Software Engineering Project

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Fitnestic

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Overview

Exercise is the miracle cure we have all been waiting for. It is free, easy to start, has few side effects when done properly, and does not need a prescription. If exercise were a drug, it would


be the most cost-effective medicine of all time. Fitnestic your own personal trainer in your pocket! Stay on track with your weight loss and fitness goals with this simple solution to educate you on the effort required from different activity types to burn off various foods. Fitnestic uses scientific calculations from your personal data to give you accurate personalised results. Fitnestic offers a comprehensive food database of over 5000 foods and over 100 activity types to choose from.

Whether you want to lose weight, tone up, get healthy, change your habits, or start a new diet Fitnestic has you covered.

FEATURES

TRACKING FOOD IS FAST AND EASY

■ Biggest Food Database -- 6+ million foods in our database including global items and cuisines.

■ Barcode Scanner -- Simply scan barcodes to log foods. 4+ million barcodes recognized.

■ Recipe Importer -- Easily import the nutrition information for the recipes you cook.

■ Restaurant Logging -- Quickly log menu items from your favorite restaurants.

■ Food Insights -- Learn how to make healthier choices about the foods you eat.

■ Personalized Experience -- Create your own foods, recipes, and meals and save favorites.

■ Calorie Counter -- We automatically calculate the calories in your foods, meals and recipes.

■ Track All Nutrients -- Calories, fat, protein, carbs, sugar, fiber, cholesterol, vitamins, and more.

■ Customize Your Diary -- Log breakfast, lunch, dinner and snacks or create your own meals.

■ Water Tracking -- Log water in cups, ounces or ml. We save your recently logged amounts.
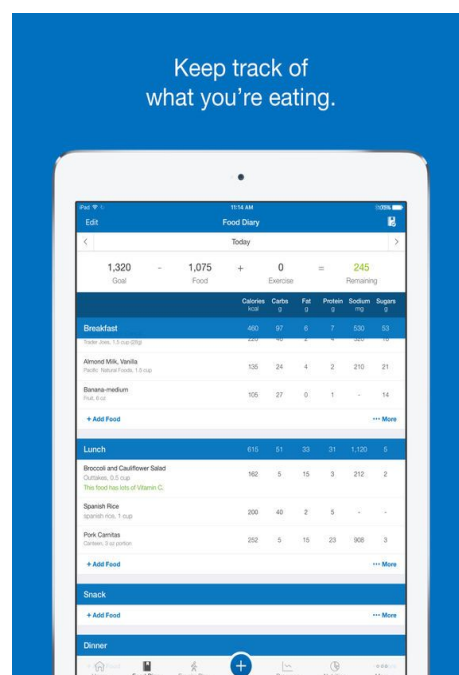
REACH YOUR GOALS

■ Choose A Goal -- We support weight loss, weight gain, and weight maintenance goals.

■ Goal Setting -- Create your own goals or let us create personalized goals for you.

■ Change Habits -- It's almost like having a nutrition coach right inside your pocket.

▌REAL TIME TRACKING

■ Effortlessly track any activity. As you walk, run, or cycle throughout the day, your phone or Android Wear watch automatically logs them with Google Fit.

■ Get instant insights. See real-time stats for your runs, walks, and rides. Google Fit will record your speed, pace, route, elevation, and more so you can stay motivated and on track.

■ Reach your fitness goals. Set goals based on steps, time, distance, calories burned. Receive personalized recommendations and coaching for activity goals.

Details

The app will ask user about his goal or the target weight he/she is trying to achieve and store the his/her details and BMI. The app records the user's daily food intake, this can be done by using the barcode in case of processed food or can search the database (using Edamam Eat Better API). The App simultaneously log the user exercise done (calories burned) using the Google Sensor Api coupled with Android Fitness API calculates and adjusts the target calorie intake for the day. This data is also saved on the Google Fitness Store so that it can be fetched later if the user wants to view his eating as well as his exercise pattern.
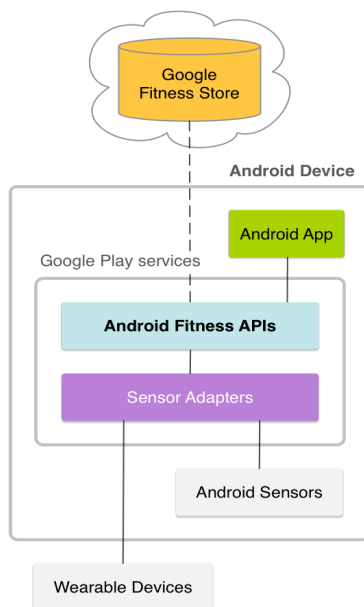
Product Backlog

Food Intake

- User should be able to search through the food product database by keyword Search.
- User should be able get the product details through barcode in case of processed/packed food.
- User can create a food intake log specific the item details and the calorie intake. If product not found.
- Daily food intake should be uploaded to the Google Fitness Store to maintain a history for the user to review later.

Exercise

- Device should calculate the user step count and provide with the amount of calories burned.
- This sensing should also calculate other user physical activities as well.
- This data too should be uploaded to the Google Fitness Store so that user may review it later.

Goal

- User must be able to edit the daily goals if need be and this adjustment should be adjust against the monthly intake.
- If the user wants to lose weight, gain weight or simple stay in shape , the daily goal for him should be calculated for him.