**Script**

Microbit Recording:

My model is based off many modern devices that can help improve your physical wellbeing by giving feedback on your heart rate through the duration of a workout. My research deemed that more physical exercise will result in a healthier heart, and where I also found that many potential end users found it more enjoyable and effective when they could view their statistics. My system works by firstly strapping the pulse rate monitor to one of your fingers then starting the system pressing button B on the microbit, a digital input. As a result, the LED screen on the microbit will display a flag formation to signify the start of the workout proving to be a digital output. As well as this an analogue output is used in the form of a short chime to audibly alert the user. These inputs collectively meet ‘Basic Requirement 1’. Once the system has been activated the pulse monitor will begin to read in the user’s pulse as an analogue input. This data is then processed and sent to Firebase to be stored. Once the user’s workout has been completed, they press button A to stop the reading of data, which is accompanied by a chequered flag and another chime.

Thonny – Basic Requirement 2: