What does wellbeing project do

A beep test that stores data on information from the user, the device is used repeatively for a better result from the user to show improved wellbeing

How does it improve wellbeing

Exercise causes your brain to release 'feel good' chemicals like endorphins and serotonin that help improve your mood. It also improves your fitness, which can help lift your mood. Doing physical activity can also distract you from negative thought patterns.

What if questions?

What if I wish to improve my aerobic power by a certain percentage?

How does the time of day affect my results? What if I train in the morning compared to the evening?

What if I wish to be able to achieve a score of 7.5 on the beep test

2 separate micro-bits with the same code, designed to take in data from one to another through a series of button presses, each one storing data through this action, at the end of the session the results will be displayed, the results is varied on the distanced between each one was pressed, the speed of the user is then determined on the result showing if they have improved or need improvement

A third microbit is added to allow wireless transfer of data to a database, for each time one of the 2 microbits part of the exercise is pressed, the data channel between them is shared to the third sentinel microbit