
}
else{
    q = "SELECT * FROM EnglishDiet WHERE _calories = " + diet_calories;
}

cursor = databaseHelper.getSpecificDiet(q);

day = new String[7];
breakfast = new String[7];
brunch = new String[7];
lunch = new String[7];
afternoon = new String[7];
dinner = new String[7];
before_sleep = new String[7];

cursor.moveToFirst();
for(day_count=0; day_count<7; day_count++){// Εισαγωγή εβδομαδιαίας διατροφής σε
μεταβλητές με τη σωστή σειρά
    if(lang_res.equalsIgnoreCase("greek")){
        switch(day_count){
            case 0: { day[0] = cursor.getString(1); // Δευτέρα -> θέση 0
breakfast[0] = cursor.getString(2);
brunch[0] = cursor.getString(3);
lunch[0] = cursor.getString(4);
afternoon[0] = cursor.getString(5);
dinner[0] = cursor.getString(6);
before_sleep[0] = cursor.getString(7);
break;
}
            case 1: { day[6] = cursor.getString(1); // Κυριακή -> θέση 6
breakfast[6] = cursor.getString(2);
brunch[6] = cursor.getString(3);
lunch[6] = cursor.getString(4);
afternoon[6] = cursor.getString(5);
dinner[6] = cursor.getString(6);
before_sleep[6] = cursor.getString(7);
break;
}
            case 2: { day[3] = cursor.getString(1); // Πέμπτη -> θέση 3
breakfast[3] = cursor.getString(2);
brunch[3] = cursor.getString(3);
lunch[3] = cursor.getString(4);
afternoon[3] = cursor.getString(5);
dinner[3] = cursor.getString(6);
before_sleep[3] = cursor.getString(7);
break;
}
            case 3: { day[4] = cursor.getString(1); // Παρασκευή -> θέση 4
breakfast[4] = cursor.getString(2);

```

```

        brunch[4] = cursor.getString(3);
        lunch[4] = cursor.getString(4);
        afternoon[4] = cursor.getString(5);
        dinner[4] = cursor.getString(6);
        before_sleep[4] = cursor.getString(7);
        break;
    }
    case 4: { day[5] = cursor.getString(1); // Σάββατο -> θέση 5
        breakfast[5] = cursor.getString(2);
        brunch[5] = cursor.getString(3);
        lunch[5] = cursor.getString(4);
        afternoon[5] = cursor.getString(5);
        dinner[5] = cursor.getString(6);
        before_sleep[5] = cursor.getString(7);
        break;
    }
    case 5: { day[2] = cursor.getString(1); // Τετάρτη -> θέση 2
        breakfast[2] = cursor.getString(2);
        brunch[2] = cursor.getString(3);
        lunch[2] = cursor.getString(4);
        afternoon[2] = cursor.getString(5);
        dinner[2] = cursor.getString(6);
        before_sleep[2] = cursor.getString(7);
        break;
    }
    case 6: { day[1] = cursor.getString(1); // Τρίτη -> θέση 1
        breakfast[1] = cursor.getString(2);
        brunch[1] = cursor.getString(3);
        lunch[1] = cursor.getString(4);
        afternoon[1] = cursor.getString(5);
        dinner[1] = cursor.getString(6);
        before_sleep[1] = cursor.getString(7);
        break;
    }
}
}
else{
    switch(day_count){
        case 0: { day[4] = cursor.getString(1); // Friday -> θέση 4
            breakfast[4] = cursor.getString(2);
            brunch[4] = cursor.getString(3);
            lunch[4] = cursor.getString(4);
            afternoon[4] = cursor.getString(5);
            dinner[4] = cursor.getString(6);
            before_sleep[4] = cursor.getString(7);
            break;
        }
        case 1: { day[0] = cursor.getString(1); // Monday -> θέση 0
            breakfast[0] = cursor.getString(2);
            brunch[0] = cursor.getString(3);
            lunch[0] = cursor.getString(4);
            afternoon[0] = cursor.getString(5);
            dinner[0] = cursor.getString(6);
            before_sleep[0] = cursor.getString(7);
            break;
        }
        case 2: { day[5] = cursor.getString(1); // Saturday -> θέση 5
            breakfast[5] = cursor.getString(2);
            brunch[5] = cursor.getString(3);
            lunch[5] = cursor.getString(4);
            afternoon[5] = cursor.getString(5);
            dinner[5] = cursor.getString(6);
            before_sleep[5] = cursor.getString(7);
            break;
        }
        case 3: { day[6] = cursor.getString(1); // Sunday -> θέση 6
            breakfast[6] = cursor.getString(2);
            brunch[6] = cursor.getString(3);
            lunch[6] = cursor.getString(4);

```



```

        afternoon[6] = cursor.getString(5);
        dinner[6] = cursor.getString(6);
        before_sleep[6] = cursor.getString(7);
        break;
    }
    case 4: { day[3] = cursor.getString(1); // Thursday -> θέση 3
        breakfast[3] = cursor.getString(2);
        brunch[3] = cursor.getString(3);
        lunch[3] = cursor.getString(4);
        afternoon[3] = cursor.getString(5);
        dinner[3] = cursor.getString(6);
        before_sleep[3] = cursor.getString(7);
        break;
    }
    case 5: { day[1] = cursor.getString(1); // Tuesday -> θέση 1
        breakfast[1] = cursor.getString(2);
        brunch[1] = cursor.getString(3);
        lunch[1] = cursor.getString(4);
        afternoon[1] = cursor.getString(5);
        dinner[1] = cursor.getString(6);
        before_sleep[1] = cursor.getString(7);
        break;
    }
    case 6: { day[2] = cursor.getString(1); // Wednesday -> θέση 2
        breakfast[2] = cursor.getString(2);
        brunch[2] = cursor.getString(3);
        lunch[2] = cursor.getString(4);
        afternoon[2] = cursor.getString(5);
        dinner[2] = cursor.getString(6);
        before_sleep[2] = cursor.getString(7);
        break;
    }
    }
}
cursor.moveToNext();
}
}

//Reference ViewPager defined in activity
vd=(ViewPager)findViewById(R.id.viewDay);
//set the adapter that will create the individual pages
vd.setAdapter(new MyPagesAdapter());
vd.setOnPageChangeListener(new OnPageChangeListener() {
    @Override
    public void onPageScrollStateChanged(int arg0) {}
    @Override
    public void onPageScrolled(int arg0, float arg1, int arg2) {}
    @Override
    public void onPageSelected(int currentPage) {
        if(currentPage==0){ // first page -> only right arrow appears
            rightArrowView.setVisibility(View.VISIBLE);
            leftArrowView.setVisibility(View.INVISIBLE);
        }
        else if(currentPage==6){ // last page -> only left arrow appears
            rightArrowView.setVisibility(View.INVISIBLE);
            leftArrowView.setVisibility(View.VISIBLE);
        }
        else{ // intermediate page -> both right and left arrow appear
            rightArrowView.setVisibility(View.VISIBLE);
            leftArrowView.setVisibility(View.VISIBLE);
        }
    }
});

if(!cursor.isClosed()){
    cursor.close();
}
databaseHelper.close();
}
}

```

```

//Implement PagerAdapter Class to handle individual page creation
class MyPagesAdapter extends PagerAdapter {
    @Override
    public int getCount() {
        return 7; // number of swiped pages
    }
    //Create the given page (indicated by position)
    @Override
    public Object instantiateItem(ViewGroup container, int position) {
        View day = inflater.inflate(R.layout.day, null);

        dietTitleTextView = (TextView)day.findViewById(R.id.diet_title_id);
        dayTextView = (TextView)day.findViewById(R.id.day_id);
        breakfastTitleTextView = (TextView)day.findViewById(R.id.breakfast_title_id);
        breakfastResultTextView = (TextView)day.findViewById(R.id.breakfast_result_id);
        brunchTitleTextView = (TextView)day.findViewById(R.id.brunch_title_id);
        brunchResultTextView = (TextView)day.findViewById(R.id.brunch_result_id);
        lunchTitleTextView = (TextView)day.findViewById(R.id.lunch_title_id);

        lunchResultTextView = (TextView)day.findViewById(R.id.lunch_result_id);
        afternoonTitleTextView = (TextView)day.findViewById(R.id.afternoon_title_id);
        afternoonResultTextView = (TextView)day.findViewById(R.id.afternoon_result_id);
        dinnerTitleTextView = (TextView)day.findViewById(R.id.dinner_title_id);
        dinnerResultTextView = (TextView)day.findViewById(R.id.dinner_result_id);
        beforeSleepTitleTextView = (TextView)day.findViewById(R.id.before_sleep_title_id);
        beforeSleepResultTextView = (TextView)day.findViewById(R.id.before_sleep_result_id);
        backButton3 = (Button)day.findViewById(R.id.back_button3_id);
        returnButton = (Button)day.findViewById(R.id.return_home_page_id);

        setStringsDiet(position);

        //Add the page to the front of the queue
        ((ViewPager) container).addView(day, 0);
        return day;
    }
    @Override
    public boolean isViewFromObject(View arg0, Object arg1) {
        //See if object from instantiateItem is related to the given view
        //required by API
        return arg0==(View)arg1;
    }
    @Override
    public void destroyItem(ViewGroup container, int position, Object object) {
        ((ViewPager) container).removeView((View) object);
        object=null;
    }
    private void setStringsDiet(int position){
        if(lang_res.equalsIgnoreCase("greek")){
            dietTitleTextView.setText("Δίαιτα " + diet_calories_str + " θερμίδων");
            dayTextView.setText(day[position]);

            breakfastTitleTextView.setText(getResources().getString(R.string.gr_breakfast));
            breakfastResultTextView.setText(breakfast[position]);
            brunchTitleTextView.setText(getResources().getString(R.string.gr_brunch));
            brunchResultTextView.setText(brunch[position]);
            lunchTitleTextView.setText(getResources().getString(R.string.gr_lunch));
            lunchResultTextView.setText(lunch[position]);

            afternoonTitleTextView.setText(getResources().getString(R.string.gr_afternoon));
            afternoonResultTextView.setText(afternoon[position]);
            dinnerTitleTextView.setText(getResources().getString(R.string.gr_dinner));
            dinnerResultTextView.setText(dinner[position]);

            beforeSleepTitleTextView.setText(getResources().getString(R.string.gr_before_sleep));
            beforeSleepResultTextView.setText(before_sleep[position]);

            backButton3.setText(getResources().getString(R.string.gr_back));

            returnButton.setText(getResources().getString(R.string.gr_return_home_message));
        }
    }
}

```

```

    }
    else{
        dietTitleTextView.setText("Diet of "+ diet_calories_str + " kcal");
        dayTextView.setText(day[position]);

        breakfastTitleTextView.setText(getResources().getString(R.string.en_breakfast));
        breakfastResultTextView.setText(breakfast[position]);
        brunchTitleTextView.setText(getResources().getString(R.string.en_brunch));
        brunchResultTextView.setText(brunch[position]);
        lunchTitleTextView.setText(getResources().getString(R.string.en_lunch));
        lunchResultTextView.setText(lunch[position]);

        afternoonTitleTextView.setText(getResources().getString(R.string.en_afternoon));
        afternoonResultTextView.setText(afternoon[position]);
        dinnerTitleTextView.setText(getResources().getString(R.string.en_dinner));
        dinnerResultTextView.setText(dinner[position]);

        beforeSleepTitleTextView.setText(getResources().getString(R.string.en_before_sleep));
        beforeSleepResultTextView.setText(before_sleep[position]);

        backButton3.setText(getResources().getString(R.string.en_back));

        returnButton.setText(getResources().getString(R.string.en_return_home_message));
    }
}

public void onBack(View view){
    finish();
}

public void onReturn(View view){
    Intent startMain = new Intent(this,LanguageSelection.class);
    startMain.addFlags(Intent.FLAG_ACTIVITY_CLEAR_TOP);
    startMain.addFlags(Intent.FLAG_ACTIVITY_NEW_TASK);
    startActivity(startMain);
}
}
}

```

4.1.6 Αρχείο DietDatabaseHelper.java

```

package app.dailycalories;

import android.content.ContentValues;
import android.content.Context;
import android.database.Cursor;
import android.database.sqlite.SQLiteDatabase;
import android.database.sqlite.SQLiteOpenHelper;

public class DietDatabaseHelper {

    private static final int DATABASE_VERSION = 1;
    private static final String DATABASE_NAME = "diet.db";

    private static final String GREEK_TABLE_NAME = "GreekDiet";
    private static final String ENGLISH_TABLE_NAME = "EnglishDiet";

    private static final String DIET_COLUMN_CALORIES = "_calories";
    private static final String DIET_COLUMN_DAY = "day";
    private static final String DIET_COLUMN_BREAKFAST = "breakfast";
    private static final String DIET_COLUMN_BRUNCH = "brunch";
    private static final String DIET_COLUMN_LUNCH = "lunch";
    private static final String DIET_COLUMN_AFTERNOON = "afternoon";
    private static final String DIET_COLUMN_DINNER = "dinner";
    private static final String DIET_COLUMN_BEFORE_SLEEP = "before_sleep";

    private DietOpenHelper openHelper;
    private SQLiteDatabase database;
}

```

```

public DietDatabaseHelper(Context context) {
    openHelper = new DietOpenHelper(context);
    database = openHelper.getWritableDatabase();
}

private class DietOpenHelper extends SQLiteOpenHelper {

    DietOpenHelper(Context context) {
        super(context, DATABASE_NAME, null, DATABASE_VERSION);
    }

    @Override
    public void onCreate(SQLiteDatabase database) {
        database.execSQL("CREATE TABLE " + GREEK_TABLE_NAME + "( "
            + DIET_COLUMN_CALORIES + " INTEGER, "
            + DIET_COLUMN_DAY + " TEXT, " + DIET_COLUMN_BREAKFAST
            + " TEXT, " + DIET_COLUMN_BRUNCH
            + " TEXT, " + DIET_COLUMN_LUNCH + " TEXT, "
            + DIET_COLUMN_AFTERNOON + " TEXT, " +
DIET_COLUMN_DINNER
            + " TEXT, " + DIET_COLUMN_BEFORE_SLEEP + " TEXT, "
            + "PRIMARY KEY(_calories, day)");
    };
    database.execSQL("CREATE TABLE " + ENGLISH_TABLE_NAME + "( "
        + DIET_COLUMN_CALORIES + " INTEGER, "
        + DIET_COLUMN_DAY + " TEXT, " + DIET_COLUMN_BREAKFAST
        + " TEXT, " + DIET_COLUMN_BRUNCH
        + " TEXT, " + DIET_COLUMN_LUNCH + " TEXT, "
        + DIET_COLUMN_AFTERNOON + " TEXT, " +
DIET_COLUMN_DINNER
        + " TEXT, " + DIET_COLUMN_BEFORE_SLEEP + " TEXT, "
        + "PRIMARY KEY(_calories, day)");
    );

    ContentValues greek_contentValues = new ContentValues();
    ContentValues english_contentValues = new ContentValues();

    /*** Δίαιτα 1300 θερμίδων στα ελληνικά ***/
    greek_contentValues.put(DIET_COLUMN_CALORIES, 1300);
    greek_contentValues.put(DIET_COLUMN_DAY,"Δευτέρα");
    greek_contentValues.put(DIET_COLUMN_BREAKFAST,"καφές/τσάι, 2 φρυγανιές, 1
κουταλάκι λάδι, 1 κουταλιά μέλι");
    greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 φλιτζάνι γάλα 2%, 1 κριτσίνι");
    greek_contentValues.put(DIET_COLUMN_LUNCH,"1/2 κούπα μακαρόνια, 3
κεφτεδάκια, σαλάτα (1 κουταλάκι λάδι)");
    greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 γιαούρτι με φρούτα 2%");
    greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα (1 κουταλιά ελαιόλαδο), 1
κούπα χυμό, 2 κριτσίνια");
    greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 κούπα γάλα, 1/2 κούπα
δημητριακά πρωινού");
    database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

    greek_contentValues.put(DIET_COLUMN_CALORIES, 1300);
    greek_contentValues.put(DIET_COLUMN_DAY,"Τρίτη");
    greek_contentValues.put(DIET_COLUMN_BREAKFAST,"καφές/τσάι, 1 κούπα γάλα, 1/2
κούπα δημητριακά");
    greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 μπολ κομπόστα, 2 μπισκότα");
    greek_contentValues.put(DIET_COLUMN_LUNCH,"ψάρι στο φούρνο, 2 πατάτες στο
φούρνο, σαλάτα (χωρίς λάδι)");
    greek_contentValues.put(DIET_COLUMN_AFTERNOON,"2 φρυγανιές, 2 κουταλάκια
μέλι/μαρμελάδα");
    greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα, 1 κουταλιά τόνο σε νερό");
    greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 γιαούρτι με φρούτα");
    database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

    greek_contentValues.put(DIET_COLUMN_CALORIES, 1300);
    greek_contentValues.put(DIET_COLUMN_DAY,"Τετάρτη");

```

```

greek_contentValues.put(DIET_COLUMN_BREAKFAST,"καφές/τσάι, 1 γιαούρτι με
φρούτα 2%");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"2 μεγάλα φρούτα");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1 κούπα φακές, 1 φέτα ψωμί, 30γρ
φέτα, 1 κούπα χυμό");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 μπουλ κομπόστα, 2
μπισκότα");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα, 60γρ τόνο σε λάδι, 2
κουταλάκια ελαιόλαδο");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 γιαούρτι, 1/2 κούπα
δημητριακά");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 1300);
greek_contentValues.put(DIET_COLUMN_DAY,"Πέμπτη");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"καφές/τσάι, 1 γιαούρτι, 1/2
κούπα δημητριακά");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 φλιτζάνι γάλα 2%");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1/2 κούπα ρύζι, 90γρ κοτόπουλο
βραστό");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"μεγάλη σαλάτα (χωρίς λάδι), 1
κούπα κρουτόν");
greek_contentValues.put(DIET_COLUMN_DINNER,"1/2 κούπα τραχανά, 1 κούπα
χυμό");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 γιαούρτι με φρούτα");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 1300);
greek_contentValues.put(DIET_COLUMN_DAY,"Παρασκευή");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"καφές/τσάι, 1 μεγάλο φρούτο, 5
μπισκότα (απλά)");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"2 φρυγανιές, 2 κουταλάκια
μαρμελάδα");
greek_contentValues.put(DIET_COLUMN_LUNCH,"300γρ σπανακόρυζο, 1 φέτα ψωμί, 1
κούπα χυμό πορτοκάλι");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"2 κομμάτια κέικ, 1/2 κούπα
χυμό");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα 90γρ τόνο σε λάδι, 2
κρετσίνια, 2 κουταλάκια ελαιόλαδο");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 γιαούρτι με φρούτα 2%, 2
μπισκότα");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 1300);
greek_contentValues.put(DIET_COLUMN_DAY,"Σάββατο");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"καφές/τσάι, 1 φρούτο, 5
μπισκότα");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 γιαούρτι, 1/2 κούπα
δημητριακά");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1 1/2 μπουλ σούπα, 30γρ φέτα, 1
φέτα ψωμί, 1/2 κούπα χυμό πορτοκάλι");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"2 φρυγανιές, 2 κουταλάκια
μέλι/μαρμελάδα");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα, 90γρ κοτόπουλο βραστό, 1
κουταλιά λάδι");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 φρούτο");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 1300);
greek_contentValues.put(DIET_COLUMN_DAY,"Κυριακή");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"καφές/τσάι, 1 γιαούρτι, 1/2
κούπα δημητριακά");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 μπουλ κομπόστα");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1/2 κούπα τραχανά, 1 κούπα χυμό");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 κομμάτι κέικ, 1 κούπα
χυμό");

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greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα, 1 κουταλιά λάδι, 120γρ
κοτόπουλο βραστό/λουκάνικα Φρανκφούρτης");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 μεγάλο φρούτο, 10
αμύγδαλα");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

/**/ Δίαιτα 1500 θερμίδων στα ελληνικά **/
greek_contentValues.put(DIET_COLUMN_CALORIES, 1500);
greek_contentValues.put(DIET_COLUMN_DAY,"Δευτέρα");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"καφές/τσάι, 1/2 κούπα γάλα,
1/2 κούπα δημητριακά");
greek_contentValues.put(DIET_COLUMN_BRUNCH, "1 μεσαίο φρούτο");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1/2 κούπα μακαρόνια με σάλτσα,
60γρ κοτόπουλο βραστό, σαλάτα (καθόλου λάδι)");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"καφές/τσάι, 1 αυγό βραστό,
1/2 κούπα χυμό");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα της επιλογής σας χωρίς
λάδι");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 γιαούρτι 2%, 1 κουταλιά
μέλι, 5 αμύγδαλα");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 1500);
greek_contentValues.put(DIET_COLUMN_DAY,"Τρίτη");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"καφές/τσάι, 1 φέτα ψωμί, 1
κουταλιά μέλι/μαρμελάδα");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 γιαούρτι 2% με φρούτα");
greek_contentValues.put(DIET_COLUMN_LUNCH,"οποιοδήποτε τηγανιτό ψάρι, 1/2
κούπα ρύζι + σαλάτα (χωρίς λάδι)");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"καφές/τσάι, 1 φρούτο ή 1/2
κούπα χυμό");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα (χωρίς λάδι), 2 μεγάλες
κουταλιές τόνο (σε νερό)");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1/2 κούπα γάλα, 1/2 κούπα
δημητριακά");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 1500);
greek_contentValues.put(DIET_COLUMN_DAY,"Τετάρτη");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"καφές/τσάι, 2 κριτσίνια");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"1/2 κούπα γάλα, 1/2 κούπα
δημητριακά");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1 μπολ φακές + σαλάτα (χωρίς
λάδι)");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1/2 κούπα χυμό, 1 φέτα ψωμί,
1 κουταλιά μέλι");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα (μαρούλι, ντομάτα) με 3
κουταλιές κόττατζ (τυρί με 4,5% λιπαρά)");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 ποτήρι γάλα 2%, 2
μπισκότα");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 1500);
greek_contentValues.put(DIET_COLUMN_DAY,"Πέμπτη");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"καφές/τσάι, 1 κούπα γάλα 2%
με 2 μπισκότα");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 ποτήρι φυσικό χυμό, 2
μπισκότα");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1 γεμιστή ντομάτα ή πιπεριά με όλα
τα υλικά της, 30γρ φέτα, 1 φέτα ψωμί");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"καφές/τσάι, 1 μπολ
κομπόσα");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα της επιλογής σας, 60γρ
κοτόπουλο βραστό ή ψητό");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 κούπα γάλα");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

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greek_contentValues.put(DIET_COLUMN_CALORIES, 1500);
greek_contentValues.put(DIET_COLUMN_DAY, "Παρασκευή");
greek_contentValues.put(DIET_COLUMN_BREAKFAST, "καφές/τσάι, 1 μεγάλο φρούτο");
greek_contentValues.put(DIET_COLUMN_BRUNCH, "1 κούπα γάλα 2%, 2 φρυγανιές, 1
κουταλιά μέλι");
greek_contentValues.put(DIET_COLUMN_LUNCH, "μεγάλη πολυσαλάτα (χωρίς λάδι), 3
κουταλιές τόνο (σε νερό) + 30γρ φέτα");
greek_contentValues.put(DIET_COLUMN_AFTERNOON, "καφές/τσάι, 1 μπολ
ρυζόγαλο");
greek_contentValues.put(DIET_COLUMN_DINNER, "1/2 κούπα γάλα, 1/2 κούπα
δημητριακά");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "1 μέτριο φρούτο");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 1500);
greek_contentValues.put(DIET_COLUMN_DAY, "Σάββατο");
greek_contentValues.put(DIET_COLUMN_BREAKFAST, "καφές/τσάι, 1 μεγάλο φρούτο");
greek_contentValues.put(DIET_COLUMN_BRUNCH, "1 ποτήρι γάλα 2%");
greek_contentValues.put(DIET_COLUMN_LUNCH, "1 μπολ φασολάκια, 30 γρ φέτα, 1/2
χυμό της επιλογής σας, 1 φέτα ψωμί");
greek_contentValues.put(DIET_COLUMN_AFTERNOON, "καφές/τσάι, σαλάτα (μαρούλι,
ντομάτα, αγγουράκι) χωρίς λάδι");
greek_contentValues.put(DIET_COLUMN_DINNER, "2 κριτσίνια, 1 φέτα γαλοπούλα, 1
φέτα κασέρι (με χαμηλά λιπαρά)");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "1/2 κούπα γάλα, 1/2 κούπα
δημητριακά");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 1500);
greek_contentValues.put(DIET_COLUMN_DAY, "Κυριακή");
greek_contentValues.put(DIET_COLUMN_BREAKFAST, "καφές/τσάι, 2 φρυγανιές με
μέλι");
greek_contentValues.put(DIET_COLUMN_BRUNCH, "2 κριτσίνια, 1 κούπα γάλα 2%");
greek_contentValues.put(DIET_COLUMN_LUNCH, "1 μεγάλη πατάτα στο φούρνο (χωρίς
λάδι), 2 μπιφτέκια");
greek_contentValues.put(DIET_COLUMN_AFTERNOON, "καφές/τσάι, 1/2 κούπα
παγωτό");
greek_contentValues.put(DIET_COLUMN_DINNER, "σαλάτα (χωρίς λάδι) + 90γρ
κοτόπουλο");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "-----");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

/** Δίαιτα 1800 θερμίδων στα ελληνικά */
greek_contentValues.put(DIET_COLUMN_CALORIES, 1800);
greek_contentValues.put(DIET_COLUMN_DAY, "Δευτέρα");
greek_contentValues.put(DIET_COLUMN_BREAKFAST, "4-5 μπισκότα, 1 κούπα γάλα");
greek_contentValues.put(DIET_COLUMN_BRUNCH, "1 ποτήρι φυσικό χυμό πορτοκάλι,
1/2 κούπα βρώμη");
greek_contentValues.put(DIET_COLUMN_LUNCH, "1 σαλάτα, 1/2 φλιτζάνι ρύζι, 90γρ
χοιρινή μπριζόλα");
greek_contentValues.put(DIET_COLUMN_AFTERNOON, "1 γιαούρτι πλήρες, 1/2 κούπα
δημητριακά ολικής");
greek_contentValues.put(DIET_COLUMN_DINNER, "Όμελέτα (2 αυγά), 2 κριτσίνια");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "-----");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 1800);
greek_contentValues.put(DIET_COLUMN_DAY, "Τρίτη");
greek_contentValues.put(DIET_COLUMN_BREAKFAST, "1 γιαούρτι 2% με φρούτα");
greek_contentValues.put(DIET_COLUMN_BRUNCH, "1 ζελέ φρούτων, 2 μπισκότα ολικής
άλεσης");
greek_contentValues.put(DIET_COLUMN_LUNCH, "1 φλιτζάνι ριζότο (3 λαχανικά από 3
κουταλιές το καθένα), 1/2 κούπα χυμό");
greek_contentValues.put(DIET_COLUMN_AFTERNOON, "1 κούπα γάλα, 1/2 κούπα
δημητριακά");
greek_contentValues.put(DIET_COLUMN_DINNER, "σαλάτα, 2 κ.γ. ελαιόλαδο, 90γρ
κοτόπουλο, 1 φρούτο");

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greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "-----");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 1800);
greek_contentValues.put(DIET_COLUMN_DAY, "Τετάρτη");
greek_contentValues.put(DIET_COLUMN_BREAKFAST, "1 γιαούρτι με φρούτα");
greek_contentValues.put(DIET_COLUMN_BRUNCH, "φέτα ψωμί, 1 φέτα γαλοπούλα");
greek_contentValues.put(DIET_COLUMN_LUNCH, "2 φλιτζάνια σπανακόρυζο, 1 φέτα
ψωμί, 1 κεσεδάκι γιαούρτι, 1 κούπα χυμό");
greek_contentValues.put(DIET_COLUMN_AFTERNOON, "σαλάτα 30γρ τόνο σε νερό με 2
κουταλάκια ελαιόλαδο");
greek_contentValues.put(DIET_COLUMN_DINNER, "1 βραστό αυγό, 2 κριτσίνια");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "-----");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 1800);
greek_contentValues.put(DIET_COLUMN_DAY, "Πέμπτη");
greek_contentValues.put(DIET_COLUMN_BREAKFAST, "1 γιαούρτι 2% με φρούτα");
greek_contentValues.put(DIET_COLUMN_BRUNCH, "1 τoστ (μόνο κασέρι), 1 κούπα
χυμό");
greek_contentValues.put(DIET_COLUMN_LUNCH, "1/2 κούπα μακαρόνια με σάλτσα,
σαλάτα (1 κ.γ. λάδι), 1/2 κούπα χυμό πορτοκάλι");
greek_contentValues.put(DIET_COLUMN_AFTERNOON, "1 κούπα γάλα 2% με 1/2
κούπα δημητριακά");
greek_contentValues.put(DIET_COLUMN_DINNER, "σαλάτα με 60γρ κοτόπουλο βραστό
και 2 κουταλιές ελαιόλαδο");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "-----");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 1800);
greek_contentValues.put(DIET_COLUMN_DAY, "Παρασκευή");
greek_contentValues.put(DIET_COLUMN_BREAKFAST, "1 γιαούρτι 2% με 1/2 κούπα
δημητριακά");
greek_contentValues.put(DIET_COLUMN_BRUNCH, "1 φέτα ψωμί, 1 κ.γ. βούτυρο, 1 κ.γ.
μέλι");
greek_contentValues.put(DIET_COLUMN_LUNCH, "1 μπoλ όσπρια, 30γρ φέτα, 1 φέτα
ψωμί");
greek_contentValues.put(DIET_COLUMN_AFTERNOON, "1 τoστ (κασέρι-γαλοπούλα), 2
φρούτα");
greek_contentValues.put(DIET_COLUMN_DINNER, "σαλάτα (χωρίς λάδι), 1/2 κούπα
κρουτόν, 30γρ φέτα");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "-----");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 1800);
greek_contentValues.put(DIET_COLUMN_DAY, "Σάββατο");
greek_contentValues.put(DIET_COLUMN_BREAKFAST, "1 γιαούρτι 2% με 2 κουταλιές
βρώμη");
greek_contentValues.put(DIET_COLUMN_BRUNCH, "1 μπάρα δημητριακών");
greek_contentValues.put(DIET_COLUMN_LUNCH, "1/2 κούπα κριθαράκι, 90γρ κρέας
(μοσχάρι) με σάλτσα, σαλάτα (χωρίς λάδι)");
greek_contentValues.put(DIET_COLUMN_AFTERNOON, "1 κούπα χυμό, 1 τoστ (κασέρι-
γαλοπούλα)");
greek_contentValues.put(DIET_COLUMN_DINNER, "1 μικρό παγωτό");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "-----");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 1800);
greek_contentValues.put(DIET_COLUMN_DAY, "Κυριακή");
greek_contentValues.put(DIET_COLUMN_BREAKFAST, "1 γιαούρτι 2% με φρούτα");
greek_contentValues.put(DIET_COLUMN_BRUNCH, "1 φέτα ψωμί, 1 κ.γ. βούτυρο, 1 κ.γ.
μέλι ή μαρμελάδα");
greek_contentValues.put(DIET_COLUMN_LUNCH, "1 φλιτζάνι ρύζι, 90γρ κοτόπουλο
φούρνου, 1/2 κούπα χυμό");
greek_contentValues.put(DIET_COLUMN_AFTERNOON, "1 ζελέ φρούτων, 1 βραστό
αυγό, 1 φέτα ψωμί");

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greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα με 90γρ τόνο σε λάδι, 1/2
κούπα κρουτόν");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"-----");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

/** Δίαιτα 2500 θερμίδων στα ελληνικά **/
greek_contentValues.put(DIET_COLUMN_CALORIES, 2500);
greek_contentValues.put(DIET_COLUMN_DAY,"Δευτέρα");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 αυγό βραστό, 1 1/2 κούπα
γάλα πλήρες, 1 κούπα δημητριακά, 1 φρούτο");
greek_contentValues.put(DIET_COLUMN_BRUNCH, "2 τoστ (κασέρι-γαλοπούλα)");
greek_contentValues.put(DIET_COLUMN_LUNCH,"(σάντουιτς) κοτόπουλο 100γρ
βραστό, ντομάτα, 90γρ φέτα, χυμό 330ml");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 μπολ κομπόστα, 20
αμύγδαλα");
greek_contentValues.put(DIET_COLUMN_DINNER,"1/2 κοτόπουλο, 1 κούπα ρύζι, 2
φρυγανιές");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 γιαούρτι, 1 κουταλιά μέλι,
1/2 κούπα δημητριακά");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 2500);
greek_contentValues.put(DIET_COLUMN_DAY,"Τρίτη");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 γάλα 500ml, 1 κρουασάν");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"2 σάντουιτς, ντομάτα, φέτα,
γαλοπούλα");
greek_contentValues.put(DIET_COLUMN_LUNCH,"2 μπιφτέκια, 3 πατάτες στο φούρνο
(λίγο ελαιόλαδο), 1 ποτήρι χυμό, σαλάτα (4 λαχανικά)");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"σαλάτα (3 λαχανικά), 150γρ
τόνο σε νερό + 2 ασπράδια αυγών (βραστά)");
greek_contentValues.put(DIET_COLUMN_DINNER,"2 μπιφτέκια, 3 πατάτες στο φούρνο
(λίγο ελαιόλαδο), 1 ποτήρι χυμό");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "1 γιαούρτι με φρούτα, 4
μπισκότα (απλά)");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 2500);
greek_contentValues.put(DIET_COLUMN_DAY,"Τετάρτη");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"χυμό βύσσινο 500ml");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"2 τoστ (κασέρι-γαλοπούλα), γάλα
500ml");
greek_contentValues.put(DIET_COLUMN_LUNCH,"2 πιάτα φακές, 2 φρυγανιές, 1
ποτήρι χυμό, 100γρ φέτα, σαλάτα με 1 κουταλάκι ελαιόλαδο, 1 αυγό βραστό");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"σαλάτα με 3 λαχανικά, τόνο
100γρ σε λάδι + 2 φρούτα");
greek_contentValues.put(DIET_COLUMN_DINNER,"2 πιάτα φακές, 90γρ φέτα, 2 φέτες
ψωμί");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"γιαούρτι πλήρες με φρούτα
+ 10 αμύγδαλα");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 2500);
greek_contentValues.put(DIET_COLUMN_DAY,"Πέμπτη");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 1/2 κούπα γάλα πλήρες, 1
κούπα δημητριακά, 10 αμύγδαλα");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 ποτήρι χυμό, 1 βραστό αυγό");
greek_contentValues.put(DIET_COLUMN_LUNCH,"120γρ συκώτι (βραστό), 1 πιάτο
μακαρόνια + σάλτσα, σαλάτα (οτιδήποτε μαζί με καλαμπόκι) + 2 κουταλιές κόττατζ");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 τoστ (κασέρι-γαλοπούλα-
φέτα), 1 χυμό βύσσινο");
greek_contentValues.put(DIET_COLUMN_DINNER,"2 φρούτα, 1 τoστ (κασέρι-
γαλοπούλα-φέτα), 1 μπάρα δημητριακών");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"σαλάτα χωρίς λάδι με 90γρ
τόνο σε λάδι, 4 φρυγανιές, 1 ποτήρι γάλα");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 2500);
greek_contentValues.put(DIET_COLUMN_DAY,"Παρασκευή");

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greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 γιαούρτι με μέλι, 1 μπάρα
δημητριακών, 4 μπισκότα");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"150 γρ λουκάνικα (τύπου
Φρανκφούρτης) βραστά, 2 φέτες ψωμί");
greek_contentValues.put(DIET_COLUMN_LUNCH,"2 πιάτα φακές, 2 φέτες ψωμί, 100γρ
φέτα, σαλάτα με 1 κουταλάκι ελαιόλαδο, 1 φρούτο");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"2 τoστ (κασέρι-γαλοπούλα-
φέτα)");
greek_contentValues.put(DIET_COLUMN_DINNER,"1 σάντουιτς, 1 χυμό, 2 φρούτα");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"σαλάτα (χωρίς λάδι), 2
κουταλιές τόνο σε λάδι, 2 κουταλιές κόττατζ");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 2500);
greek_contentValues.put(DIET_COLUMN_DAY,"Σάββατο");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 1/2 κούπα γάλα πλήρες, 1
κούπα δημητριακά");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"2 τoστ (κασέρι, 100γρ κοτόπουλο
βραστό, φέτα)");
greek_contentValues.put(DIET_COLUMN_LUNCH,"οποιοδήποτε ψάρι στο φούρνο
(150γρ), 3 πατάτες βραστές, σαλάτα");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"2 τoστ (κασέρι, 100γρ
κοτόπουλο βραστό, φέτα), 1 χυμό");
greek_contentValues.put(DIET_COLUMN_DINNER,"οποιοδήποτε ψάρι στο φούρνο
(150γρ), 3 πατάτες βραστές, σαλάτα");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 γιαούρτι με δημητριακά
και μέλι");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 2500);
greek_contentValues.put(DIET_COLUMN_DAY,"Κυριακή");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"2 τoστ (κασέρι-γαλοπούλα), 1
γιαούρτι με φρούτα");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 ρυζόγαλο, 1 φρούτο");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1/2 κοτόπουλο, 1 κούπα ρύζι,
σαλάτα (1 κουταλιά ελαιόλαδο), 1 κούπα χυμό");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 φρούτο, 1 σάντουιτς (ή
κρέπα), κασέρι, κοτόπουλο, καλαμπόκι, ντομάτα, φέτα");
greek_contentValues.put(DIET_COLUMN_DINNER,"1/2 κοτόπουλο, 1 κούπα ρύζι,
σαλάτα (1 κουταλιά ελαιόλαδο)");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 γιαούρτι με δημητριακά
και μέλι, 1 ποτήρι χυμό");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

/**/ Δίαιτα 3000 θερμίδων στα ελληνικά **/
greek_contentValues.put(DIET_COLUMN_CALORIES, 3000);
greek_contentValues.put(DIET_COLUMN_DAY,"Δευτέρα");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"τοστ με 1 φέτα κασέρι και 1
φέτα γαλοπούλα, 1 ποτήρι χυμό");
greek_contentValues.put(DIET_COLUMN_BRUNCH, "1 μπάρα δημητριακών, 1 κούπα
γάλα πλήρες");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1 πιάτο φακές με 1 φέτα ψωμί
ολικής, σαλάτα (1 φλιτζάνι μαρούλι με 1 ντομάτα και 1 αγγουράκι + 2 κουταλάκια ελαιόλαδο + 1 κούπα κρουτόν),
1 μικρή μπανάνα");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 σουβλάκι κοτόπουλο + 1
πίτα");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα με φρούτα (10 κεράσια, 1
φέτα πεπόνι, 1 μικρή φέτα καρπούζι, 1 νεκταρίνι, 1/2 μπανάνα μεγάλη ή 1 μικρή)");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1/2 κούπα παγωτό + 6
αμύγδαλα + μπισκότα σκέτα");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 3000);
greek_contentValues.put(DIET_COLUMN_DAY,"Τρίτη");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 ποτήρι γάλα πλήρες + 1
σταφιδόψωμο");

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greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 αυγό βραστό, 4 κριτσίνια (ή
φρυγανιές)");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1/2 φλιτζάνι πλιγούρι + 2 κουταλιές
σάλτσα + 1 κουταλιά βούτυρο, 1 μπουτί κοτόπουλο χωρίς πέτσα βραστό, σαλάτα (1 ντομάτα, 1 αγγουράκι, 1/2
κούπα καλαμπόκι + 1 κουταλιά μαγιονέζα + 2 κουταλάκια ελαιόλαδο), 1 ποτήρι χυμό");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 μήλο, 1 φέτα πεπόνι, 1 φέτα
καρπούζι, 1 νεκταρίνι");
greek_contentValues.put(DIET_COLUMN_DINNER,"2 πατάτες βραστές + 75γρ
λουκάνικα Φρανκφούρτης βραστά + 2 νεκταρίνια (ή 1 ποτήρι χυμό πορτοκάλι)");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 γιαούρτι 2% με 2
κουταλιές βρώμη + 6 αμύγδαλα");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 3000);
greek_contentValues.put(DIET_COLUMN_DAY,"Τετάρτη");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 μπάρα δημητριακών, 1 κούπα
γάλα 2%, 1 μπανάνα");
greek_contentValues.put(DIET_COLUMN_BRUNCH, "τοστ (1 φέτα κασέρι-1 φέτα
γαλοπούλα), 6 αμύγδαλα (ή κάσιους)");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1/2 κούπα μακαρόνια, 3 κουταλιές
κρέμα γάλακτος + 2 κουταλιές μανιτάρια, σαλάτα (μαρούλι, 1 ντομάτα, 1 αγγουράκι, 1/2 κούπα καλαμπόκι, 2
κουταλιές μαγιονέζα με χαμηλά λιπαρά, 60γρ κοτόπουλο βραστό, 1 κουταλιά ελαιόλαδο)");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 κρέπα, 1 μπανάνα, 6
φράουλες, 2 κουταλιές μαρμελάδα");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα (1 ντομάτα, 1 αγγουράκι, 1
καρότο, 2 κουταλιές καλαμπόκι + 1 κουταλιά ελαιόλαδο), 1 ποτήρι χυμό");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 ποτήρι γάλα, 5 κράκερς, 1
φρούτο");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 3000);
greek_contentValues.put(DIET_COLUMN_DAY,"Πέμπτη");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 1/2 κούπα γάλα πλήρες + 1
κούπα δημητριακά, 2 νεκταρίνια");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 φέτα ψωμί + 1 φέτα κασέρι + 1
φέτα γαλοπούλα, 1/2 ποτήρι χυμό");
greek_contentValues.put(DIET_COLUMN_LUNCH,"75γρ κοτόπουλο χωρίς πέτσα στο
φούρνο με 2 κουταλιές ελαιόλαδο, ρύζι 3/4 της κούπας (με 1/2 κούπα καλαμπόκι + 1/2 κούπα αρακά), σαλάτα (2
κούπες πατζάρια με 2 κουταλάκια ελαιόλαδο), 2-3 φρυγανιές ολικής");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 μπολ κομπόστα (κονσέρβρα
ροδάκινο)");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα (30 γρ τόνος με 1 φλιτζάνι
μαρούλι + 1 ντομάτα + 1 αγγουράκι + 1 κουταλιά ελαιόλαδο (+ λίγο κρεμμύδι ή ρόκα)), 2 κουταλιές τυρί με
χαμηλά λιπαρά");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"6 κράκερς βουτύρου, 1
κούπα γάλα, 2 κουταλιές μαρμελάδα (ή μέλι)");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 3000);
greek_contentValues.put(DIET_COLUMN_DAY,"Παρασκευή");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 κουλούρι, 1 χυμό πορτοκάλι");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 κρέπα, 1 φέτα κασέρι, 1 φέτα
ζαμπόν");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1 πιάτο φασολάκια + 2 φέτες ψωμί,
σαλάτα (ντομάτα, αγγούρι, 2 παξιμάδια, 2 κουταλάκια ελαιόλαδο)");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 ζελέ φρούτων, 3 μπισκότα
απλά");
greek_contentValues.put(DIET_COLUMN_DINNER,"1 βραστό αυγό, σαλάτα (1 φλιτζάνι
μαρούλι, 1 ντομάτα, 1 αγγουράκι, 1 καρότο, 2 κουταλιές καλαμπόκι + 2 κουταλιές ελαιόλαδο, 1/2 κούπα
κρουτόν)");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"10 φιστίκια, 1 κούπα χυμό
πορτοκάλι");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 3000);
greek_contentValues.put(DIET_COLUMN_DAY,"Σάββατο");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"2 φρυγανιές με 2 κουταλιές
μαρμελάδα (ή μέλι)");

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greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 κούπα χυμό ανάμεικτο + 3
κράκερς ολικής");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1 πιάτο πατάτες φούρνου με
κοτόπουλο (120γρ περίπου), σαλάτα (2 κούπες πατζάρια με 2 κουταλάκια ελαιόλαδο), 2 φρυγανιές (ή
κριτσίνια)");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 παγωτό 2% της επιλογής
σας");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα (60γρ τόνος με 1 φλιτζάνι
μαρούλι, 1 ντομάτα, 1 αγγουράκι, 1 κουταλιά ελαιόλαδο, 1 κούπα κρουτόν)");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 νεκταρίνι, 1 μπανάνα");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 3000);
greek_contentValues.put(DIET_COLUMN_DAY,"Κυριακή");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 γιαούρτι + 2-3 κουταλιές
δημητριακά");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 μπάρα δημητριακών, 1 κούπα
χυμό");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1/2 κούπα ρύζι μαγειρεμένο με 1
κουταλιά ελαιόλαδο (ή βούτυρο), 100γρ κοτόπουλο στο φούρνο, σαλάτα (1 φλιτζάνι μαρούλι, 1 ντομάτα, 1
αγγουράκι, 1/2 κούπα καλαμπόκι, 1 καρότο, + 1 κουταλιά ελαιόλαδο), 2 κριτσίνια");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"τοστ με 1 φέτα κασέρι και 1
φέτα γαλοπούλα");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα (30γρ τόνος με 1 φλιτζάνι
μαρούλι + 1 ντομάτα + 1 αγγουράκι + 1 κουταλιά ελαιόλαδο), 1/2 κούπα χυμό");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 κούπα γάλα πλήρες, 1
φέτα ψωμί, 1 κουταλιά βούτυρο, 1 κουταλιά μαρμελάδα");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

/**/ Δίαιτα 3500 θερμίδων στα ελληνικά ***/
greek_contentValues.put(DIET_COLUMN_CALORIES, 3500);
greek_contentValues.put(DIET_COLUMN_DAY,"Δευτέρα");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 γιαούρτι 2%, 1/2 κούπα
δημητριακά, 15 αμύγδαλα");
greek_contentValues.put(DIET_COLUMN_BRUNCH, "1 κομμάτι κέικ, 1 κ.γ. βούτυρο, 1
κ.γ. ταχίνι, 1 κούπα χυμό");
greek_contentValues.put(DIET_COLUMN_LUNCH,"2 κούπες μακαρόνια με σάλτσα,
σαλάτα (3 κουταλιές ελαιόλαδο), 1 κούπα χυμό πορτοκάλι");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 φέτα ψωμί, 1 φέτα κασέρι, 1
φέτα ζαμπόν");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα (2 κ.γ. ελαιόλαδο)");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 κούπα γάλα, 1/2 κούπα
δημητριακά, 10 καρύδια");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 3500);
greek_contentValues.put(DIET_COLUMN_DAY,"Τρίτη");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 γιαούρτι, 2 κομματάκια μαύρη
σοκολάτα, 1/2 κούπα βρώμη");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 φέτα κασέρι, 1 φέτα ψωμί, 1
ποτήρι χυμό");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1 μπολ τουργού, 60γρ ανθότυρο, 2
φέτες ψωμί, σαλάτα (2 κ.γ. λάδι), 1 κούπα χυμό πορτοκάλι");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 φυσικό χυμό ανάμεικτο, 4
μπισκότα");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα (1 κ.γ. ελαιόλαδο, 90γρ
τόνο σε νερό)");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "1 γιαούρτι με φρούτα, 4
μπισκότα, 5 καρύδια");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 3500);
greek_contentValues.put(DIET_COLUMN_DAY,"Τετάρτη");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 βραστό αυγό, 1 φέτα ψωμί, 1
κούπα χυμό");
greek_contentValues.put(DIET_COLUMN_BRUNCH, "1 ψωμάκι, 1 λουκάνικο
Φρανκφούρτης");

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greek_contentValues.put(DIET_COLUMN_LUNCH,"1 1/2 μπολ φακές, 90γρ ανθότυρο, 1
κούπα χυμό πορτοκάλι, σαλάτα (χωρίς λάδι), 1 φέτα ψωμί");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 τoστ (κασέρι-γαλοπούλα)");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα (30γρ τόνο, 2 κριτσίνια, 1
κουταλιά λάδι)");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"3 μπισκότα απλά");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 3500);
greek_contentValues.put(DIET_COLUMN_DAY,"Πέμπτη");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 γιαούρτι, 1/2 κούπα
δημητριακά");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 κούπα χυμό, 4-5 κράκερς, 2
κομμάτια μαύρη σοκολάτα");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1 κούπα ρύζι, 120γρ κοκκινιστό
μοσχάρι, σαλάτα (2 κ.γ. ελαιόλαδο)");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 φέτα ψωμί, 1 κουταλάκι
μαρμελάδα, 1 κ.γ. βούτυρο");
greek_contentValues.put(DIET_COLUMN_DINNER,"10 αμύγδαλα, 2 φρυγανιές, 1 φέτα
γαλοπούλα");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 κομμάτι κέικ, 1 κ.γ.
βούτυρο, 1 κ.γ. μαρμελάδα");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 3500);
greek_contentValues.put(DIET_COLUMN_DAY,"Παρασκευή");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 γιαούρτι με 1 κουταλιά μέλι, 5
αμύγδαλα, 1/2 κούπα δημητριακά");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 βραστό αυγό, 2 φρυγανιές");
greek_contentValues.put(DIET_COLUMN_LUNCH,"2-3 πατάτες στο φούρνο, 120γρ
κοτόπουλο, σαλάτα (1 κουταλάκι ελαιόλαδο)");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 κομμάτι κέικ, 1 κ.γ. βούτυρο,
1 κ.γ. μαρμελάδα");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα με 90γρ κοτόπουλο, 2
κριτσίνια");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 κούπα γάλα, 1/2 κούπα
δημητριακά, 10 καρύδια");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 3500);
greek_contentValues.put(DIET_COLUMN_DAY,"Σάββατο");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 γιαούρτι, 1 κ.γ. μέλι, 1/2
κούπα δημητριακά, 10 καρύδια");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"1 τoστ (κασέρι-γαλοπούλα)");
greek_contentValues.put(DIET_COLUMN_LUNCH,"οποιοδήποτε ψάρι τηγανιτό, 1 1/2
κούπα ρύζι, σαλάτα, 2 κ.γ. ελαιόλαδο");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 σάντουιτς με 1 μικρό
λουκάνικο Φρανκφούρτης");
greek_contentValues.put(DIET_COLUMN_DINNER,"4 κούπες ποπ κορν");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 κούπα γάλα και 1 κομμάτι
κέικ");
database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

greek_contentValues.put(DIET_COLUMN_CALORIES, 3500);
greek_contentValues.put(DIET_COLUMN_DAY,"Κυριακή");
greek_contentValues.put(DIET_COLUMN_BREAKFAST,"1 χυμό 330ml πορτοκάλι, 1
μπάρα δημητριακών");
greek_contentValues.put(DIET_COLUMN_BRUNCH,"ομελέτα (2 μικρά αυγά), 1 φέτα
ψωμί");
greek_contentValues.put(DIET_COLUMN_LUNCH,"1 μπολ πιπεριές στο φούρνο, 150γρ
λουκάνικα Φρανκφούρτης, 2 φρυγανιές");
greek_contentValues.put(DIET_COLUMN_AFTERNOON,"1 φυσικό χυμό πορτοκάλι, 5
μπισκότα (απλά)");
greek_contentValues.put(DIET_COLUMN_DINNER,"σαλάτα, 120γρ τόνο σε νερό, 2
κριτσίνια");
greek_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 γιαούρτι, 1 κ.γ. μέλι, 1/2
κούπα δημητριακά");

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database.insert(GREEK_TABLE_NAME, null, greek_contentValues);

/** Δίαιτα 1300 θερμίδων στα αγγλικά */
english_contentValues.put(DIET_COLUMN_CALORIES, 1300);
english_contentValues.put(DIET_COLUMN_DAY, "Monday");
english_contentValues.put(DIET_COLUMN_BREAKFAST, "coffee/tea, 2 slices of toast, 1
teaspoon of oil, 1 spoonful of honey");
english_contentValues.put(DIET_COLUMN_BRUNCH, "1 cup of milk 2%, 1 breadstick");
english_contentValues.put(DIET_COLUMN_LUNCH, "1/2 cup of spaghetti, 3 meatballs,
salad (1 teaspoon of oil)");
english_contentValues.put(DIET_COLUMN_AFTERNOON, "1 yoghurt with fruits 2%");
english_contentValues.put(DIET_COLUMN_DINNER, "salad (1 spoonful of honey), 1 cup
of juice, 2 breadsticks");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "1 cup of milk, 1/2 cup of
breakfast cereals");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1300);
english_contentValues.put(DIET_COLUMN_DAY, "Tuesday");
english_contentValues.put(DIET_COLUMN_BREAKFAST, "coffee/tea, 1 cup of milk, 1/2
cup of cereals");
english_contentValues.put(DIET_COLUMN_BRUNCH, "1 bowl of stewed fruit, 2
cookies");
english_contentValues.put(DIET_COLUMN_LUNCH, "baked fish, 2 baked potatoes, salad
(oil-free)");
english_contentValues.put(DIET_COLUMN_AFTERNOON, "2 slices of toast, 2 teaspoons
of honey/jam");
english_contentValues.put(DIET_COLUMN_DINNER, "salad, 1 spoonful of tuna in
water");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "1 yoghurt with fruits");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1300);
english_contentValues.put(DIET_COLUMN_DAY, "Wednesday");
english_contentValues.put(DIET_COLUMN_BREAKFAST, "coffee/tea, 1 yoghurt with
fruits 2%");
english_contentValues.put(DIET_COLUMN_BRUNCH, "2 big-size fruits");
english_contentValues.put(DIET_COLUMN_LUNCH, "1 cup of lentils, 1 slice of bread,
30gr feta, 1 cup of juice");
english_contentValues.put(DIET_COLUMN_AFTERNOON, "1 bowl of stewed fruit, 2
cookies");
english_contentValues.put(DIET_COLUMN_DINNER, "salad, 60gr tuna in oil, 2 teaspoons
of oil");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "1 yoghurt, 1/2 cup of
cereals");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1300);
english_contentValues.put(DIET_COLUMN_DAY, "Thursday");
english_contentValues.put(DIET_COLUMN_BREAKFAST, "coffee/tea, 1 yoghurt, 1/2 cup
of cereals");
english_contentValues.put(DIET_COLUMN_BRUNCH, "1 cup of milk 2%");
english_contentValues.put(DIET_COLUMN_LUNCH, "1/2 cup of rice, 90gr boiled
chicken");
english_contentValues.put(DIET_COLUMN_AFTERNOON, "big-size salad (oil-free), 1 cup
of croutons");
english_contentValues.put(DIET_COLUMN_DINNER, "1/2 cup of trahana, 1 cup of
juice");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "1 yoghurt with fruits");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1300);
english_contentValues.put(DIET_COLUMN_DAY, "Friday");
english_contentValues.put(DIET_COLUMN_BREAKFAST, "coffee/tea, 1 big-size fruit, 5
cookies (simple)");

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jam");
english_contentValues.put(DIET_COLUMN_BRUNCH,"2 slices of toast, 2 teaspoons of
bread, 1 cup of orange juice");
english_contentValues.put(DIET_COLUMN_LUNCH,"300gr spinach with rice, 1 slice of
juice");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"2 pieces of cake, 1/2 cup of
breadsticks, 2 teaspoons of oil");
english_contentValues.put(DIET_COLUMN_DINNER,"salad 90gr tuna in oil, 2
cookies");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 yoghurt with fruits 2%, 2
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1300);
english_contentValues.put(DIET_COLUMN_DAY, "Saturday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"coffee/tea, 1 fruit, 5 cookies");
english_contentValues.put(DIET_COLUMN_BRUNCH,"1 yoghurt, 1/2 cup of cereals");
english_contentValues.put(DIET_COLUMN_LUNCH,"1 1/2 bowl of soup, 30gr feta, 1
slice of bread, 1/2 cup of orange juice");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"2 slices of toast, 2 teaspoons
of honey/jam");
english_contentValues.put(DIET_COLUMN_DINNER,"salad, 90gr boiled chicken, 1
spoonful of oil");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 fruit");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1300);
english_contentValues.put(DIET_COLUMN_DAY, "Sunday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"coffee/tea, 1 yoghurt, 1/2 cup
of cereals");
english_contentValues.put(DIET_COLUMN_BRUNCH,"1 bowl of stewed fruit");
english_contentValues.put(DIET_COLUMN_LUNCH,"1/2 cup of trahana, 1 cup of juice");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 piece of cake, 1 cup of
juice");
english_contentValues.put(DIET_COLUMN_DINNER,"salad, 1 spoonful of oil, 120gr
boiled chicken/Frankfurter sausages");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 big-size fruit, 10
almonds");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

/** Δίαιτα 1500 θερμίδων στα αγγλικά */
english_contentValues.put(DIET_COLUMN_CALORIES, 1500);
english_contentValues.put(DIET_COLUMN_DAY, "Monday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"coffee/tea, 1/2 cup of milk, 1/2
cup of cereals");
english_contentValues.put(DIET_COLUMN_BRUNCH,"1 medium-size fruit");
english_contentValues.put(DIET_COLUMN_LUNCH,"1/2 cup of spaghetti with sauce,
60gr boiled chicken, oil-free salad");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"coffee/tea, 1 boiled egg, 1/2
cup of juice");
english_contentValues.put(DIET_COLUMN_DINNER,"oil-free salad of your choice");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 yoghurt 2%, 1 spoonful of
honey, 5 almonds");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1500);
english_contentValues.put(DIET_COLUMN_DAY, "Tuesday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"coffee/tea, 1 slice of bread, 1
spoonful of honey/jam");
english_contentValues.put(DIET_COLUMN_BRUNCH,"1 yoghurt 2% with fruits");
english_contentValues.put(DIET_COLUMN_LUNCH,"any fried fish, 1/2 cup of rice +
salad (oil-free)");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"coffee/tea, 1 fruit or 1/2 cup
of juice");
english_contentValues.put(DIET_COLUMN_DINNER,"salad (oil-free), 2 big-size
spoonfuls of tuna (in water)");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1/2 cup of milk, 1/2 cup of
cereals");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

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english_contentValues.put(DIET_COLUMN_CALORIES, 1500);
english_contentValues.put(DIET_COLUMN_DAY, "Wednesday");
english_contentValues.put(DIET_COLUMN_BREAKFAST, "coffee/tea, 2 breadsticks");
english_contentValues.put(DIET_COLUMN_BRUNCH, "1/2 cup of milk, 1/2 cup of
cereals");
english_contentValues.put(DIET_COLUMN_LUNCH, "1 bowl of lentils + salad (oil-free)");
english_contentValues.put(DIET_COLUMN_AFTERNOON, "1/2 cup of juice, 1 slice of
bread, 1 spoonful of honey");
english_contentValues.put(DIET_COLUMN_DINNER, "salad (lettuce, tomato) with 3
spoonfuls of cottage cheese");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "1 cup of milk 2%, 2
cookies");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1500);
english_contentValues.put(DIET_COLUMN_DAY, "Thursday");
english_contentValues.put(DIET_COLUMN_BREAKFAST, "coffee/tea, 1 cup of milk 2%
with cookies");
english_contentValues.put(DIET_COLUMN_BRUNCH, "1 glass of natural juice, 2
cookies");
english_contentValues.put(DIET_COLUMN_LUNCH, "1 stuffed tomato or green pepper,
30gr feta, 1 slice of bread");
english_contentValues.put(DIET_COLUMN_AFTERNOON, "coffee/tea, 1 bowl of stewed
fruit");
english_contentValues.put(DIET_COLUMN_DINNER, "salad of your choice, 60gr boiled or
roast chicken");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "1 cup of milk");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1500);
english_contentValues.put(DIET_COLUMN_DAY, "Friday");
english_contentValues.put(DIET_COLUMN_BREAKFAST, "coffee/tea, 1 big-size fruit");
english_contentValues.put(DIET_COLUMN_BRUNCH, "1 cup of milk 2%, 2 slices of toast,
1 spoonful of honey");
english_contentValues.put(DIET_COLUMN_LUNCH, "big-size mixed salad (oil-free), 3
spoonfuls of tuna (in water) + 30gr feta");
english_contentValues.put(DIET_COLUMN_AFTERNOON, "coffee/tea, 1 bowl of rice
pudding");
english_contentValues.put(DIET_COLUMN_DINNER, "1/2 cup of milk, 1/2 cup of
cereals");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "1 medium-size fruit");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1500);
english_contentValues.put(DIET_COLUMN_DAY, "Saturday");
english_contentValues.put(DIET_COLUMN_BREAKFAST, "coffee/tea, 1 big-size fruit");
english_contentValues.put(DIET_COLUMN_BRUNCH, "1 glass of milk 2%");
english_contentValues.put(DIET_COLUMN_LUNCH, "1 bowl of green beans, 30gr feta,
1/2 cup of juice (of your choice), 1 slice of bread");
english_contentValues.put(DIET_COLUMN_AFTERNOON, "coffee/tea, oil-free salad
(lettuce, tomato, cucumber)");
english_contentValues.put(DIET_COLUMN_DINNER, "2 breadsticks, 1 slice of turkey, 1
slice of cheddar (low-fat)");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "1/2 cup of milk, 1/2 cup of
cereals");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1500);
english_contentValues.put(DIET_COLUMN_DAY, "Sunday");
english_contentValues.put(DIET_COLUMN_BREAKFAST, "coffee/tea, 2 slices of toast
with honey");
english_contentValues.put(DIET_COLUMN_BRUNCH, "2 breadsticks, 1 cup of milk 2%");
english_contentValues.put(DIET_COLUMN_LUNCH, "1 big-size baked potato (oil-free), 2
burgers");
english_contentValues.put(DIET_COLUMN_AFTERNOON, "coffee/tea, 1/2 cup of ice
cream");

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english_contentValues.put(DIET_COLUMN_DINNER,"salad (oil-free) + 90gr chicken");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"-----");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

/** Δίαιτα 1800 θερμίδων στα αγγλικά */
english_contentValues.put(DIET_COLUMN_CALORIES, 1800);
english_contentValues.put(DIET_COLUMN_DAY,"Monday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"4-5 cookies, 1 cup of milk");
english_contentValues.put(DIET_COLUMN_BRUNCH,"1 glass of natural orange juice,
1/2 cup of oats");
english_contentValues.put(DIET_COLUMN_LUNCH,"1 salad, 1/2 cup of rice, 90gr pork
chop");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 full-fat yoghurt, 1/2 cup of
whole grains");
english_contentValues.put(DIET_COLUMN_DINNER,"Omelette(2 eggs), 2 breadsticks");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "-----");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1800);
english_contentValues.put(DIET_COLUMN_DAY,"Tuesday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 yoghurt 2% with fruits");
english_contentValues.put(DIET_COLUMN_BRUNCH,"1 fruit jelly, 2 wholemeal
biscuits");
english_contentValues.put(DIET_COLUMN_LUNCH,"1 cup of risotto (3 vegetables from
3 spoonfuls each one), 1/2 cup of juice");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 cup of milk, 1/2 cup of
cereals");
english_contentValues.put(DIET_COLUMN_DINNER,"salad, 2 teaspoons of oil, 90gr
chicken, 1 fruit");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "-----");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1800);
english_contentValues.put(DIET_COLUMN_DAY,"Wednesday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 yoghurt with fruits");
english_contentValues.put(DIET_COLUMN_BRUNCH,"1 slice of bread, 1 slice of
turkey");
english_contentValues.put(DIET_COLUMN_LUNCH,"2 cups of spinach with rice, 1 slice
of bread, 1 yoghurt, 1 cup of juice");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"salad 30gr tuna in water with
2 teaspoons of oil");
english_contentValues.put(DIET_COLUMN_DINNER,"1 boiled egg, 2 breadsticks");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "-----");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1800);
english_contentValues.put(DIET_COLUMN_DAY,"Thursday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 yoghurt 2% with fruits");
english_contentValues.put(DIET_COLUMN_BRUNCH,"1 toast (only cheddar cheese), 1
cup of juice");
english_contentValues.put(DIET_COLUMN_LUNCH,"1/2 cup of spaghetti with sauce,
salad (1 teaspoon of oil), 1/2 cup of orange juice");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 cup of milk 2% with 1/2 cup
of cereals");
english_contentValues.put(DIET_COLUMN_DINNER,"salad with 60gr boiled chicken and
2 spoonfuls of oil");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "-----");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1800);
english_contentValues.put(DIET_COLUMN_DAY,"Friday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 yoghurt 2% with 1/2 cup of
cereals");
english_contentValues.put(DIET_COLUMN_BRUNCH,"1 slice of bread, 1 teaspoon of
butter, 1 teaspoon of honey");
english_contentValues.put(DIET_COLUMN_LUNCH,"1 bowl of legumes, 30gr feta, 1 slice
of bread");

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turkey), 2 fruits");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 toast (cheddar cheese-
croutons, 30gr feta");
english_contentValues.put(DIET_COLUMN_DINNER,"salad (oil-free), 1/2 cup of
of oats");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "-----");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1800);
english_contentValues.put(DIET_COLUMN_DAY,"Saturday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 yoghurt 2% with 2 spoonfuls
with sauce, salad (oil-free)");
english_contentValues.put(DIET_COLUMN_BRUNCH,"1 cereal bar");
english_contentValues.put(DIET_COLUMN_LUNCH,"1/2 cup of orzo, 90gr meat (veal
(cheddar cheese-turkey)");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 cup of juice, 1 toast
english_contentValues.put(DIET_COLUMN_DINNER,"1 small-size ice cream");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "-----");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 1800);
english_contentValues.put(DIET_COLUMN_DAY,"Sunday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 yoghurt 2% with fruits");
english_contentValues.put(DIET_COLUMN_BRUNCH,"1 slice of bread, 1 teaspoon of
butter, 1 teaspoon of honey or jam");
english_contentValues.put(DIET_COLUMN_LUNCH,"1 cup of rice, 90gr baked chicken,
1/2 cup of juice");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 fruit jelly, 1 boiled egg, 1
slice of bread");
english_contentValues.put(DIET_COLUMN_DINNER,"salad with 90gr tuna in oil, 1/2 cup
of croutons");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP, "-----");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

/** Δίαιτα 2500 θερμίδων στα αγγλικά */
english_contentValues.put(DIET_COLUMN_CALORIES, 2500);
english_contentValues.put(DIET_COLUMN_DAY,"Monday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 boiled egg, 1 1/2 cup of full-
fat milk, 1 cup of cereals, 1 fruit");
english_contentValues.put(DIET_COLUMN_BRUNCH,"2 toasts (cheddar cheese-
turkey)");
english_contentValues.put(DIET_COLUMN_LUNCH,"(sandwich) 100gr boiled chicken,
tomato, 90gr feta, juice 330ml");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 bowl of stewed fruit, 20
almonds");
english_contentValues.put(DIET_COLUMN_DINNER,"1/2 chicken, 1 cup of rice, 2 slices
of toast");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 yoghurt, 1 spoonful of
honey, 1/2 cup of cereals");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 2500);
english_contentValues.put(DIET_COLUMN_DAY,"Tuesday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 milk 500ml, 1 croissant");
english_contentValues.put(DIET_COLUMN_BRUNCH,"2 sandwiches, tomato, feta,
turkey");
english_contentValues.put(DIET_COLUMN_LUNCH,"2 burgers, 3 baked potatoes (little
oil), 1 glass of juice, salad (4 vegetables)");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"salad (3 vegetables) 150gr
tuna in water + 2 baked egg whites");
english_contentValues.put(DIET_COLUMN_DINNER,"2 burgers, 3 baked potatoes (little
oil), 1 glass of juice");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 yoghurt with fruits, 4
cookies (simple)");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 2500);
english_contentValues.put(DIET_COLUMN_DAY,"Wednesday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 cup of sour cherry juice");

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milk 500ml");
english_contentValues.put(DIET_COLUMN_BRUNCH,"2 toasts (cheddar cheese-turkey,
1 glass of juice, 100gr feta, salad with 1 teaspoon of oil, 1 boiled egg");
english_contentValues.put(DIET_COLUMN_LUNCH,"2 dishes of lentils, 2 slices of toast,
100gr tuna in water + 2 fruits");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"salad with 3 vegetables,
slices of bread");
english_contentValues.put(DIET_COLUMN_DINNER,"2 dishes of lentils, 90gr feta, 2
+ 10 almonds");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 full-fat yoghurt with fruits
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 2500);
english_contentValues.put(DIET_COLUMN_DAY,"Thursday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 1/2 cup of full-fat milk, 1 cup
of cereals, 10 almonds");
english_contentValues.put(DIET_COLUMN_BRUNCH,"1 glass of juice, 1 boiled egg");
english_contentValues.put(DIET_COLUMN_LUNCH,"120gr boiled liver, 1 dish of
spaghetti + sauce, salad (any salad with corn) + 2 spoonfuls of cottage cheese");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 toast (cheddar cheese-
turkey-feta), 1 cup of sour cherry juice");
english_contentValues.put(DIET_COLUMN_DINNER,"2 fruits, 1 toast (cheddar cheese-
turkey-feta), 1 cereal bar");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"oil-free salad with 90gr
tuna in oil, 4 slices of toast, 1 glass of milk");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 2500);
english_contentValues.put(DIET_COLUMN_DAY,"Friday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 yoghurt with honey, 1 cereal
bar, 4 cookies");
english_contentValues.put(DIET_COLUMN_BRUNCH,"150 gr boiled Frankfurter
sausages, 2 slices of bread");
english_contentValues.put(DIET_COLUMN_LUNCH,"2 dishes of lentils, 2 slices of bread,
100gr feta, salad with 1 teaspoon of oil, 1 fruit");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"2 toasts (cheddar cheese-
turkey-feta)");
english_contentValues.put(DIET_COLUMN_DINNER,"1 sandwich, 1 cup of juice, 2
fruits");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"salad (oil-free), 2 spoonfuls
of tuna in oil, 2 spoonfuls of cottage cheese");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 2500);
english_contentValues.put(DIET_COLUMN_DAY,"Saturday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 1/2 cup of full-fat milk, 1 cup
of cereals");
english_contentValues.put(DIET_COLUMN_BRUNCH,"2 toasts (cheddar cheese, 100gr
boiled chicken, feta)");
english_contentValues.put(DIET_COLUMN_LUNCH,"any baked fish (150gr), 3 boiled
potatoes, salad");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"2 toasts (cheddar cheese,
100gr boiled chicken, feta), 1 cup of juice");
english_contentValues.put(DIET_COLUMN_DINNER,"any baked fish (150gr), 3 boiled
potatoes, salad");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 yoghurt with cereals and
honey");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 2500);
english_contentValues.put(DIET_COLUMN_DAY,"Sunday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"2 toasts (cheddar cheese-
turkey), 1 yoghurt with fruits");
english_contentValues.put(DIET_COLUMN_BRUNCH,"1 rice pudding, 1 fruit");
english_contentValues.put(DIET_COLUMN_LUNCH,"1/2 chicken, 1 cup of rice, salad (1
spoonful of oil), 1 cup of juice");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 fruit, 1 sandwich (or crepe),
cheddar cheese, chicken, corn, tomato, feta");
english_contentValues.put(DIET_COLUMN_DINNER,"1/2 chicken, 1 cup of rice, salad (1
spoonful of oil)");

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honey, 1 glass of juice");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 yoghurt with cereals and
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

/** Δίαιτα 3000 θερμίδων στα αγγλικά */
english_contentValues.put(DIET_COLUMN_CALORIES, 3000);
english_contentValues.put(DIET_COLUMN_DAY,"Monday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 toast with 1 slice of cheddar
cheese and 1 slice of turkey, 1 glass of juice");
english_contentValues.put(DIET_COLUMN_BRUNCH,"1 cereal bar, 1 cup of full-fat
milk");
english_contentValues.put(DIET_COLUMN_LUNCH,"1 dish of lentils with 1 slice of
wholemeal bread, salad (1 cup of lettuce with 1 tomato and 1 cucumber + 2 teaspoons of oil + 1 cup of croutons), 1
small-size banana");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 chicken skewer + 1 pita");
english_contentValues.put(DIET_COLUMN_DINNER,"salad with fruits (10 cherries, 1
slice of melon, 1 small-size slice of watermelon, 1 nectarine, 1/2 large-size banana or 1 small-size banana)");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1/2 cup of ice cream + 6
almonds + 3 biscuits (simple)");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 3000);
english_contentValues.put(DIET_COLUMN_DAY,"Tuesday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 glass of full-fat milk + 1 plum
cake");
english_contentValues.put(DIET_COLUMN_BRUNCH,"1 boiled egg, 4 breadsticks (or
slices of toast)");
english_contentValues.put(DIET_COLUMN_LUNCH,"1/2 cup of groats + 2 spoonfuls of
sauce + 1 spoonful of butter, 1 boiled skinless chicken leg, salad (1 tomato, 1 cucumber, 1/2 cup of corn + 1
spoonful of mayonnaise + 2 teaspoons of oil), 1 glass of juice");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 apple, 1 slice of melon, 1
slice of watermelon, 1 nectarine");
english_contentValues.put(DIET_COLUMN_DINNER,"2 boiled potatoes + 75gr boiled
Frankfurter sausages + 2 nectarines (or 1 glass of orange juice)");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 yoghurt 2% with 2
spoonfuls of oats + 6 almonds");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 3000);
english_contentValues.put(DIET_COLUMN_DAY,"Wednesday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 bar of cereals, 1 cup of milk
2%, 1 banana");
english_contentValues.put(DIET_COLUMN_BRUNCH,"toast (1 slice of cheddar cheese-1
slice of turkey), 6 almonds (or cashews)");
english_contentValues.put(DIET_COLUMN_LUNCH,"1/2 cup of spaghetti, 3 spoonfuls of
sour cream + 2 spoonfuls of mushrooms, salad (lettuce, 1 tomato, 1 cucumber, 1/2 cup of corn, 2 spoonfuls of low-
fat mayonnaise, 60gr boiled chicken, 1 spoonful of oil)");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 crepe, 1 banana, 6
strawberries, 2 spoonfuls of jam");
english_contentValues.put(DIET_COLUMN_DINNER,"salad (1 tomato, 1 cucumber, 1
carrot, 2 spoonfuls of corn + 1 spoonful of oil), 1 glass of juice");
english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 cup of milk, 5 crackers, 1
fruit");
database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

english_contentValues.put(DIET_COLUMN_CALORIES, 3000);
english_contentValues.put(DIET_COLUMN_DAY,"Thursday");
english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 1/2 cup of full-fat milk, 1 cup
of cereals, 2 nectarines");
english_contentValues.put(DIET_COLUMN_BRUNCH,"1 slice of bread + 1 slice of
cheddar cheese + 1 slice of turkey, 1/2 glass of juice");
english_contentValues.put(DIET_COLUMN_LUNCH,"75gr baked skinless chicken with 2
spoonfuls of oil, 3/4 cup of rice (with 1/2 cup of corn + 1/2 cup of peas), salad (2 cups of beets with 2 teaspoons of
oil), 2-3 slices of wholemeal toast");
english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 bowl of stewed fruit
(peach)");
english_contentValues.put(DIET_COLUMN_DINNER,"salad (30gr tuna with 1 cup of
lettuce + 1 tomato + 1 cucumber + 1 spoonful of oil (+ some onion or arugula)), 2 spoonfuls of low-fat cream
cheese");

```



```

        english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"6 butter crackers, 1
        spoonful of butter, 2 spoonfuls of jam (or honey)");
        database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

        english_contentValues.put(DIET_COLUMN_CALORIES, 3000);
        english_contentValues.put(DIET_COLUMN_DAY,"Friday");
        english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 greek bun, 1 orange juice");
        english_contentValues.put(DIET_COLUMN_BRUNCH,"1 crepe, 1 slice of cheddar cheese,
        1 slice of ham");
        english_contentValues.put(DIET_COLUMN_LUNCH,"1 dish of green beans + 2 slices of
        bread, salad (tomato, cucumber, 2 rusks, 2 spoonfuls of oil)");
        english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 fruit jelly, 3 biscuits
        (simple)");
        english_contentValues.put(DIET_COLUMN_DINNER,"1 boiled egg, salad (1 cup of
        lettuce, 1 tomato, 1 cucumber, 1 carrot, 2 spoonfuls of corn + 2 spoonfuls of oil, 1/2 cup of croutons)");
        english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"10 peanuts, 1 cup of orange
        juice");
        database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

        english_contentValues.put(DIET_COLUMN_CALORIES, 3000);
        english_contentValues.put(DIET_COLUMN_DAY,"Saturday");
        english_contentValues.put(DIET_COLUMN_BREAKFAST,"2 slices of toast with 2
        spoonfuls of jam (or honey)");
        english_contentValues.put(DIET_COLUMN_BRUNCH,"1 cup of mixed juice + 3
        wholemeal crackers");
        english_contentValues.put(DIET_COLUMN_LUNCH,"1 dish of baked potatoes with
        chicken (120gr), salad (2 cups of beets with 2 teaspoons of oil), 2 slices of toast (or breadsticks)");
        english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 ice cream 2% of your
        choice");
        english_contentValues.put(DIET_COLUMN_DINNER,"salad (60gr tuna with 1 cup of
        lettuce, 1 tomato, 1 cucumber, 1 spoonful of oil, 1 cup of croutons)");
        english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 nectarine, 1 banana");
        database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

        english_contentValues.put(DIET_COLUMN_CALORIES, 3000);
        english_contentValues.put(DIET_COLUMN_DAY,"Sunday");
        english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 yoghurt + 2-3 spoonfuls of
        cereals");
        english_contentValues.put(DIET_COLUMN_BRUNCH,"1 cereal bar, 1 cup of juice");
        english_contentValues.put(DIET_COLUMN_LUNCH,"1/2 cup of rice cooked with 1
        spoonful of oil (or butter), 100gr baked chicken, salad (1 cup of lettuce, 1 tomato, 1 cucumber, 1/2 cup of corn, 1
        carrot + 1 spoonful of oil), 2 breadsticks");
        english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 toast (1 slice of cheddar
        cheese-1 slice of turkey)");
        english_contentValues.put(DIET_COLUMN_DINNER,"salad (30gr tuna with 1 cup of
        lettuce + 1 tomato + 1 cucumber + 1 spoonful of oil), 1 cup of juice");
        english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 cup of full-fat milk, 1 slice
        of bread, 1 spoonful of butter, 1 spoonful of jam");
        database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

        /*** Διάτα 3500 θερμίδων στα αγγλικά ***/
        english_contentValues.put(DIET_COLUMN_CALORIES, 3500);
        english_contentValues.put(DIET_COLUMN_DAY,"Monday");
        english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 yoghurt 2%, 1/2 cup of
        cereals, 15 almonds");
        english_contentValues.put(DIET_COLUMN_BRUNCH, "1 piece of cake, 1 teaspoon of
        butter, 1 teaspoon of tahini, 1 cup of juice");
        english_contentValues.put(DIET_COLUMN_LUNCH,"2 cups of spaghetti with sauce,
        salad (3 spoonfuls of oil), 1 cup of orange juice");
        english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 slice of bread, 1 slice of
        cheddar cheese, 1 slice of ham");
        english_contentValues.put(DIET_COLUMN_DINNER,"salad (2 teaspoons of oil)");
        english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 cup of milk, 1/2 cup of
        cereals, 10 nuts");
        database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

        english_contentValues.put(DIET_COLUMN_CALORIES, 3500);
        english_contentValues.put(DIET_COLUMN_DAY,"Tuesday");

```

```

        english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 yoghurt, 2 pieces of dark
chocolate, 1/2 cup of oats");
        english_contentValues.put(DIET_COLUMN_BRUNCH, "1 slice of cheddar cheese, 1 slice
of bread, 1 glass of juice");
        english_contentValues.put(DIET_COLUMN_LUNCH,"1 bowl of turlou, 60gr cream
cheese, 2 slices of bread, salad (2 teaspoons of oil), 1 cup of orange juice");
        english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 mixed natural juice, 4
biscuits");
        english_contentValues.put(DIET_COLUMN_DINNER,"salad (1 teaspoon of oil, 90gr tuna
in water)");
        english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 yoghurt with fruits, 4
biscuits, 5 nuts");
        database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

        english_contentValues.put(DIET_COLUMN_CALORIES, 3500);
        english_contentValues.put(DIET_COLUMN_DAY,"Wednesday");
        english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 boiled egg, 1 slice of bread, 1
cup of juice");
        english_contentValues.put(DIET_COLUMN_BRUNCH, "1 small-size bread, 1 Frankfurter
sausage");
        english_contentValues.put(DIET_COLUMN_LUNCH,"1 1/2 bowl of lentils, 90gr cream
cheese, 1 cup of orange juice, salad (oil-free), 1 slice of bread");
        english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 toast (cheddar cheese-
turkey)");
        english_contentValues.put(DIET_COLUMN_DINNER,"salad (30gr tuna, 2 breadsticks, 1
spoonful of oil)");
        english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"3 simple biscuits");
        database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

        english_contentValues.put(DIET_COLUMN_CALORIES, 3500);
        english_contentValues.put(DIET_COLUMN_DAY,"Thursday");
        english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 yoghurt, 1/2 cup of cereals");
        english_contentValues.put(DIET_COLUMN_BRUNCH, "1 cup of juice, 4-5 crackers, 2
pieces of dark chocolate");
        english_contentValues.put(DIET_COLUMN_LUNCH,"1 cup of rice, 120gr tomato sauce
braised beef, salad (2 teaspoons of oil)");
        english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 slice of bread, 1 teaspoon of
jam, 1 teaspoon of butter");
        english_contentValues.put(DIET_COLUMN_DINNER,"10 almonds, 2 slices of bread, 1
slice of turkey");
        english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 piece of cake, 1 teaspoon
of butter, 1 teaspoon of jam");
        database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

        english_contentValues.put(DIET_COLUMN_CALORIES, 3500);
        english_contentValues.put(DIET_COLUMN_DAY,"Friday");
        english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 yoghurt with 1 spoonful of
honey, 5 almonds, 1/2 cup of cereals");
        english_contentValues.put(DIET_COLUMN_BRUNCH, "1 boiled egg, 2 slices of toast");
        english_contentValues.put(DIET_COLUMN_LUNCH,"2-3 baked potatoes, 120gr chicken,
salad (1 teaspoon of oil)");
        english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 piece of cake, 1 teaspoon of
butter, 1 teaspoon of jam");
        english_contentValues.put(DIET_COLUMN_DINNER,"salad with 90gr chicken, 2
breadsticks");
        english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 cup of milk, 1/2 cup of
cereals, 10 nuts");
        database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

        english_contentValues.put(DIET_COLUMN_CALORIES, 3500);
        english_contentValues.put(DIET_COLUMN_DAY,"Saturday");
        english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 yoghurt, 1 spoonful of honey,
1/2 cup of cereals, 10 nuts");
        english_contentValues.put(DIET_COLUMN_BRUNCH, "1 toast (cheddar cheese-
turkey)");
        english_contentValues.put(DIET_COLUMN_LUNCH,"any fried fish, 1 1/2 cup of rice,
salad (2 teaspoon of oil)");
        english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 sandwich with 1 small-size
Frankfurter sausage");
        english_contentValues.put(DIET_COLUMN_DINNER,"4 cups of pop corn");

```

```

        english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 cup of milk and 1 piece of
        cake");
        database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);

        english_contentValues.put(DIET_COLUMN_CALORIES, 3500);
        english_contentValues.put(DIET_COLUMN_DAY,"Sunday");
        english_contentValues.put(DIET_COLUMN_BREAKFAST,"1 orange juice 330ml, 1 cereal
        bar");
        english_contentValues.put(DIET_COLUMN_BRUNCH, "omelette (2 small-size eggs), 1
        slice of bread");
        english_contentValues.put(DIET_COLUMN_LUNCH,"1 bowl of baked peppers, 150gr
        Frankfurter sausages, 2 slices of toast");
        english_contentValues.put(DIET_COLUMN_AFTERNOON,"1 natural orange juice, 5
        biscuits (simple)");
        english_contentValues.put(DIET_COLUMN_DINNER,"salad (120gr tuna in water), 2
        breadsticks");
        english_contentValues.put(DIET_COLUMN_BEFORE_SLEEP,"1 yoghurt, 1 teaspoon of
        honey, 1/2 cup of cereals");
        database.insert(ENGLISH_TABLE_NAME, null, english_contentValues);
    }
    @Override
    public void onUpgrade(SQLiteDatabase database, int oldversion,
        int newversion) {
        database.execSQL("DROP TABLE IF EXISTS " + GREEK_TABLE_NAME);
        database.execSQL("DROP TABLE IF EXISTS " + ENGLISH_TABLE_NAME);
        onCreate(database);
    }
}

public Cursor getSpecificDiet(String q){
    return database.rawQuery(q,null);
}
public void close(){
    database.close();
}
}
}

```

4.2. Φάκελος gen

Αρχεία .java στο φάκελο gen:

4.2.1 Αρχείο R.java

```

/* AUTO-GENERATED FILE. DO NOT MODIFY.
 *
 * This class was automatically generated by the
 * aapt tool from the resource data it found. It
 * should not be modified by hand.
 */

package app.dailycalories;

public final class R {
    public static final class array {
        public static final int en_phys_activ_list=0x7f040003;
        public static final int en_sex_list=0x7f040002;
        public static final int gr_phys_activ_list=0x7f040001;
        public static final int gr_sex_list=0x7f040000;
    }
    public static final class attr {
    }
}

```

```

public static final class color {
    public static final int blue=0x7f050000;
    public static final int green=0x7f050003;
    public static final int orange=0x7f050005;
    public static final int purple=0x7f050002;
    public static final int red=0x7f050001;
    public static final int yellow=0x7f050004;
}
public static final class drawable {
    public static final int diet_screen=0x7f020000;
    public static final int english_flag=0x7f020001;
    public static final int english_flag_pressed=0x7f020002;
    public static final int english_language_button=0x7f020003;
    public static final int greek_flag=0x7f020004;
    public static final int greek_flag_pressed=0x7f020005;
    public static final int greek_language_button=0x7f020006;
    public static final int ic_launcher=0x7f020007;
    public static final int man_screen3=0x7f020008;
    public static final int scale=0x7f020009;
    public static final int woman_screen3=0x7f02000a;
}
public static final class id {
    public static final int afternoon_result_id=0x7f080008;
    public static final int afternoon_title_id=0x7f080007;
    public static final int age_entry_id=0x7f080012;
    public static final int age_id=0x7f080011;
    public static final int back_button1_id=0x7f080019;
    public static final int back_button2_id=0x7f08002f;
    public static final int back_button3_id=0x7f08000d;
    public static final int before_sleep_result_id=0x7f08000c;
    public static final int before_sleep_title_id=0x7f08000b;
    public static final int bmr_id=0x7f080022;
    public static final int bmr_res_id=0x7f080023;
    public static final int breakfast_result_id=0x7f080002;
    public static final int breakfast_title_id=0x7f080001;
    public static final int brunch_result_id=0x7f080004;
    public static final int brunch_title_id=0x7f080003;
    public static final int calc_button_id=0x7f08001a;
    public static final int class_of_body_weight_id=0x7f080026;
    public static final int class_of_body_weight_res_id=0x7f080027;
    public static final int daily_cal_id=0x7f080024;
    public static final int daily_cal_res_id=0x7f080025;
    public static final int diet_title_id=0x7f080000;
    public static final int dinner_result_id=0x7f08000a;
    public static final int dinner_title_id=0x7f080009;
    public static final int englishFlag=0x7f08001d;
    public static final int exit=0x7f08001e;
    public static final int greekFlag=0x7f08001c;
    public static final int height_entry_id=0x7f080016;
    public static final int height_id=0x7f080015;
    public static final int ideal_calories_button_id=0x7f08002e;
    public static final int ideal_weight_id=0x7f08002a;
    public static final int ideal_weight_res_id=0x7f08002b;
    public static final int lunch_result_id=0x7f080006;
    public static final int lunch_title_id=0x7f080005;
    public static final int patient_class_id=0x7f080028;
    public static final int patient_class_res_id=0x7f080029;
    public static final int phys_activ_entry_id=0x7f080018;
    public static final int phys_activ_id=0x7f080017;
    public static final int relative_id=0x7f080020;
    public static final int results_id=0x7f080021;
    public static final int return_home_page_id=0x7f08000e;
    public static final int scroll_id=0x7f08001f;
    public static final int sellLang=0x7f08001b;
    public static final int sex_entry_id=0x7f080014;
    public static final int sex_id=0x7f080013;
    public static final int suggested_message_id=0x7f08002c;
    public static final int visit_message_id=0x7f08002d;
    public static final int weight_entry_id=0x7f080010;
    public static final int weight_id=0x7f08000f;
}

```

```

}
public static final class layout {
    public static final int diet=0x7f030000;
    public static final int entry_form=0x7f030001;
    public static final int language_selection=0x7f030002;
    public static final int result_screen=0x7f030003;
}
public static final class string {
    public static final int app_name=0x7f060000;
    public static final int en_afternoon=0x7f060051;
    public static final int en_age=0x7f060009;
    public static final int en_back=0x7f060025;
    public static final int en_before_sleep=0x7f060055;
    public static final int en_bmr=0x7f06003d;
    public static final int en_breakfast=0x7f06004b;
    public static final int en_brunch=0x7f06004d;
    public static final int en_calculate=0x7f060027;
    public static final int en_class_of_body=0x7f060041;
    public static final int en_daily_cal_needs=0x7f06003f;
    public static final int en_dinner=0x7f060053;
    public static final int en_exceed_calories_message=0x7f060049;
    public static final int en_forgot_age=0x7f06002f;
    public static final int en_forgot_height=0x7f060035;
    public static final int en_forgot_weight=0x7f060029;
    public static final int en_height=0x7f060015;
    public static final int en_ideal_weight=0x7f060045;
    public static final int en_lunch=0x7f06004f;
    public static final int en_patient_class=0x7f060043;
    public static final int en_phys_activ=0x7f060019;
    public static final int en_phys_activ_li=0x7f06001d;
    public static final int en_phys_activ_mi=0x7f06001b;
    public static final int en_phys_activ_mo=0x7f06001f;
    public static final int en_phys_activ_prompt=0x7f060023;
    public static final int en_phys_activ_vi=0x7f060021;
    public static final int en_put_age=0x7f06000b;
    public static final int en_put_height=0x7f060017;
    public static final int en_put_weight=0x7f060007;
    public static final int en_results=0x7f06003b;
    public static final int en_return_home_message=0x7f060058;
    public static final int en_sex=0x7f06000d;
    public static final int en_sex_man=0x7f06000f;
    public static final int en_sex_prompt=0x7f060013;
    public static final int en_sex_woman=0x7f060011;
    public static final int en_suggested_diet=0x7f060047;
    public static final int en_weight=0x7f060005;
    public static final int en_wrong_age_input_message=0x7f060033;
    public static final int en_wrong_age_input_title=0x7f060031;
    public static final int en_wrong_height_input_message=0x7f060039;
    public static final int en_wrong_height_input_title=0x7f060037;
    public static final int en_wrong_weight_input_message=0x7f06002d;
    public static final int en_wrong_weight_input_title=0x7f06002b;
    public static final int exit=0x7f060003;
    public static final int gr_afternoon=0x7f060050;
    public static final int gr_age=0x7f060008;
    public static final int gr_back=0x7f060024;
    public static final int gr_before_sleep=0x7f060054;
    public static final int gr_bmr=0x7f06003c;
    public static final int gr_breakfast=0x7f06004a;
    public static final int gr_brunch=0x7f06004c;
    public static final int gr_calculate=0x7f060026;
    public static final int gr_class_of_body=0x7f060040;
    public static final int gr_daily_cal_needs=0x7f06003e;
    public static final int gr_dinner=0x7f060052;
    public static final int gr_exceed_calories_message=0x7f060048;
    public static final int gr_forgot_age=0x7f06002e;
    public static final int gr_forgot_height=0x7f060034;
    public static final int gr_forgot_weight=0x7f060028;
    public static final int gr_height=0x7f060014;
    public static final int gr_ideal_weight=0x7f060044;
    public static final int gr_lunch=0x7f06004e;

```



```

public static final int gr_patient_class=0x7f060042;
public static final int gr_phys_activ=0x7f060018;
public static final int gr_phys_activ_li=0x7f06001c;
public static final int gr_phys_activ_mi=0x7f06001a;
public static final int gr_phys_activ_mo=0x7f06001e;
public static final int gr_phys_activ_prompt=0x7f060022;
public static final int gr_phys_activ_vi=0x7f060020;
public static final int gr_put_age=0x7f06000a;
public static final int gr_put_height=0x7f060016;
public static final int gr_put_weight=0x7f060006;
public static final int gr_results=0x7f06003a;
public static final int gr_return_home_message=0x7f060057;
public static final int gr_sex=0x7f06000c;
public static final int gr_sex_man=0x7f06000e;
public static final int gr_sex_prompt=0x7f060012;
public static final int gr_sex_woman=0x7f060010;
public static final int gr_suggested_diet=0x7f060046;
public static final int gr_weight=0x7f060004;
public static final int gr_wrong_age_input_message=0x7f060032;
public static final int gr_wrong_age_input_title=0x7f060030;
public static final int gr_wrong_height_input_message=0x7f060038;
public static final int gr_wrong_height_input_title=0x7f060036;
public static final int gr_wrong_weight_input_message=0x7f06002c;
public static final int gr_wrong_weight_input_title=0x7f06002a;
public static final int sel_lang=0x7f060001;
public static final int test=0x7f060056;
public static final int todo=0x7f060002;
}
public static final class style {
    /**
     Base application theme, dependent on API level. This theme is replaced
     by AppBaseTheme from res/values-vXX/styles.xml on newer devices.

     Theme customizations available in newer API levels can go in
     res/values-vXX/styles.xml, while customizations related to
     backward-compatibility can go here.

     */
    public static final int AppBaseTheme=0x7f070000;
    /** Application theme.
     All customizations that are NOT specific to a particular API-level can go here.
     */
    public static final int AppTheme=0x7f070001;
}
}

```

4.3. Φάκελος res

Αρχεία **.java** στο φάκελο **gen**:

4.3.1 Φάκελος drawable

Αρχεία **.xml** στον φάκελο **res/drawable**:

4.3.1.1 Αρχείο greek_language_button.xml:

```

<?xml version="1.0" encoding="utf-8"?>
<selector xmlns:android="http://schemas.android.com/apk/res/android" >

    <item android:state_pressed="false"
        android:drawable="@drawable/greek_flag"/>

    <item android:state_pressed="true"
        android:drawable="@drawable/greek_flag_pressed"/>

</selector>

```

4.3.1.2 Αρχείο english_language_button.xml

```

<?xml version="1.0" encoding="utf-8"?>
<selector xmlns:android="http://schemas.android.com/apk/res/android" >

    <item android:state_pressed="false"
        android:drawable="@drawable/english_flag"/>

    <item android:state_pressed="true"
        android:drawable="@drawable/english_flag_pressed"/>

</selector>

```

4.3.2 Φάκελος layout

Αρχεία .xml στο φάκελο res/layout:

4.3.2.1 Αρχείο language_selection.xml

```

<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="#808083">
    <TextView
        android:id="@+id/selLang"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentLeft="true"
        android:layout_alignParentTop="true"
        android:layout_marginLeft="60dp"
        android:layout_marginTop="14dp"
        android:text="@string/sel_lang"
        android:textColor="@android:color/black"
        android:textSize="23sp" />
    <ImageButton
        android:id="@+id/greekFlag"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/selLang"
        android:layout_centerInParent="true"
        android:layout_marginTop="60dp"
        android:background="@null"
        android:contentDescription="@string/todo"
        android:src="@drawable/greek_language_button"
        android:onClick="inGreek"/>

```

```

<ImageButton
    android:id="@+id/englishFlag"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignLeft="@+id/greekFlag"
    android:layout_centerVertical="true"
    android:background="@null"
    android:contentDescription="@string/todo"
    android:onClick="inEnglish"
    android:src="@drawable/english_language_button"/>
<Button
    android:id="@+id/exit"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentBottom="true"
    android:layout_alignRight="@+id/englishFlag"
    android:layout_marginBottom="73dp"
    android:onClick="onExit"
    android:text="@string/exit"
    android:textSize="19sp"/>
</RelativeLayout>

```

4.3.2.2 Αpxείο entry_form.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="@drawable/scale">
    <RelativeLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_marginTop="10dp"
        android:paddingBottom="10dp">
        <TextView
            android:id="@+id/weight_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_alignParentLeft="true"
            android:layout_alignParentTop="true"
            android:layout_marginLeft="7dp"
            android:layout_marginTop="5dp"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="19sp"/>
        <EditText
            android:id="@+id/weight_entry_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/weight_id"
            android:layout_alignLeft="@+id/weight_id"
            android:inputType="number"
            android:textSize="19sp"/>
        <TextView
            android:id="@+id/age_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/weight_entry_id"
            android:layout_alignLeft="@+id/weight_id"
            android:layout_marginTop="3dp"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="19sp"/>
        <EditText
            android:id="@+id/age_entry_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/age_id"

```

```

        android:layout_alignLeft="@+id/weight_id"
        android:inputType="number"
        android:textSize="19sp"/>
<TextView
    android:id="@+id/sex_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/age_entry_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="3dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="19sp"/>
<Spinner
    android:id="@+id/sex_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/sex_id"
    android:layout_alignLeft="@+id/weight_id"
    android:textSize="19sp"/>
<TextView
    android:id="@+id/height_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/sex_entry_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="3dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="19sp"/>
<EditText
    android:id="@+id/height_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/height_id"
    android:layout_alignLeft="@+id/weight_id"
    android:inputType="number"
    android:textSize="19sp"/>
<TextView
    android:id="@+id/phys_activ_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/height_entry_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="3dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="19sp"/>
<Spinner
    android:id="@+id/phys_activ_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/phys_activ_id"
    android:layout_alignLeft="@+id/weight_id"
    android:textSize="19sp"/>
<Button
    android:id="@+id/back_button1_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentRight="true"
    android:layout_below="@+id/phys_activ_entry_id"
    android:layout_marginTop="5dp"
    android:layout_marginRight="15dp"
    android:onClick="onBack"
    android:textSize="18sp"/>
<Button
    android:id="@+id/calc_button_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerHorizontal="true"
    android:layout_below="@+id/phys_activ_entry_id"
    android:layout_marginTop="5dp"
    android:onClick="onCalculate"

```

```

        android:textSize="18sp"/>
    </RelativeLayout>
</ScrollView>

```

4.3.2.3 Αρχείο result_screen.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:id="@+id/scroll_id">
    <RelativeLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_marginTop="10dp"
        android:paddingBottom="10dp"
        android:id="@+id/relative_id">
        <TextView
            android:id="@+id/results_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_alignParentTop="true"
            android:layout_centerInParent="true"
            android:textSize="26sp"
            android:textAppearance="?android:attr/textAppearanceMedium"/>
        <TextView
            android:id="@+id/bmr_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/results_id"
            android:layout_alignParentLeft="true"
            android:layout_marginTop="30dp"
            android:layout_marginLeft="7dp"
            android:textSize="20sp"
            android:textAppearance="?android:attr/textAppearanceMedium"/>
        <TextView
            android:id="@+id/bmr_res_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/bmr_id"
            android:layout_marginTop="3dp"
            android:layout_alignLeft="@+id/bmr_id"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="19sp"/>
        <TextView
            android:id="@+id/daily_cal_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/bmr_res_id"
            android:layout_marginTop="20dp"
            android:layout_alignLeft="@+id/bmr_id"
            android:textSize="20sp"
            android:textAppearance="?android:attr/textAppearanceMedium"/>
        <TextView
            android:id="@+id/daily_cal_res_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/daily_cal_id"
            android:layout_marginTop="3dp"
            android:layout_alignLeft="@+id/bmr_id"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="19sp"/>
        <TextView
            android:id="@+id/class_of_body_weight_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"

```



```

        android:layout_below="@+id/daily_cal_res_id"
        android:layout_marginTop="20dp"
        android:layout_alignLeft="@+id/bmr_id"
        android:textSize="20sp"
        android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/class_of_body_weight_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/class_of_body_weight_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="19sp"/>
<TextView
    android:id="@+id/patient_class_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/class_of_body_weight_res_id"
    android:layout_marginTop="20dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="20sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/patient_class_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/patient_class_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="19sp"/>
<TextView
    android:id="@+id/ideal_weight_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/patient_class_res_id"
    android:layout_marginTop="20dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="20sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/ideal_weight_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/ideal_weight_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="19sp"/>
<TextView
    android:id="@+id/suggested_message_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/ideal_weight_id"
    android:layout_marginTop="20dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="18sp"
    android:visibility="gone"/>
<TextView
    android:id="@+id/visit_message_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/ideal_weight_id"
    android:layout_marginTop="20dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="18sp"
    android:visibility="gone"/>

```

```

<Button
    android:id="@+id/ideal_calories_button_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_marginTop="10dp"
    android:onClick="onCaloriesSelect"
    android:textSize="18sp"
    android:visibility="gone"/>
<Button
    android:id="@+id/back_button2_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_marginTop="20dp"
    android:onClick="onBack"
    android:textSize="18sp"
    android:visibility="gone"/>
</RelativeLayout>
</ScrollView>

```

4.3.2.4 Αρχείο day.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent">
    <RelativeLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_marginTop="10dp"
        android:paddingBottom="10dp">
        <TextView
            android:id="@+id/diet_title_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_centerInParent="true"
            android:layout_alignParentTop="true"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="25sp"
            android:textColor="@color/green"/>
        <TextView
            android:id="@+id/day_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_centerInParent="true"
            android:layout_below="@+id/diet_title_id"
            android:layout_marginTop="10dp"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="24sp"
            android:textColor="@color/green"/>
        <TextView
            android:id="@+id/breakfast_title_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/day_id"
            android:layout_marginTop="10dp"
            android:layout_marginLeft="8dp"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="22sp"
            android:textColor="@color/green"/>
        <TextView
            android:id="@+id/breakfast_result_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/breakfast_title_id"
            android:layout_marginTop="3dp"

```

```

        android:layout_alignLeft="@+id/breakfast_title_id"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="18sp"/>
<TextView
    android:id="@+id/brunch_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/breakfast_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="22sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/brunch_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/brunch_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="18sp"/>
<TextView
    android:id="@+id/lunch_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/brunch_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="22sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/lunch_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/lunch_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="18sp"/>
<TextView
    android:id="@+id/afternoon_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/lunch_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="22sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/afternoon_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/afternoon_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="18sp"/>
<TextView
    android:id="@+id/dinner_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/afternoon_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="22sp"
    android:textColor="@color/green"/>

```

```

<TextView
    android:id="@+id/dinner_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/dinner_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="18sp"/>
<TextView
    android:id="@+id/before_sleep_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/dinner_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="22sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/before_sleep_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/before_sleep_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="18sp"/>
<Button
    android:id="@+id/back_button3_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/before_sleep_result_id"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:layout_marginTop="15dp"
    android:onClick="onBack"
    android:textSize="18sp"/>
<Button
    android:id="@+id/return_home_page_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentRight="true"
    android:layout_below="@+id/before_sleep_result_id"
    android:layout_marginTop="15dp"
    android:layout_marginRight="15dp"
    android:onClick="onReturn"
    android:textSize="18sp"/>
</RelativeLayout>
</ScrollView>

```

4.3.2.5 Αpxείο diet.xml

```

<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="@drawable/diet_screen">
    <TextView
        android:id="@+id/arrow_right_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentRight="true"
        android:layout_centerInParent="true"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="28sp"
        android:text="@string/arrow_right"
        android:textColor="@color/red"
        android:visibility="visible"/>

```

```

<TextView
    android:id="@+id/arrow_left_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentLeft="true"
    android:layout_centerInParent="true"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="28sp"
    android:text="@string/arrow_left"
    android:textColor="@color/red"
    android:visibility="invisible"/>
<android.support.v4.view.ViewPager android:id="@+id/viewDay"
    android:layout_width="match_parent"
    android:layout_height="match_parent" />
</RelativeLayout>

```

4.3.3 Φάκελος layout-land

Αρχεία .xml στο φάκελο res/layout-land:

4.3.3.1 Αρχείο language_selection.xml

```

<?xml version="1.0" encoding="utf-8"?>
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="#808083">
    <TextView
        android:id="@+id/selLang"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentLeft="true"
        android:layout_alignParentTop="true"
        android:layout_marginLeft="20dp"
        android:layout_marginTop="40dp"
        android:text="@string/sel_lang"
        android:textColor="@android:color/black"
        android:textSize="23sp" />
    <ImageButton
        android:id="@+id/greekFlag"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignTop="@+id/selLang"
        android:layout_marginLeft="70dp"
        android:layout_toRightOf="@+id/selLang"
        android:background="@null"
        android:contentDescription="@string/todo"
        android:onClick="inGreek"
        android:src="@drawable/greek_language_button" />
    <Button
        android:id="@+id/exit"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignLeft="@+id/greekFlag"
        android:layout_alignParentBottom="true"
        android:layout_marginBottom="52dp"
        android:onClick="onExit"
        android:text="@string/exit" />
    <ImageButton
        android:id="@+id/englishFlag"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignTop="@+id/greekFlag"

```



```

        android:layout_marginLeft="95dp"
        android:layout_toRightOf="@+id/greekFlag"
        android:background="@null"
        android:contentDescription="@string/todo"
        android:onClick="inEnglish"
        android:src="@drawable/english_language_button" />
</RelativeLayout>

```

4.3.4 Φάκελος layout-large

Αρχεία .xml στο φάκελο res/layout-large:

4.3.4.1 Αρχείο language_selection.xml

```

<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="#808083">
    <TextView
        android:id="@+id/selLang"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentLeft="true"
        android:layout_alignParentTop="true"
        android:layout_marginLeft="60dp"
        android:layout_marginTop="14dp"
        android:text="@string/sel_lang"
        android:textColor="@android:color/black"
        android:textSize="34sp" />
    <ImageButton
        android:id="@+id/greekFlag"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/selLang"
        android:layout_centerInParent="true"
        android:layout_marginTop="120dp"
        android:background="@null"
        android:contentDescription="@string/todo"
        android:src="@drawable/greek_language_button"
        android:onClick="inGreek"/>
    <ImageButton
        android:id="@+id/englishFlag"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/greekFlag"
        android:layout_centerHorizontal="true"
        android:layout_marginTop="150dp"
        android:background="@null"
        android:contentDescription="@string/todo"
        android:src="@drawable/english_language_button"
        android:onClick="inEnglish"/>
    <Button
        android:id="@+id/exit"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignLeft="@+id/englishFlag"
        android:layout_below="@+id/englishFlag"
        android:layout_marginTop="155dp"
        android:onClick="onExit"
        android:textSize="27sp"
        android:text="@string/exit"/>
</RelativeLayout>

```

4.3.4.2 Αρχείο entry_form.xml

```
<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="@drawable/scale">
    <RelativeLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_marginTop="10dp"
        android:paddingBottom="10dp">
        <TextView
            android:id="@+id/weight_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_alignParentLeft="true"
            android:layout_alignParentTop="true"
            android:layout_marginLeft="7dp"
            android:layout_marginTop="5dp"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="27sp"/>
        <EditText
            android:id="@+id/weight_entry_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/weight_id"
            android:layout_alignLeft="@+id/weight_id"
            android:inputType="number"
            android:textSize="27sp"/>
        <TextView
            android:id="@+id/age_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/weight_entry_id"
            android:layout_alignLeft="@+id/weight_id"
            android:layout_marginTop="10dp"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="27sp"/>
        <EditText
            android:id="@+id/age_entry_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/age_id"
            android:layout_alignLeft="@+id/weight_id"
            android:inputType="number"
            android:textSize="27sp"/>
        <TextView
            android:id="@+id/sex_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/age_entry_id"
            android:layout_alignLeft="@+id/weight_id"
            android:layout_marginTop="10dp"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="27sp"/>
        <Spinner
            android:id="@+id/sex_entry_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/sex_id"
            android:layout_alignLeft="@+id/weight_id"
            android:textSize="27sp"/>
        <TextView
            android:id="@+id/height_id"
```

```

        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/sex_entry_id"
        android:layout_alignLeft="@+id/weight_id"
        android:layout_marginTop="10dp"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="27sp"/>
<EditText
    android:id="@+id/height_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/height_id"
    android:layout_alignLeft="@+id/weight_id"
    android:inputType="number"
    android:textSize="27sp"/>
<TextView
    android:id="@+id/phys_activ_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/height_entry_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="10dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="27sp"/>
<Spinner
    android:id="@+id/phys_activ_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/phys_activ_id"
    android:layout_alignLeft="@+id/weight_id"
    android:textSize="27sp"/>
<Button
    android:id="@+id/back_button1_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentRight="true"
    android:layout_below="@+id/phys_activ_entry_id"
    android:layout_marginTop="60dp"
    android:layout_marginRight="15dp"
    android:onClick="onBack"
    android:textSize="26sp"/>
<Button
    android:id="@+id/calc_button_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/phys_activ_entry_id"
    android:layout_marginTop="60dp"
    android:layout_centerInParent="true"
    android:onClick="onCalculate"
    android:textSize="26sp"/>
</RelativeLayout>
</ScrollView>

```

4.3.4.3 Αpxείο result_screen.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:id="@+id/scroll_id">
    <RelativeLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_marginTop="10dp"
        android:paddingBottom="10dp">
        <TextView

```

```

        android:id="@+id/results_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentTop="true"
        android:layout_centerInParent="true"
        android:textSize="38sp"
        android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/bmr_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/results_id"
    android:layout_alignParentLeft="true"
    android:layout_marginTop="60dp"
    android:layout_marginLeft="7dp"
    android:textSize="28sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/bmr_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/bmr_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="27sp"/>
<TextView
    android:id="@+id/daily_cal_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/bmr_res_id"
    android:layout_marginTop="22dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="28sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/daily_cal_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/daily_cal_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="27sp"/>
<TextView
    android:id="@+id/class_of_body_weight_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/daily_cal_res_id"
    android:layout_marginTop="22dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="28sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/class_of_body_weight_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/class_of_body_weight_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="27sp"/>
<TextView
    android:id="@+id/patient_class_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/class_of_body_weight_res_id"
    android:layout_marginTop="22dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="28sp"

```

```

        android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/patient_class_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/patient_class_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="27sp"/>
<TextView
    android:id="@+id/ideal_weight_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/patient_class_res_id"
    android:layout_marginTop="22dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="28sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/ideal_weight_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/ideal_weight_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="27sp"/>
<TextView
    android:id="@+id/suggested_message_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/ideal_weight_id"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="26sp"
    android:visibility="gone"/>
<TextView
    android:id="@+id/visit_message_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/ideal_weight_id"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="26sp"
    android:visibility="gone"/>
<Button
    android:id="@+id/ideal_calories_button_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_marginTop="10dp"
    android:onClick="onCaloriesSelect"
    android:textSize="26sp"
    android:visibility="gone"/>
<Button
    android:id="@+id/back_button2_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_marginTop="60dp"
    android:onClick="onBack"
    android:textSize="26sp"
    android:visibility="gone"/>
</RelativeLayout>
</ScrollView>

```


4.3.4.4 Αρχείο day.xml

```
<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent">
    <RelativeLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_marginTop="10dp"
        android:paddingBottom="10dp">
        <TextView
            android:id="@+id/diet_title_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_centerInParent="true"
            android:layout_alignParentTop="true"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="38sp"
            android:textColor="@color/green"/>
        <TextView
            android:id="@+id/day_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_centerInParent="true"
            android:layout_below="@+id/diet_title_id"
            android:layout_marginTop="13dp"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="37sp"
            android:textColor="@color/green"/>
        <TextView
            android:id="@+id/breakfast_title_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/day_id"
            android:layout_marginTop="13dp"
            android:layout_marginLeft="8dp"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="28sp"
            android:textColor="@color/green"/>
        <TextView
            android:id="@+id/breakfast_result_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/breakfast_title_id"
            android:layout_marginTop="5dp"
            android:layout_alignLeft="@+id/breakfast_title_id"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="27sp"/>
        <TextView
            android:id="@+id/brunch_title_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/breakfast_result_id"
            android:layout_marginTop="13dp"
            android:layout_alignLeft="@+id/breakfast_title_id"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="28sp"
            android:textColor="@color/green"/>
        <TextView
            android:id="@+id/brunch_result_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/brunch_title_id"
            android:layout_marginTop="5dp"
            android:layout_alignLeft="@+id/breakfast_title_id"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="27sp"/>
        <TextView
```

```

        android:id="@+id/lunch_title_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/brunch_result_id"
        android:layout_marginTop="13dp"
        android:layout_alignLeft="@+id/breakfast_title_id"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="28sp"
        android:textColor="@color/green"/>
<TextView
    android:id="@+id/lunch_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/lunch_title_id"
    android:layout_marginTop="5dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="27sp"/>
<TextView
    android:id="@+id/afternoon_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/lunch_result_id"
    android:layout_marginTop="13dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="28sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/afternoon_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/afternoon_title_id"
    android:layout_marginTop="5dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="27sp"/>
<TextView
    android:id="@+id/dinner_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/afternoon_result_id"
    android:layout_marginTop="13dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="28sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/dinner_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/dinner_title_id"
    android:layout_marginTop="5dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="27sp"/>
<TextView
    android:id="@+id/before_sleep_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/dinner_result_id"
    android:layout_marginTop="13dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="28sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/before_sleep_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"

```

```

        android:layout_below="@+id/before_sleep_title_id"
        android:layout_marginTop="5dp"
        android:layout_alignLeft="@+id/breakfast_title_id"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="27sp"/>
<Button
    android:id="@+id/back_button3_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/before_sleep_result_id"
    android:layout_marginTop="60dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:onClick="onBack"
    android:textSize="26sp"/>
<Button
    android:id="@+id/return_home_page_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/before_sleep_result_id"
    android:layout_marginTop="60dp"
    android:layout_alignParentRight="true"
    android:layout_marginRight="50dp"
    android:onClick="onReturn"
    android:textSize="26sp"/>
</RelativeLayout>
</ScrollView>

```

4.3.4.5 Αρχείο diet.xml

```

<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="@drawable/diet_screen">
    <TextView
        android:id="@+id/arrow_right_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentRight="true"
        android:layout_centerInParent="true"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="40sp"
        android:text="@string/arrow_right"
        android:textColor="@color/red"
        android:visibility="visible"/>
    <TextView
        android:id="@+id/arrow_left_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentLeft="true"
        android:layout_centerInParent="true"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="40sp"
        android:text="@string/arrow_left"
        android:textColor="@color/red"
        android:visibility="invisible"/>
    <android.support.v4.view.ViewPager android:id="@+id/viewDay"
        android:layout_width="match_parent"
        android:layout_height="match_parent" />
</RelativeLayout>

```

4.3.5 Φάκελος layout-large-land

Αρχεία .xml στο φάκελο res/layout-large-land

4.3.5.1 Αρχείο language_selection.xml

```
<?xml version="1.0" encoding="utf-8"?>
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="#808083">
    <TextView
        android:id="@+id/selLang"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentLeft="true"
        android:layout_alignParentTop="true"
        android:layout_marginLeft="20dp"
        android:layout_marginTop="40dp"
        android:text="@string/sel_lang"
        android:textColor="@android:color/black"
        android:textSize="34sp"/>
    <ImageButton
        android:id="@+id/greekFlag"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignTop="@+id/selLang"
        android:layout_marginLeft="130dp"
        android:layout_toRightOf="@+id/selLang"
        android:background="@null"
        android:contentDescription="@string/todo"
        android:onClick="inGreek"
        android:src="@drawable/greek_language_button"/>
    <ImageButton
        android:id="@+id/englishFlag"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignTop="@+id/greekFlag"
        android:layout_marginLeft="158dp"
        android:layout_toRightOf="@+id/greekFlag"
        android:background="@null"
        android:contentDescription="@string/todo"
        android:onClick="inEnglish"
        android:src="@drawable/english_language_button"/>
    <Button
        android:id="@+id/exit"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignLeft="@+id/greekFlag"
        android:layout_alignParentBottom="true"
        android:layout_marginBottom="132dp"
        android:onClick="onExit"
        android:textSize="26sp"
        android:text="@string/exit"/>
</RelativeLayout>
```

4.3.5.2 Αρχείο entry_form.xml

```
<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="@drawable/scale"
    android:paddingTop="10dp">
    <RelativeLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:paddingTop="10dp"
        android:paddingBottom="10dp">
```

```

<TextView
    android:id="@+id/weight_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentLeft="true"
    android:layout_alignParentTop="true"
    android:layout_marginLeft="7dp"
    android:layout_marginTop="5dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="27sp"
    android:paddingTop="15dp"/>
<EditText
    android:id="@+id/weight_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/weight_id"
    android:layout_marginLeft="10dp"
    android:layout_alignBottom="@+id/weight_id"
    android:inputType="number"
    android:textSize="27sp"/>
<TextView
    android:id="@+id/age_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/weight_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="55dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="27sp"/>
<EditText
    android:id="@+id/age_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/age_id"
    android:layout_alignBottom="@+id/age_id"
    android:layout_marginLeft="10dp"
    android:inputType="number"
    android:textSize="27sp"/>
<TextView
    android:id="@+id/sex_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/age_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="55dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="27sp"/>
<Spinner
    android:id="@+id/sex_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/sex_id"
    android:layout_alignBottom="@+id/sex_id"
    android:layout_marginLeft="10dp"
    android:textSize="27sp"/>
<TextView
    android:id="@+id/height_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/sex_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="55dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="27sp"/>
<EditText
    android:id="@+id/height_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/height_id"
    android:layout_alignBottom="@+id/height_id"

```



```

        android:layout_marginLeft="10dp"
        android:inputType="number"
        android:textSize="27sp"/>
<TextView
    android:id="@+id/phys_activ_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/height_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="55dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="27sp"/>
<Spinner
    android:id="@+id/phys_activ_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/phys_activ_id"
    android:layout_alignBottom="@+id/phys_activ_id"
    android:layout_marginLeft="10dp"
    android:textSize="27sp"/>
<Button
    android:id="@+id/back_button1_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentRight="true"
    android:layout_below="@+id/phys_activ_entry_id"
    android:layout_marginTop="60dp"
    android:layout_marginRight="15dp"
    android:onClick="onBack"
    android:textSize="26sp"/>
<Button
    android:id="@+id/calc_button_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/phys_activ_entry_id"
    android:layout_marginTop="60dp"
    android:layout_centerInParent="true"
    android:onClick="onCalculate"
    android:textSize="26sp"/>
</RelativeLayout>
</ScrollView>

```

4.3.5.3 Αρχείο result_screen.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:paddingTop="10dp"
    android:id="@+id/scroll_id">
    <RelativeLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_marginTop="10dp"
        android:paddingBottom="10dp">
        <TextView
            android:id="@+id/results_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_alignParentTop="true"
            android:layout_centerInParent="true"
            android:textSize="35sp"
            android:textAppearance="?android:attr/textAppearanceMedium"/>
        <TextView
            android:id="@+id/bmr_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"

```

```

        android:layout_below="@+id/results_id"
        android:layout_alignParentLeft="true"
        android:layout_marginTop="60dp"
        android:layout_marginLeft="7dp"
        android:textSize="27sp"
        android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/bmr_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/bmr_id"
    android:layout_alignBottom="@+id/bmr_id"
    android:layout_marginLeft="10dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="25sp"/>
<TextView
    android:id="@+id/daily_cal_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/bmr_id"
    android:layout_marginTop="40dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="27sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/daily_cal_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/daily_cal_id"
    android:layout_alignBottom="@+id/daily_cal_id"
    android:layout_marginLeft="10dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="25sp"/>
<TextView
    android:id="@+id/class_of_body_weight_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/daily_cal_id"
    android:layout_marginTop="40dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="27sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/class_of_body_weight_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/class_of_body_weight_id"
    android:layout_alignBottom="@+id/class_of_body_weight_id"
    android:layout_marginLeft="10dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="25sp"/>
<TextView
    android:id="@+id/patient_class_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/class_of_body_weight_id"
    android:layout_marginTop="40dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="27sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/patient_class_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/patient_class_id"
    android:layout_alignBottom="@+id/patient_class_id"
    android:layout_marginLeft="10dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="25sp"/>
<TextView

```

```

        android:id="@+id/ideal_weight_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/patient_class_id"
        android:layout_marginTop="40dp"
        android:layout_alignLeft="@+id/bmr_id"
        android:textSize="27sp"
        android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/ideal_weight_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/ideal_weight_id"
    android:layout_alignBottom="@+id/ideal_weight_id"
    android:layout_marginLeft="10dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="25sp"/>
<TextView
    android:id="@+id/suggested_message_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/ideal_weight_id"
    android:layout_marginTop="20dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="26sp"
    android:visibility="gone"/>
<TextView
    android:id="@+id/visit_message_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/ideal_weight_id"
    android:layout_marginTop="20dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="26sp"
    android:visibility="gone"/>
<Button
    android:id="@+id/ideal_calories_button_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_marginTop="10dp"
    android:onClick="onCaloriesSelect"
    android:textSize="26sp"
    android:visibility="gone"/>
<Button
    android:id="@+id/back_button2_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_below="@+id/ideal_weight_res_id"
    android:layout_marginTop="60dp"
    android:layout_marginRight="15dp"
    android:onClick="onBack"
    android:textSize="26sp"
    android:visibility="gone"/>
</RelativeLayout>
</ScrollView>

```

4.3.5.4 Αρχείο day.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"

```

```

android:layout_height="match_parent">
<RelativeLayout
    android:layout_width="fill_parent"
    android:layout_height="wrap_content"
    android:layout_marginTop="10dp"
    android:paddingBottom="10dp">
    <TextView
        android:id="@+id/diet_title_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_centerInParent="true"
        android:layout_alignParentTop="true"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="39sp"
        android:textColor="@color/green"/>
    <TextView
        android:id="@+id/day_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_centerInParent="true"
        android:layout_below="@+id/diet_title_id"
        android:layout_marginTop="41dp"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="38sp"
        android:textColor="@color/green"/>
    <TextView
        android:id="@+id/breakfast_title_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/day_id"
        android:layout_marginTop="10dp"
        android:layout_marginLeft="8dp"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="29sp"
        android:textColor="@color/green"/>
    <TextView
        android:id="@+id/breakfast_result_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/breakfast_title_id"
        android:layout_marginTop="3dp"
        android:layout_alignLeft="@+id/breakfast_title_id"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="28sp"/>
    <TextView
        android:id="@+id/brunch_title_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/breakfast_result_id"
        android:layout_marginTop="10dp"
        android:layout_alignLeft="@+id/breakfast_title_id"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="29sp"
        android:textColor="@color/green"/>
    <TextView
        android:id="@+id/brunch_result_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/brunch_title_id"
        android:layout_marginTop="3dp"
        android:layout_alignLeft="@+id/breakfast_title_id"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="28sp"/>
    <TextView
        android:id="@+id/lunch_title_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/brunch_result_id"
        android:layout_marginTop="10dp"
        android:layout_alignLeft="@+id/breakfast_title_id"

```

```

        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="29sp"
        android:textColor="@color/green"/>
<TextView
    android:id="@+id/lunch_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/lunch_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="28sp"/>
<TextView
    android:id="@+id/afternoon_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/lunch_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="29sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/afternoon_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/afternoon_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="28sp"/>
<TextView
    android:id="@+id/dinner_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/afternoon_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="29sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/dinner_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/dinner_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="28sp"/>
<TextView
    android:id="@+id/before_sleep_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/dinner_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="29sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/before_sleep_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/before_sleep_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="28sp"/>
<Button

```

```

        android:id="@+id/back_button3_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_centerInParent="true"
        android:layout_below="@+id/before_sleep_result_id"
        android:layout_marginTop="60dp"
        android:onClick="onBack"
        android:textSize="27sp"/>
    <Button
        android:id="@+id/return_home_page_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentRight="true"
        android:layout_below="@+id/before_sleep_result_id"
        android:layout_marginTop="60dp"
        android:layout_marginRight="15dp"
        android:onClick="onReturn"
        android:textSize="27sp"/>
</RelativeLayout>

</ScrollView>

```

4.3.5.5 Αρχείο diet.xml

```

<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="@drawable/diet_screen">
    <TextView
        android:id="@+id/arrow_right_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentRight="true"
        android:layout_centerInParent="true"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="41sp"
        android:text="@string/arrow_right"
        android:textColor="@color/red"
        android:visibility="visible"/>
    <TextView
        android:id="@+id/arrow_left_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentLeft="true"
        android:layout_centerInParent="true"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="41sp"
        android:text="@string/arrow_left"
        android:textColor="@color/red"
        android:visibility="invisible"/>
    <android.support.v4.view.ViewPager android:id="@+id/viewDay"
        android:layout_width="match_parent"
        android:layout_height="match_parent" />
</RelativeLayout>

```

4.3.6 Φάκελος layout-small

Αρχεία .xml στο φάκελο res/layout-small

4.3.6.1 Αρχείο language_selection.xml

```
<?xml version="1.0" encoding="utf-8"?>
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="#808083" >
    <TextView
        android:id="@+id/selLang"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentLeft="true"
        android:layout_alignParentTop="true"
        android:layout_marginLeft="60dp"
        android:layout_marginTop="14dp"
        android:text="@string/sel_lang"
        android:textColor="@android:color/black"
        android:textSize="22sp" />
    <ImageButton
        android:id="@+id/englishFlag"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/greekFlag"
        android:layout_centerInParent="true"
        android:layout_marginTop="50dp"
        android:background="@null"
        android:contentDescription="@string/todo"
        android:src="@drawable/english_language_button"
        android:onClick="inEnglish" />
    <ImageButton
        android:id="@+id/greekFlag"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignLeft="@+id/englishFlag"
        android:layout_below="@+id/selLang"
        android:layout_marginTop="30dp"
        android:background="@null"
        android:contentDescription="@string/todo"
        android:onClick="inGreek"
        android:src="@drawable/greek_language_button" />
    <Button
        android:id="@+id/exit"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentBottom="true"
        android:layout_alignRight="@+id/englishFlag"
        android:layout_marginBottom="54dp"
        android:onClick="onExit"
        android:text="@string/exit" />
</RelativeLayout>
```

4.3.7 Φάκελος layout-small-land

Αρχεία .xml στο φάκελο res/layout-small-land

4.3.7.1 Αρχείο language_selection.xml

```
<?xml version="1.0" encoding="utf-8"?>
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
```

```

android:background="#808083">
<TextView
    android:id="@+id/selLang"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentLeft="true"
    android:layout_alignParentTop="true"
    android:layout_marginLeft="20dp"
    android:layout_marginTop="40dp"
    android:text="@string/sel_lang"
    android:textColor="@android:color/black"
    android:textSize="22sp" />
<ImageButton
    android:id="@+id/greekFlag"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignTop="@+id/selLang"
    android:layout_marginLeft="40dp"
    android:layout_toRightOf="@+id/selLang"
    android:background="@null"
    android:contentDescription="@string/todo"
    android:onClick="inGreek"
    android:src="@drawable/greek_language_button" />
<ImageButton
    android:id="@+id/englishFlag"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignTop="@+id/selLang"
    android:layout_marginLeft="70dp"
    android:layout_toRightOf="@+id/greekFlag"
    android:background="@null"
    android:contentDescription="@string/todo"
    android:src="@drawable/english_language_button"
    android:onClick="inEnglish" />
<Button
    android:id="@+id/exit"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignLeft="@+id/greekFlag"
    android:layout_alignParentBottom="true"
    android:layout_marginBottom="53dp"
    android:onClick="onExit"
    android:text="@string/exit" />
</RelativeLayout>

```

4.3.8 Φάκελος layout-sw600dp

Αρχεία .xml στο φάκελο res/layout-sw600dp

4.3.8.1 Αρχείο language_selection.xml

```

<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="#808083">
<TextView
    android:id="@+id/selLang"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentLeft="true"
    android:layout_alignParentTop="true"
    android:layout_marginLeft="60dp"

```

```

        android:layout_marginTop="20dp"
        android:text="@string/sel_lang"
        android:textColor="@android:color/black"
        android:textSize="40sp" />
<ImageButton
    android:id="@+id/greekFlag"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/sellang"
    android:layout_centerInParent="true"
    android:layout_marginTop="180dp"
    android:background="@null"
    android:contentDescription="@string/todo"
    android:onClick="inGreek"
    android:src="@drawable/greek_language_button"/>
<ImageButton
    android:id="@+id/englishFlag"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignLeft="@+id/greekFlag"
    android:layout_below="@+id/greekFlag"
    android:layout_marginTop="245dp"
    android:background="@null"
    android:contentDescription="@string/todo"
    android:onClick="inEnglish"
    android:src="@drawable/english_language_button"/>
<Button
    android:id="@+id/exit"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/englishFlag"
    android:layout_centerHorizontal="true"
    android:layout_marginTop="200dp"
    android:onClick="onExit"
    android:text="@string/exit"
    android:textSize="22sp" />
</RelativeLayout>

```

4.3.8.2 Αρχείο entry_form.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="@drawable/scale"
    android:paddingTop="10dp">
    <RelativeLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_marginTop="10dp"
        android:paddingBottom="10dp"
        android:paddingTop="30dp">
        <TextView
            android:id="@+id/weight_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_alignParentLeft="true"
            android:layout_alignParentTop="true"
            android:layout_marginLeft="7dp"
            android:layout_marginTop="5dp"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="24sp"
            android:paddingTop="15dp"/>
        <EditText
            android:id="@+id/weight_entry_id"
            android:layout_width="wrap_content"

```

```

        android:layout_height="wrap_content"
        android:layout_toRightOf="@+id/weight_id"
        android:layout_marginLeft="20dp"
        android:layout_alignBottom="@+id/weight_id"
        android:inputType="number"
        android:textSize="22sp"/>
<TextView
    android:id="@+id/age_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/weight_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="60dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="24sp"/>
<EditText
    android:id="@+id/age_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/age_id"
    android:layout_alignBottom="@+id/age_id"
    android:layout_marginLeft="20dp"
    android:inputType="number"
    android:textSize="22sp"/>
<TextView
    android:id="@+id/sex_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/age_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="60dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="24sp"/>
<Spinner
    android:id="@+id/sex_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/sex_id"
    android:layout_alignBottom="@+id/sex_id"
    android:layout_marginLeft="20dp"
    android:textSize="22sp"/>
<TextView
    android:id="@+id/height_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/sex_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="60dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="24sp"/>
<EditText
    android:id="@+id/height_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/height_id"
    android:layout_alignBottom="@+id/height_id"
    android:layout_marginLeft="20dp"
    android:inputType="number"
    android:textSize="22sp"/>
<TextView
    android:id="@+id/phys_activ_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/height_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="60dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="24sp"/>
<Spinner
    android:id="@+id/phys_activ_entry_id"

```

```

        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_toRightOf="@+id/phys_activ_id"
        android:layout_alignBottom="@+id/phys_activ_id"
        android:layout_marginLeft="20dp"
        android:textSize="22sp"/>
<Button
    android:id="@+id/calc_button_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/phys_activ_entry_id"
    android:layout_centerHorizontal="true"
    android:layout_marginTop="200dp"
    android:onClick="onCalculate"
    android:textSize="22sp"/>
<Button
    android:id="@+id/back_button1_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/calc_button_id"
    android:layout_alignBottom="@+id/calc_button_id"
    android:layout_marginLeft="90dp"
    android:onClick="onBack"
    android:textSize="22sp"/>
</RelativeLayout>
</ScrollView>

```

4.3.8.3 Αρχείο result_screen.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:paddingTop="10dp"
    android:id="@+id/scroll_id">
    <RelativeLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_marginTop="10dp"
        android:paddingBottom="10dp">
        <TextView
            android:id="@+id/results_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_alignParentTop="true"
            android:layout_centerInParent="true"
            android:textSize="30sp"
            android:textAppearance="?android:attr/textAppearanceMedium"/>
        <TextView
            android:id="@+id/bmr_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/results_id"
            android:layout_alignParentLeft="true"
            android:layout_marginTop="60dp"
            android:layout_marginLeft="7dp"
            android:textSize="24sp"
            android:textAppearance="?android:attr/textAppearanceMedium"/>
        <TextView
            android:id="@+id/bmr_res_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/bmr_id"
            android:layout_alignLeft="@+id/bmr_id"
            android:layout_marginTop="8sp"
            android:textAppearance="?android:attr/textAppearanceMedium"

```

```

        android:textSize="22sp"/>
<TextView
    android:id="@+id/daily_cal_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/bmr_res_id"
    android:layout_marginTop="30dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="24sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/daily_cal_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/daily_cal_id"
    android:layout_alignLeft="@+id/bmr_id"
    android:layout_marginTop="8dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="22sp"/>
<TextView
    android:id="@+id/class_of_body_weight_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/daily_cal_res_id"
    android:layout_marginTop="30dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="24sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/class_of_body_weight_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/class_of_body_weight_id"
    android:layout_alignLeft="@+id/bmr_id"
    android:layout_marginTop="8dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="22sp"/>
<TextView
    android:id="@+id/patient_class_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/class_of_body_weight_res_id"
    android:layout_marginTop="30dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="24sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/patient_class_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/patient_class_id"
    android:layout_alignLeft="@+id/bmr_id"
    android:layout_marginTop="8dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="22sp"/>
<TextView
    android:id="@+id/ideal_weight_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/patient_class_res_id"
    android:layout_marginTop="30dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="24sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/ideal_weight_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/ideal_weight_id"
    android:layout_alignLeft="@+id/bmr_id"

```



```

        android:layout_marginTop="8dp"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="22sp"/>
<TextView
    android:id="@+id/suggested_message_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/ideal_weight_id"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="22sp"
    android:visibility="gone"/>
<TextView
    android:id="@+id/visit_message_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/ideal_weight_id"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="22sp"
    android:visibility="gone"/>
<Button
    android:id="@+id/ideal_calories_button_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_marginTop="10dp"
    android:onClick="onCaloriesSelect"
    android:textSize="22sp"
    android:visibility="gone"/>
<Button
    android:id="@+id/back_button2_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_below="@+id/ideal_weight_res_id"
    android:layout_marginTop="60dp"
    android:layout_marginRight="15dp"
    android:onClick="onBack"
    android:textSize="22sp"
    android:visibility="gone"/>
</RelativeLayout>
</ScrollView>

```

4.3.8.4 Αρχείο day.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent">
<RelativeLayout
    android:layout_width="fill_parent"
    android:layout_height="wrap_content"
    android:layout_marginTop="10dp"
    android:paddingBottom="10dp">
<TextView
    android:id="@+id/diet_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_alignParentTop="true"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="40sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/day_id"
    android:layout_width="wrap_content"

```

```

        android:layout_height="wrap_content"
        android:layout_centerInParent="true"
        android:layout_below="@+id/diet_title_id"
        android:layout_marginTop="13dp"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="39sp"
        android:textColor="@color/green"/>
<TextView
    android:id="@+id/breakfast_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/day_id"
    android:layout_marginTop="10dp"
    android:layout_marginLeft="8dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="30sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/breakfast_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/breakfast_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="29sp"/>
<TextView
    android:id="@+id/brunch_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/breakfast_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="30sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/brunch_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/brunch_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="29sp"/>
<TextView
    android:id="@+id/lunch_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/brunch_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="30sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/lunch_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/lunch_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="29sp"/>
<TextView
    android:id="@+id/afternoon_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/lunch_result_id"
    android:layout_marginTop="10dp"

```

```

        android:layout_alignLeft="@+id/breakfast_title_id"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="30sp"
        android:textColor="@color/green"/>
<TextView
    android:id="@+id/afternoon_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/afternoon_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="29sp"/>
<TextView
    android:id="@+id/dinner_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/afternoon_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="30sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/dinner_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/dinner_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="29sp"/>
<TextView
    android:id="@+id/before_sleep_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/dinner_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="30sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/before_sleep_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/before_sleep_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="29sp"/>
<Button
    android:id="@+id/back_button3_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/before_sleep_result_id"
    android:layout_centerHorizontal="true"
    android:layout_marginTop="200dp"
    android:onClick="onBack"
    android:textSize="28sp"/>
<Button
    android:id="@+id/return_home_page_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/back_button3_id"
    android:layout_marginLeft="90dp"
    android:layout_alignBottom="@+id/back_button3_id"
    android:onClick="onReturn"
    android:textSize="28sp"/>
</RelativeLayout>

```

```
</ScrollView>
```

4.3.8.5 Αρχείο diet.xml

```
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="@drawable/diet_screen">
    <TextView
        android:id="@+id/arrow_right_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentRight="true"
        android:layout_centerInParent="true"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="42sp"
        android:text="@string/arrow_right"
        android:textColor="@color/red"
        android:visibility="visible"/>
    <TextView
        android:id="@+id/arrow_left_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentLeft="true"
        android:layout_centerInParent="true"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="42sp"
        android:text="@string/arrow_left"
        android:textColor="@color/red"
        android:visibility="invisible"/>
    <android.support.v4.view.ViewPager android:id="@+id/viewDay"
        android:layout_width="match_parent"
        android:layout_height="match_parent" />
</RelativeLayout>
```

4.3.9 Φάκελος layout-sw600dp-land

Αρχεία .xml στο φάκελο res/layout-sw600dp-land

4.3.9.1 Αρχείο language_selection.xml

```
<?xml version="1.0" encoding="utf-8"?>
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="#808083" >
    <TextView
        android:id="@+id/selLang"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentLeft="true"
        android:layout_alignParentTop="true"
        android:layout_marginLeft="38dp"
        android:layout_marginTop="76dp"
        android:text="@string/sel_lang"
        android:textColor="@android:color/black"
        android:textSize="45sp" />
    <ImageButton
        android:id="@+id/greekFlag"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
```

```

        android:layout_alignBottom="@+id/selLang"
        android:layout_centerHorizontal="true"
        android:background="@null"
        android:contentDescription="@string/todo"
        android:onClick="inGreek"
        android:src="@drawable/greek_language_button"/>
<ImageButton
    android:id="@+id/englishFlag"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentRight="true"
    android:layout_alignTop="@+id/greekFlag"
    android:layout_marginRight="251dp"
    android:background="@null"
    android:contentDescription="@string/todo"
    android:onClick="inEnglish"
    android:src="@drawable/english_language_button"/>
<Button
    android:id="@+id/exit"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignLeft="@+id/greekFlag"
    android:layout_alignParentBottom="true"
    android:layout_marginBottom="100dp"
    android:onClick="onExit"
    android:text="@string/exit"
    android:textSize="32sp" />
</RelativeLayout>

```

4.3.9.2 Αρχείο entry_form.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="@drawable/scale"
    android:paddingTop="10dp">
    <RelativeLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_marginTop="10dp"
        android:paddingBottom="10dp"
        android:paddingTop="30dp">
        <TextView
            android:id="@+id/weight_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_alignParentLeft="true"
            android:layout_alignParentTop="true"
            android:layout_marginLeft="7dp"
            android:layout_marginTop="5dp"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="37sp"
            android:paddingTop="15dp"/>
        <EditText
            android:id="@+id/weight_entry_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_toRightOf="@+id/weight_id"
            android:layout_marginLeft="20dp"
            android:layout_alignBottom="@+id/weight_id"
            android:inputType="number"
            android:textSize="37sp"/>
        <TextView
            android:id="@+id/age_id"
            android:layout_width="wrap_content"

```

```

        android:layout_height="wrap_content"
        android:layout_below="@+id/weight_id"
        android:layout_alignLeft="@+id/weight_id"
        android:layout_marginTop="50dp"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="37sp"/>
<EditText
    android:id="@+id/age_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/age_id"
    android:layout_alignBottom="@+id/age_id"
    android:layout_marginLeft="20dp"
    android:inputType="number"
    android:textSize="37sp"/>
<TextView
    android:id="@+id/sex_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/age_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="50dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="37sp"/>
<Spinner
    android:id="@+id/sex_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/sex_id"
    android:layout_alignBottom="@+id/sex_id"
    android:layout_marginLeft="20dp"
    android:textSize="37sp"/>
<TextView
    android:id="@+id/height_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/sex_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="50dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="37sp"/>
<EditText
    android:id="@+id/height_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/height_id"
    android:layout_alignBottom="@+id/height_id"
    android:layout_marginLeft="20dp"
    android:inputType="number"
    android:textSize="37sp"/>
<TextView
    android:id="@+id/phys_activ_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/height_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="50dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="37sp"/>
<Spinner
    android:id="@+id/phys_activ_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/phys_activ_id"
    android:layout_alignBottom="@+id/phys_activ_id"
    android:layout_marginLeft="10dp"
    android:textSize="37sp"/>
<Button
    android:id="@+id/back_button1_id"
    android:layout_width="wrap_content"

```



```

        android:layout_height="wrap_content"
        android:layout_alignParentRight="true"
        android:layout_below="@+id/phys_activ_entry_id"
        android:layout_marginTop="85dp"
        android:layout_marginRight="25dp"
        android:onClick="onBack"
        android:textSize="32sp"/>
<Button
    android:id="@+id/calc_button_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/phys_activ_entry_id"
    android:layout_centerInParent="true"
    android:layout_marginTop="85dp"
    android:onClick="onCalculate"
    android:textSize="32sp"/>
</RelativeLayout>
</ScrollView>

```

4.3.9.3 Αρχείο result_screen.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:paddingTop="10dp"
    android:id="@+id/scroll_id">
    <RelativeLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_marginTop="10dp"
        android:paddingBottom="10dp">
        <TextView
            android:id="@+id/results_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_alignParentTop="true"
            android:layout_centerInParent="true"
            android:textSize="40sp"
            android:textAppearance="?android:attr/textAppearanceMedium"/>
        <TextView
            android:id="@+id/bmr_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/results_id"
            android:layout_alignParentLeft="true"
            android:layout_marginTop="60dp"
            android:layout_marginLeft="7dp"
            android:textSize="35sp"
            android:textAppearance="?android:attr/textAppearanceMedium"/>
        <TextView
            android:id="@+id/bmr_res_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_toRightOf="@+id/bmr_id"
            android:layout_alignBottom="@+id/bmr_id"
            android:layout_marginLeft="10dp"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="32sp"/>
        <TextView
            android:id="@+id/daily_cal_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/bmr_id"
            android:layout_marginTop="40dp"
            android:layout_alignLeft="@+id/bmr_id"

```

```

        android:textSize="35sp"
        android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/daily_cal_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/daily_cal_id"
    android:layout_alignBottom="@+id/daily_cal_id"
    android:layout_marginLeft="10dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="32sp"/>
<TextView
    android:id="@+id/class_of_body_weight_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/daily_cal_id"
    android:layout_marginTop="40dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="35sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/class_of_body_weight_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/class_of_body_weight_id"
    android:layout_alignBottom="@+id/class_of_body_weight_id"
    android:layout_marginLeft="10dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="32sp"/>
<TextView
    android:id="@+id/patient_class_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/class_of_body_weight_id"
    android:layout_marginTop="40dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="35sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/patient_class_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/patient_class_id"
    android:layout_alignBottom="@+id/patient_class_id"
    android:layout_marginLeft="10dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="32sp"/>
<TextView
    android:id="@+id/ideal_weight_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/patient_class_id"
    android:layout_marginTop="40dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="35sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/ideal_weight_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/ideal_weight_id"
    android:layout_alignBottom="@+id/ideal_weight_id"
    android:layout_marginLeft="10dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="32sp"/>
<TextView
    android:id="@+id/suggested_message_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/ideal_weight_id"

```

```

        android:layout_alignLeft="@+id/bmr_id"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="32sp"
        android:visibility="gone"/>
<TextView
    android:id="@+id/visit_message_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/ideal_weight_id"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="32sp"
    android:visibility="gone"/>
<Button
    android:id="@+id/ideal_calories_button_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/suggested_message_id"
    android:layout_alignBottom="@+id/suggested_message_id"
    android:onClick="onCaloriesSelect"
    android:textSize="32sp"
    android:visibility="gone"/>
<Button
    android:id="@+id/back_button2_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_below="@+id/ideal_weight_res_id"
    android:layout_marginTop="60dp"
    android:layout_marginRight="15dp"
    android:onClick="onBack"
    android:textSize="32sp"
    android:visibility="gone"/>
</RelativeLayout>
</ScrollView>

```

4.3.9.4 Αρχείο day.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent">
<RelativeLayout
    android:layout_width="fill_parent"
    android:layout_height="wrap_content"
    android:layout_marginTop="10dp"
    android:paddingBottom="10dp">
<TextView
    android:id="@+id/diet_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_alignParentTop="true"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="40sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/day_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_below="@+id/diet_title_id"
    android:layout_marginTop="60dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="39sp"

```

```

        android:textColor="@color/green"/>
<TextView
    android:id="@+id/breakfast_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/day_id"
    android:layout_marginTop="60dp"
    android:layout_marginLeft="7dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="35sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/breakfast_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/breakfast_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="32sp"/>
<TextView
    android:id="@+id/brunch_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/breakfast_result_id"
    android:layout_marginTop="30dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="35sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/brunch_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/brunch_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="32sp"/>
<TextView
    android:id="@+id/lunch_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/brunch_result_id"
    android:layout_marginTop="30dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="35sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/lunch_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/lunch_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="32sp"/>
<TextView
    android:id="@+id/afternoon_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/lunch_result_id"
    android:layout_marginTop="30dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="35sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/afternoon_result_id"

```

```

        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/afternoon_title_id"
        android:layout_marginTop="3dp"
        android:layout_alignLeft="@+id/breakfast_title_id"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="32sp"/>
<TextView
    android:id="@+id/dinner_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/afternoon_result_id"
    android:layout_marginTop="30dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="35sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/dinner_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/dinner_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="32sp"/>
<TextView
    android:id="@+id/before_sleep_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/dinner_result_id"
    android:layout_marginTop="30dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="35sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/before_sleep_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/before_sleep_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="32sp"/>
<Button
    android:id="@+id/back_button3_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_below="@+id/before_sleep_result_id"
    android:layout_marginTop="85dp"
    android:onClick="onBack"
    android:textSize="32sp"/>
<Button
    android:id="@+id/return_home_page_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentRight="true"
    android:layout_below="@+id/before_sleep_result_id"
    android:layout_marginTop="85dp"
    android:layout_marginRight="25dp"
    android:onClick="onReturn"
    android:textSize="32sp"/>
</RelativeLayout>
</ScrollView>

```

4.3.9.5 Αρχείο diet.xml

```
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="@drawable/diet_screen">
    <TextView
        android:id="@+id/arrow_right_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentRight="true"
        android:layout_centerInParent="true"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="42sp"
        android:text="@string/arrow_right"
        android:textColor="@color/red"
        android:visibility="visible"/>
    <TextView
        android:id="@+id/arrow_left_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentLeft="true"
        android:layout_centerInParent="true"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="42sp"
        android:text="@string/arrow_left"
        android:textColor="@color/red"
        android:visibility="invisible"/>
    <android.support.v4.view.ViewPager android:id="@+id/viewDay"
        android:layout_width="match_parent"
        android:layout_height="match_parent" />
</RelativeLayout>
```

4.3.10 Φάκελος layout-sw720dp

Αρχεία .xml στο φάκελο res/layout-sw720dp

4.3.10.1 Αρχείο language_selection.xml

```
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="#808083">
    <TextView
        android:id="@+id/selLang"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentLeft="true"
        android:layout_alignParentTop="true"
        android:layout_marginLeft="60dp"
        android:layout_marginTop="20dp"
        android:text="@string/sel_lang"
        android:textColor="@android:color/black"
        android:textSize="55sp" />
    <ImageButton
        android:id="@+id/greekFlag"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/selLang"
        android:layout_centerInParent="true"
        android:layout_marginTop="180dp" />
```



```

        android:background="@null"
        android:contentDescription="@string/todo"
        android:onClick="inGreek"
        android:src="@drawable/greek_language_button"/>
<ImageButton
    android:id="@+id/englishFlag"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignLeft="@+id/greekFlag"
    android:layout_below="@+id/greekFlag"
    android:layout_marginTop="245dp"
    android:background="@null"
    android:contentDescription="@string/todo"
    android:onClick="inEnglish"
    android:src="@drawable/english_language_button"/>
<Button
    android:id="@+id/exit"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentBottom="true"
    android:layout_centerHorizontal="true"
    android:layout_marginBottom="96dp"
    android:onClick="onExit"
    android:text="@string/exit"
    android:textSize="35sp" />
</RelativeLayout>

```

4.3.10.2 Αρχείο entry_form.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="@drawable/scale"
    android:paddingTop="10dp">
<RelativeLayout
    android:layout_width="fill_parent"
    android:layout_height="wrap_content"
    android:layout_marginTop="10dp"
    android:paddingBottom="10dp"
    android:paddingTop="30dp">
<TextView
    android:id="@+id/weight_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentLeft="true"
    android:layout_alignParentTop="true"
    android:layout_marginLeft="7dp"
    android:layout_marginTop="5dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="37sp"
    android:paddingTop="15dp"/>
<EditText
    android:id="@+id/weight_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/weight_id"
    android:layout_marginLeft="20dp"
    android:layout_alignBottom="@+id/weight_id"
    android:inputType="number"
    android:textSize="35sp"/>
<TextView
    android:id="@+id/age_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/weight_id"

```

```

        android:layout_alignLeft="@+id/weight_id"
        android:layout_marginTop="60dp"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="37sp"/>
<EditText
    android:id="@+id/age_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/age_id"
    android:layout_alignBottom="@+id/age_id"
    android:layout_marginLeft="20dp"
    android:inputType="number"
    android:textSize="35sp"/>
<TextView
    android:id="@+id/sex_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/age_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="60dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="37sp"/>
<Spinner
    android:id="@+id/sex_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/sex_id"
    android:layout_alignBottom="@+id/sex_id"
    android:layout_marginLeft="20dp"
    android:textSize="35sp"/>
<TextView
    android:id="@+id/height_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/sex_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="60dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="37sp"/>
<EditText
    android:id="@+id/height_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/height_id"
    android:layout_alignBottom="@+id/height_id"
    android:layout_marginLeft="20dp"
    android:inputType="number"
    android:textSize="35sp"/>
<TextView
    android:id="@+id/phys_activ_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/height_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="60dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="37sp"/>
<Spinner
    android:id="@+id/phys_activ_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/phys_activ_id"
    android:layout_alignBottom="@+id/phys_activ_id"
    android:layout_marginLeft="20dp"
    android:textSize="35sp"/>
<Button
    android:id="@+id/calc_button_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/phys_activ_entry_id"

```

```

        android:layout_marginTop="300dp"
        android:layout_centerHorizontal="true"
        android:onClick="onCalculate"
        android:textSize="35sp"/>
<Button
    android:id="@+id/back_button1_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/calc_button_id"
    android:layout_alignBottom="@+id/calc_button_id"
    android:layout_marginLeft="120dp"
    android:onClick="onBack"
    android:textSize="35sp"/>
</RelativeLayout>
</ScrollView>

```

4.3.10.3 Αρχείο result_screen.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:paddingTop="10dp"
    android:id="@+id/scroll_id">
    <RelativeLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_marginTop="10dp"
        android:paddingBottom="10dp">
        <TextView
            android:id="@+id/results_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_alignParentTop="true"
            android:layout_centerInParent="true"
            android:textSize="40sp"
            android:textAppearance="?android:attr/textAppearanceMedium"/>
        <TextView
            android:id="@+id/bmr_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/results_id"
            android:layout_alignParentLeft="true"
            android:layout_marginTop="60dp"
            android:layout_marginLeft="7dp"
            android:textSize="37sp"
            android:textAppearance="?android:attr/textAppearanceMedium"/>
        <TextView
            android:id="@+id/bmr_res_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/bmr_id"
            android:layout_alignLeft="@+id/bmr_id"
            android:layout_marginTop="8sp"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="35sp"/>
        <TextView
            android:id="@+id/daily_cal_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/bmr_res_id"
            android:layout_marginTop="30dp"
            android:layout_alignLeft="@+id/bmr_id"
            android:textSize="37sp"
            android:textAppearance="?android:attr/textAppearanceMedium"/>
        <TextView

```

```

android:id="@+id/daily_cal_res_id"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_below="@+id/daily_cal_id"
android:layout_alignLeft="@+id/bmr_id"
android:layout_marginTop="8dp"
android:textAppearance="?android:attr/textAppearanceMedium"
android:textSize="35sp"/>
<TextView
android:id="@+id/class_of_body_weight_id"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_below="@+id/daily_cal_res_id"
android:layout_marginTop="30dp"
android:layout_alignLeft="@+id/bmr_id"
android:textSize="37sp"
android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
android:id="@+id/class_of_body_weight_res_id"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_below="@+id/class_of_body_weight_id"
android:layout_alignLeft="@+id/bmr_id"
android:layout_marginTop="8dp"
android:textAppearance="?android:attr/textAppearanceMedium"
android:textSize="35sp"/>
<TextView
android:id="@+id/patient_class_id"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_below="@+id/class_of_body_weight_res_id"
android:layout_marginTop="30dp"
android:layout_alignLeft="@+id/bmr_id"
android:textSize="37sp"
android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
android:id="@+id/patient_class_res_id"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_below="@+id/patient_class_id"
android:layout_alignLeft="@+id/bmr_id"
android:layout_marginTop="8dp"
android:textAppearance="?android:attr/textAppearanceMedium"
android:textSize="35sp"/>
<TextView
android:id="@+id/ideal_weight_id"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_below="@+id/patient_class_res_id"
android:layout_marginTop="30dp"
android:layout_alignLeft="@+id/bmr_id"
android:textSize="37sp"
android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
android:id="@+id/ideal_weight_res_id"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_below="@+id/ideal_weight_id"
android:layout_alignLeft="@+id/bmr_id"
android:layout_marginTop="8dp"
android:textAppearance="?android:attr/textAppearanceMedium"
android:textSize="35sp"/>
<TextView
android:id="@+id/suggested_message_id"
android:layout_width="wrap_content"
android:layout_height="wrap_content"
android:layout_below="@+id/ideal_weight_id"
android:layout_alignLeft="@+id/bmr_id"
android:textAppearance="?android:attr/textAppearanceMedium"
android:textSize="35sp"

```

```

        android:visibility="gone"/>
<TextView
    android:id="@+id/visit_message_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/ideal_weight_id"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="35sp"
    android:visibility="gone"/>
<Button
    android:id="@+id/ideal_calories_button_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_marginTop="10dp"
    android:onClick="onCaloriesSelect"
    android:textSize="35sp"
    android:visibility="gone"/>
<Button
    android:id="@+id/back_button2_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_below="@+id/ideal_weight_res_id"
    android:layout_marginTop="60dp"
    android:layout_marginRight="15dp"
    android:onClick="onBack"
    android:textSize="35sp"
    android:visibility="gone"/>
</RelativeLayout>
</ScrollView>

```

4.3.10.4 Αpxείο day.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent">
<RelativeLayout
    android:layout_width="fill_parent"
    android:layout_height="wrap_content"
    android:layout_marginTop="10dp"
    android:paddingBottom="10dp">
<TextView
    android:id="@+id/diet_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_alignParentTop="true"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="40sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/day_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_below="@+id/diet_title_id"
    android:layout_marginTop="13dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="39sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/breakfast_title_id"

```

```

        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/day_id"
        android:layout_marginTop="13dp"
        android:layout_marginLeft="8dp"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="37sp"
        android:textColor="@color/green"/>
<TextView
    android:id="@+id/breakfast_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/breakfast_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="35sp"/>
<TextView
    android:id="@+id/brunch_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/breakfast_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="37sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/brunch_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/brunch_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="35sp"/>
<TextView
    android:id="@+id/lunch_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/brunch_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="37sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/lunch_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/lunch_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="35sp"/>
<TextView
    android:id="@+id/afternoon_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/lunch_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="37sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/afternoon_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/afternoon_title_id"

```

```

        android:layout_marginTop="3dp"
        android:layout_alignLeft="@+id/breakfast_title_id"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="35sp"/>
<TextView
    android:id="@+id/dinner_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/afternoon_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="37sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/dinner_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/dinner_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="35sp"/>
<TextView
    android:id="@+id/before_sleep_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/dinner_result_id"
    android:layout_marginTop="10dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="37sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/before_sleep_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/before_sleep_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="35sp"/>
<Button
    android:id="@+id/back_button3_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/before_sleep_result_id"
    android:layout_marginTop="200dp"
    android:layout_centerHorizontal="true"
    android:onClick="onBack"
    android:textSize="35sp"/>
<Button
    android:id="@+id/return_home_page_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/back_button3_id"
    android:layout_alignBottom="@+id/back_button3_id"
    android:layout_marginLeft="60dp"
    android:onClick="onReturn"
    android:textSize="35sp"/>
</RelativeLayout>
</ScrollView>

```

4.3.10.5 Αpxείο diet.xml

```

<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"

```



```

android:layout_height="match_parent"
android:background="@drawable/diet_screen">
    <TextView
        android:id="@+id/arrow_right_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentRight="true"
        android:layout_centerInParent="true"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="42sp"
        android:text="@string/arrow_right"
        android:textColor="@color/red"
        android:visibility="visible"/>
    <TextView
        android:id="@+id/arrow_left_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentLeft="true"
        android:layout_centerInParent="true"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="42sp"
        android:text="@string/arrow_left"
        android:textColor="@color/red"
        android:visibility="invisible"/>
<android.support.v4.view.ViewPager android:id="@+id/viewDay"
    android:layout_width="match_parent"
    android:layout_height="match_parent" />
</RelativeLayout>

```

4.3.11 Φάκελος layout-sw720dp-land

Αρχεία .xml στο φάκελο res/layout-sw720dp-land

4.3.11.1 Αρχείο language_selection.xml

```

<?xml version="1.0" encoding="utf-8"?>
<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="#808083" >
    <TextView
        android:id="@+id/selLang"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignParentLeft="true"
        android:layout_alignParentTop="true"
        android:layout_marginLeft="38dp"
        android:layout_marginTop="76dp"
        android:text="@string/sel_lang"
        android:textColor="@android:color/black"
        android:textSize="55sp" />
    <ImageButton
        android:id="@+id/greekFlag"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_alignBottom="@+id/selLang"
        android:layout_centerHorizontal="true"
        android:background="@null"
        android:contentDescription="@string/todo"
        android:onClick="inGreek"
        android:src="@drawable/greek_language_button"/>
    <ImageButton
        android:id="@+id/englishFlag"
        android:layout_width="wrap_content"

```

```

        android:layout_height="wrap_content"
        android:layout_alignParentRight="true"
        android:layout_alignTop="@+id/greekFlag"
        android:layout_marginRight="251dp"
        android:background="@null"
        android:contentDescription="@string/todo"
        android:onClick="inEnglish"
        android:src="@drawable/english_language_button"/>
<Button
    android:id="@+id/exit"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignLeft="@+id/greekFlag"
    android:layout_alignParentBottom="true"
    android:layout_marginBottom="158dp"
    android:onClick="onExit"
    android:text="@string/exit"
    android:textSize="38sp" />
</RelativeLayout>

```

4.3.11.2 Αpxείο entry_form.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="@drawable/scale"
    android:paddingTop="10dp">
<RelativeLayout
    android:layout_width="fill_parent"
    android:layout_height="wrap_content"
    android:layout_marginTop="10dp"
    android:paddingBottom="10dp"
    android:paddingTop="30dp">
<TextView
    android:id="@+id/weight_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentLeft="true"
    android:layout_alignParentTop="true"
    android:layout_marginLeft="7dp"
    android:layout_marginTop="5dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="43sp"
    android:paddingTop="15dp"/>
<EditText
    android:id="@+id/weight_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/weight_id"
    android:layout_marginLeft="20dp"
    android:layout_alignBottom="@+id/weight_id"
    android:inputType="number"
    android:textSize="43sp"/>
<TextView
    android:id="@+id/age_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/weight_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="50dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="43sp"/>
<EditText
    android:id="@+id/age_entry_id"
    android:layout_width="wrap_content"

```

```

        android:layout_height="wrap_content"
        android:layout_toRightOf="@+id/age_id"
        android:layout_alignBottom="@+id/age_id"
        android:layout_marginLeft="20dp"
        android:inputType="number"
        android:textSize="43sp"/>
<TextView
    android:id="@+id/sex_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/age_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="50dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="43sp"/>
<Spinner
    android:id="@+id/sex_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/sex_id"
    android:layout_alignBottom="@+id/sex_id"
    android:layout_marginLeft="20dp"
    android:textSize="43sp"/>
<TextView
    android:id="@+id/height_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/sex_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="50dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="43sp"/>
<EditText
    android:id="@+id/height_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/height_id"
    android:layout_alignBottom="@+id/height_id"
    android:layout_marginLeft="20dp"
    android:inputType="number"
    android:textSize="43sp"/>
<TextView
    android:id="@+id/phys_activ_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/height_id"
    android:layout_alignLeft="@+id/weight_id"
    android:layout_marginTop="50dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="43sp"/>
<Spinner
    android:id="@+id/phys_activ_entry_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/phys_activ_id"
    android:layout_alignBottom="@+id/phys_activ_id"
    android:layout_marginLeft="10dp"
    android:textSize="43sp"/>
<Button
    android:id="@+id/back_button1_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentRight="true"
    android:layout_below="@+id/phys_activ_entry_id"
    android:layout_marginTop="75dp"
    android:layout_marginRight="25dp"
    android:onClick="onBack"
    android:textSize="38sp"/>
<Button
    android:id="@+id/calc_button_id"

```

```

        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/phys_activ_entry_id"
        android:layout_centerInParent="true"
        android:layout_marginTop="75dp"
        android:onClick="onCalculate"
        android:textSize="38sp"/>
    </RelativeLayout>
</ScrollView>

```

4.3.11.3 Αρχείο result_screen.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:paddingTop="10dp"
    android:id="@+id/scroll_id">
    <RelativeLayout
        android:layout_width="fill_parent"
        android:layout_height="wrap_content"
        android:layout_marginTop="10dp"
        android:paddingBottom="10dp">
        <TextView
            android:id="@+id/results_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_alignParentTop="true"
            android:layout_centerInParent="true"
            android:textSize="50sp"
            android:textAppearance="?android:attr/textAppearanceMedium"/>
        <TextView
            android:id="@+id/bmr_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/results_id"
            android:layout_alignParentLeft="true"
            android:layout_marginTop="60dp"
            android:layout_marginLeft="7dp"
            android:textSize="43sp"
            android:textAppearance="?android:attr/textAppearanceMedium"/>
        <TextView
            android:id="@+id/bmr_res_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_toRightOf="@+id/bmr_id"
            android:layout_alignBottom="@+id/bmr_id"
            android:layout_marginLeft="10dp"
            android:textAppearance="?android:attr/textAppearanceMedium"
            android:textSize="40sp"/>
        <TextView
            android:id="@+id/daily_cal_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_below="@+id/bmr_id"
            android:layout_marginTop="40dp"
            android:layout_alignLeft="@+id/bmr_id"
            android:textSize="43sp"
            android:textAppearance="?android:attr/textAppearanceMedium"/>
        <TextView
            android:id="@+id/daily_cal_res_id"
            android:layout_width="wrap_content"
            android:layout_height="wrap_content"
            android:layout_toRightOf="@+id/daily_cal_id"
            android:layout_alignBottom="@+id/daily_cal_id"
            android:layout_marginLeft="10dp"

```

```

        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="40sp"/>
<TextView
    android:id="@+id/class_of_body_weight_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/daily_cal_id"
    android:layout_marginTop="40dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="43sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/class_of_body_weight_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/class_of_body_weight_id"
    android:layout_alignBottom="@+id/class_of_body_weight_id"
    android:layout_marginLeft="10dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="40sp"/>
<TextView
    android:id="@+id/patient_class_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/class_of_body_weight_id"
    android:layout_marginTop="40dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="43sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/patient_class_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/patient_class_id"
    android:layout_alignBottom="@+id/patient_class_id"
    android:layout_marginLeft="10dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="40sp"/>
<TextView
    android:id="@+id/ideal_weight_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/patient_class_id"
    android:layout_marginTop="40dp"
    android:layout_alignLeft="@+id/bmr_id"
    android:textSize="43sp"
    android:textAppearance="?android:attr/textAppearanceMedium"/>
<TextView
    android:id="@+id/ideal_weight_res_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_toRightOf="@+id/ideal_weight_id"
    android:layout_alignBottom="@+id/ideal_weight_id"
    android:layout_marginLeft="10dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="40sp"/>
<TextView
    android:id="@+id/suggested_message_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/ideal_weight_id"
    android:layout_alignLeft="@+id/bmr_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="40sp"
    android:visibility="gone"/>
<TextView
    android:id="@+id/visit_message_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/ideal_weight_id"

```

```

        android:layout_alignLeft="@+id/bmr_id"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="40sp"
        android:visibility="gone"/>
<Button
    android:id="@+id/ideal_calories_button_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_marginTop="10dp"
    android:onClick="onCaloriesSelect"
    android:textSize="40sp"
    android:visibility="gone"/>
<Button
    android:id="@+id/back_button2_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_below="@+id/ideal_weight_res_id"
    android:layout_marginTop="60dp"
    android:layout_marginRight="15dp"
    android:onClick="onBack"
    android:textSize="40sp"
    android:visibility="gone"/>
</RelativeLayout>
</ScrollView>

```

4.3.11.4 Αρχείο day.xml

```

<ScrollView xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools"
    android:layout_width="match_parent"
    android:layout_height="match_parent">
<RelativeLayout
    android:layout_width="fill_parent"
    android:layout_height="wrap_content"
    android:layout_marginTop="10dp"
    android:paddingBottom="10dp">
<TextView
    android:id="@+id/diet_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_alignParentTop="true"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="50sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/day_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_below="@+id/diet_title_id"
    android:layout_marginTop="60dp"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="39sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/breakfast_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/day_id"
    android:layout_marginTop="60dp"
    android:layout_marginLeft="7dp"
    android:textAppearance="?android:attr/textAppearanceMedium"

```

```

        android:textSize="43sp"
        android:textColor="@color/green"/>
<TextView
    android:id="@+id/breakfast_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/breakfast_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="40sp"/>
<TextView
    android:id="@+id/brunch_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/breakfast_result_id"
    android:layout_marginTop="30dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="43sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/brunch_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/brunch_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="40sp"/>
<TextView
    android:id="@+id/lunch_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/brunch_result_id"
    android:layout_marginTop="30dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="43sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/lunch_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/lunch_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="40sp"/>
<TextView
    android:id="@+id/afternoon_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/lunch_result_id"
    android:layout_marginTop="30dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="43sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/afternoon_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/afternoon_title_id"
    android:layout_marginTop="3dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="40sp"/>
<TextView
    android:id="@+id/dinner_title_id"

```



```

        android:layout_width="wrap_content"
        android:layout_height="wrap_content"
        android:layout_below="@+id/afternoon_result_id"
        android:layout_marginTop="30dp"
        android:layout_alignLeft="@+id/breakfast_title_id"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="43sp"
        android:textColor="@color/green"/>
<TextView
    android:id="@+id/dinner_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/dinner_title_id"
    android:layout_marginTop="30dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="40sp"/>
<TextView
    android:id="@+id/before_sleep_title_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/dinner_result_id"
    android:layout_marginTop="30dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="43sp"
    android:textColor="@color/green"/>
<TextView
    android:id="@+id/before_sleep_result_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_below="@+id/before_sleep_title_id"
    android:layout_marginTop="30dp"
    android:layout_alignLeft="@+id/breakfast_title_id"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="40sp"/>
<Button
    android:id="@+id/back_button3_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_centerInParent="true"
    android:layout_below="@+id/before_sleep_result_id"
    android:layout_marginTop="70dp"
    android:onClick="onBack"
    android:textSize="40sp"/>
<Button
    android:id="@+id/return_home_page_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentRight="true"
    android:layout_below="@+id/before_sleep_result_id"
    android:layout_marginTop="70dp"
    android:layout_marginRight="25dp"
    android:onClick="onReturn"
    android:textSize="40sp"/>
</RelativeLayout>
</ScrollView>

```

4.3.11.5 Αpxείο diet.xml

```

<RelativeLayout xmlns:android="http://schemas.android.com/apk/res/android"
    android:layout_width="match_parent"
    android:layout_height="match_parent"
    android:background="@drawable/diet_screen">
    <TextView
        android:id="@+id/arrow_right_id"
        android:layout_width="wrap_content"
        android:layout_height="wrap_content"

```

```

        android:layout_alignParentRight="true"
        android:layout_centerInParent="true"
        android:textAppearance="?android:attr/textAppearanceMedium"
        android:textSize="52sp"
        android:text="@string/arrow_right"
        android:textColor="@color/red"
        android:visibility="visible"/>
<TextView
    android:id="@+id/arrow_left_id"
    android:layout_width="wrap_content"
    android:layout_height="wrap_content"
    android:layout_alignParentLeft="true"
    android:layout_centerInParent="true"
    android:textAppearance="?android:attr/textAppearanceMedium"
    android:textSize="52sp"
    android:text="@string/arrow_left"
    android:textColor="@color/red"
    android:visibility="invisible"/>
<android.support.v4.view.ViewPager android:id="@+id/viewDay"
    android:layout_width="match_parent"
    android:layout_height="match_parent" />
</RelativeLayout>

```

4.3.12 Φάκελος values

Αρχεία .xml στο φάκελο res/values

4.3.12.1 Αρχείο arrays.xml

```

<?xml version="1.0" encoding="utf-8"?>
<resources>
    <string-array name="gr_sex_list">
        <item>@string/gr_sex_man</item>
        <item>@string/gr_sex_woman</item>
    </string-array>
    <string-array name="gr_phys_activ_list">
        <item>@string/gr_phys_activ_mi</item>
        <item>@string/gr_phys_activ_li</item>
        <item>@string/gr_phys_activ_mo</item>
        <item>@string/gr_phys_activ_in</item>
    </string-array>
    <string-array name="en_sex_list">
        <item>@string/en_sex_man</item>
        <item>@string/en_sex_woman</item>
    </string-array>
    <string-array name="en_phys_activ_list">
        <item>@string/en_phys_activ_mi</item>
        <item>@string/en_phys_activ_li</item>
        <item>@string/en_phys_activ_mo</item>
        <item>@string/en_phys_activ_in</item>
    </string-array>
</resources>

```

4.3.12.2 Αρχείο colors.xml

```

<?xml version="1.0" encoding="utf-8"?>
<resources>
    <color name="blue">#0000FF</color>
    <color name="red">#FF0000</color>
    <color name="purple">#800080</color>

```

```

<color name="green">#008000</color>
<color name="yellow">#FFFF00</color>
<color name="orange">#FFA500</color>
</resources>

```

4.3.12.3 Αρχείο strings.xml

```

<?xml version="1.0" encoding="utf-8"?>
<resources>
  <string name="app_name">Daily Calories & Body Fitness</string>
  <string name="sel_lang">Select Language:</string>
  <string name="todo">TODO</string>
  <string name="exit">Exit</string>
  <string name="gr_weight">Βάρος(σε κιλά):</string>
  <string name="en_weight">Weight(in kg):</string>
  <string name="gr_put_weight">Εισάγετε το βάρος σας!</string>
  <string name="en_put_weight">Put your weight here!</string>
  <string name="gr_age">Ηλικία(σε έτη):</string>
  <string name="en_age">Age(in years):</string>
  <string name="gr_put_age">Εισάγετε την ηλικία σας!</string>
  <string name="en_put_age">Put your age here!</string>
  <string name="gr_sex">Φύλο:</string>
  <string name="en_sex">Sex:</string>
  <string name="gr_sex_man">Αντρας</string>
  <string name="en_sex_man">Man</string>
  <string name="gr_sex_woman">Γυναίκα</string>
  <string name="en_sex_woman">Woman</string>
  <string name="gr_sex_prompt">Επιλέξτε το φύλο σας</string>
  <string name="en_sex_prompt">Select your sex</string>
  <string name="gr_height">Υψος(σε εκατοστά):</string>
  <string name="en_height">Height(in cm):</string>
  <string name="gr_put_height">Εισάγετε το ύψος σας!</string>
  <string name="en_put_height">Put your height here!</string>
  <string name="gr_phys_activ">Επίπεδο Φυσικής Δραστηριότητας:</string>
  <string name="en_phys_activ">Physical Activity:</string>
  <string name="gr_phys_activ_mi">Ελάχιστη (άρρωστος, πλήρης ακινησία)</string>
  <string name="en_phys_activ_mi">Minimum (sick, complete immobility)</string>
  <string name="gr_phys_activ_li">Ελαφριά (καθιστική ζωή, δουλειά γραφείου)</string>
  <string name="en_phys_activ_li">Light (sedentariness, office work)</string>
  <string name="gr_phys_activ_mo">Μέτρια (πιο έντονη δραστηριότητα, περπάτημα)</string>
  <string name="en_phys_activ_mo">Moderate (more intense activity, walking)</string>
  <string name="gr_phys_activ_in">Έντονη (2 φορές τη βδομάδα 2 ώρες γυμναστική)</string>
  <string name="en_phys_activ_in">Intense (2 times a week 2 hours gymnastics)</string>
  <string name="gr_phys_activ_prompt">Καθημερινή Φυσική Δραστηριότητα</string>
  <string name="en_phys_activ_prompt">Daily Physical Activity</string>
  <string name="gr_back">Πίσω</string>
  <string name="en_back">Back</string>
  <string name="gr_calculate">Υπολογισμός</string>
  <string name="en_calculate">Calculate</string>
  <string name="gr_forgot_weight">Εισάγετε τιμή για το βάρος</string>
  <string name="en_forgot_weight">Enter a value for weight</string>
  <string name="gr_wrong_weight_input_title">Δώσατε βάρος εκτός ορίων</string>
  <string name="en_wrong_weight_input_title">You gave out of bounds value for weight</string>
  <string name="gr_wrong_weight_input_message">Έγκυρες τιμές βάρους: 40 έως 180</string>
  <string name="en_wrong_weight_input_message">Range of weight values: 40 until 180</string>
  <string name="gr_forgot_age">Εισάγετε τιμή για την ηλικία</string>
  <string name="en_forgot_age">Enter a value for age</string>
  <string name="gr_wrong_age_input_title">Δώσατε ηλικία εκτός ορίων</string>
  <string name="en_wrong_age_input_title">You gave out of bounds value for age</string>
  <string name="gr_wrong_age_input_message">Έγκυρες τιμές ηλικίας: 18 έως 90</string>
  <string name="en_wrong_age_input_message">Range of age values: 18 until 90</string>
  <string name="gr_forgot_height">Εισάγετε τιμή για το ύψος</string>
  <string name="en_forgot_height">Enter a value for height</string>
  <string name="gr_wrong_height_input_title">Δώσατε ύψος εκτός ορίων</string>
  <string name="en_wrong_height_input_title">You gave value for height out of bounds</string>
  <string name="gr_wrong_height_input_message">Έγκυρες τιμές ύψους: 150 έως 200</string>
  <string name="en_wrong_height_input_message">Range of height values: 150 until 200</string>

```

```

<string name="gr_results">Αποτελέσματα</string>
<string name="en_results">Results</string>
<string name="gr_bmr">Βασικός Ρυθμός Μεταβολισμού:</string>
<string name="en_bmr">Basal Metabolic Rate(BMR):</string>
<string name="gr_daily_cal_needs">Ημερήσιες θερμιδικές ανάγκες:</string>
<string name="en_daily_cal_needs">Daily caloric needs:</string>
<string name="gr_class_of_body">Κατάταξη σωματικού βάρους:</string>
<string name="en_class_of_body">Classification of body weight:</string>
<string name="gr_patient_class">Κατάταξη ασθενούς:</string>
<string name="en_patient_class">Patient classification:</string>
<string name="gr_ideal_weight">Ιδανικό βάρος:</string>
<string name="en_ideal_weight">Ideal weight:</string>
<string name="gr_suggested_diet">Ενδεικτική διατροφή για μία εβδομάδα:</string>
<string name="en_suggested_diet">Indicative diet for one week:</string>
<string name="gr_exceed_calories_message">Οι ιδανικές ημερήσιες θερμιδικές ανάγκες σας
ξεπερνούν τις 3828 θερμίδες, συνεπώς πρέπει να επισκεφθείτε διατολόγο ο οποίος θα δώσει μια
διατροφή εξειδικευμένη για εσάς!</string>
<string name="en_exceed_calories_message">Your daily caloric needs exceed 3828kcal, so you
should visit a dietician to give a diet especially for you!</string>
<string name="gr_breakfast">Πρωινό:</string>
<string name="en_breakfast">Breakfast:</string>
<string name="gr_brunch">Πρόγευμα:</string>
<string name="en_brunch">Brunch:</string>
<string name="gr_lunch">Μεσημεριανό:</string>
<string name="en_lunch">Lunch:</string>
<string name="gr_afternoon">Απογευματινό:</string>
<string name="en_afternoon">Afternoon:</string>
<string name="gr_dinner">Βραδινό:</string>
<string name="en_dinner">Dinner:</string>
<string name="gr_before_sleep">Προ-ύπνου:</string>
<string name="en_before_sleep">Before-sleep:</string>
<string name="gr_return_home_message">Αρχική Σελίδα</string>
<string name="en_return_home_message">Home Page</string>
<string name="arrow_right">&gt;&gt;</string>
<string name="arrow_left">&lt;&lt;&lt;</string>
</resources>

```

4.3.13 Αρχείο AndroidManifest.xml στο φάκελο res

```

<?xml version="1.0" encoding="utf-8"?>
<manifest xmlns:android="http://schemas.android.com/apk/res/android"
package="app.dailycalories"
android:versionCode="1"
android:versionName="1.0" >
<uses-sdk
android:minSdkVersion="10"
android:targetSdkVersion="18" />
<supports-screens
android:anyDensity="true"
android:largeScreens="true"
android:normalScreens="true"
android:smallScreens="true"
android:xlargeScreens="true" />
<application
android:allowBackup="true"
android:icon="@drawable/ic_launcher"
android:label="@string/app_name"
android:theme="@style/AppTheme" >
<activity
android:name="app.dailycalories.LanguageSelection"
android:label="@string/app_name" >
<intent-filter>
<action android:name="android.intent.action.MAIN" />
<category android:name="android.intent.category.LAUNCHER" />
</intent-filter>
</activity>
<activity android:name="app.dailycalories.EntryForm" >

```

```
</activity>  
<activity android:name="app.dailycalories.ResultScreen" >  
</activity>  
<activity android:name="app.dailycalories.Diet">  
</activity>  
</application>  
</manifest>
```

5. ΠΙΘΑΝΕΣ ΕΠΕΚΤΑΣΕΙΣ (Updates)

Πιθανές επεκτάσεις της εφαρμογής θα μπορούσαν να είναι:

- Βελτίωση του γραφικού περιβάλλοντος και προσαρμογή του σε νεώτερες εκδόσεις Android.
- Τροποποίηση των τύπων υπολογισμού θερμίδων βάσει άλλων επιστημονικών ερευνών.

6. ΒΙΒΛΙΟΓΡΑΦΙΑ

Για την ανάπτυξη της εφαρμογής “Daily Calories & Body Fitness” χρειάστηκαν:

- Η προετοιμασία για την απόκτηση των βασικών γνώσεων των ιδιαιτεροτήτων ενός κώδικα σε Android. Αυτή έγινε από το βιβλίο: Head First Android Development του Jonathan Simon
- Το επίσημο site προγραμματισμού σε Android:
<http://developer.android.com/index.html>
<http://developer.android.com/reference/packages.html>
- Η περιήγηση σε διάφορα προγραμματιστικά forums για συγκεκριμένα τεχνικά ζητήματα ή και προβλήματα που παρουσιάστηκαν κατά τη συγγραφή του κώδικα. Τα κυριότερα είναι:
<http://stackoverflow.com/>
<http://envyandroid.com/archives/271/easiest-way-to-create-android-icons>
<http://mobile.tutsplus.com/tutorials/android/android-sdk-creating-forms/>
<http://www.codeproject.com/Articles/119293/Using-SQLite-Database-with-Android>
<http://tekeye.biz/2013/a-swipe-view-android-example-for-screen-paging>
- Η σημαντική συμβολή της Σοφίας Λιάσκου, φοιτήτριας διαιτολογίας του ΑΤΕΙ Θεσσαλονίκης, η οποία διαμόρφωσε το ενδεικτικό πρόγραμμα διατροφής για κάθε κατηγορία θερμίδων που υποστηρίζει η εφαρμογή. Οι τύποι υπολογισμού του βασικού ρυθμού μεταβολισμού, των ημερήσιων θερμιδικών αναγκών όπως επίσης οι πίνακες κατάταξης ασθενούς και υπολογισμού ιδανικού βάρους, λήφθηκαν στα πλαίσια του μαθήματος “διατροφή και σχεδιασμός διαιτολογίου για φυσιολογικές καταστάσεις” του τμήματος διαιτολογίας του ΑΤΕΙ Θεσσαλονίκης από την παραπάνω φοιτήτρια.