Features:

Feature 1: Food
The app will ask the user to enter a food type and give out the corresponding calorie intake.

Feature 2: Exercise
The app will record the time and speed of the user while an activity and give the amount of calorie burnt.

Feature 3: Sleep & Smart Alarm
The main feature of the app is to monitor sleep. It will ask the user to start this activity at bedtime and will wake the user up at an appropriate time using smart alarm. The user can snooze / dismiss it

Feature 4: Suggestions
Based on the sleep data collected by the app, an anomaly will be detected if any and a suggestion will be given to the user.

Feature 5: View Statistics
The user can view all his data in stats format here. For example, sleep graph, calorie intake/burnt.

Have a sound sleep

WITH

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Group 4

App Specifications