**Group Name:** Blur 1

**Team Members:**

Anthony Arbour, Adam Smith, Jacob Boudreau, Sam Beaudoin, Kenneth Seneres,

Henrikus Freeman

**App Name/Category:** Blur Body Balance/Health & Fitness

**Application Description:**

Blur Body Balance helps keep track of your weight, diet, and workouts all in one place to motivate you to meet your goals. This project seeks to develop an all in one place to keep track of your health. This app will allow the user create a personalized display that will allow them enter their own data and generate user reports. This app will allow users to set goals and will offer motivational features.

**Similar Applications:**

**Samsung Health:** The Samsung Health app allows you to keep track of some of the core aspects of fitness, such as exercise, food, sleep, and weight management. It can pair with wearables to gather data such as heart rate and steps. It has a section with social features, a section to check for medical conditions and symptoms, and a section on health and wellness related articles. It has a few features that make the process of health tracking a little more automatic, such as being able to detect walking or running, and calculating when you've gone to sleep.

**Fitbit:** The Fitbit app allows you to track many aspects of your fitness. The Fitbit app is designed to be used with a wearable Fitbit but the aspects can be manually recorded. Fitbit can track calories, exercise, water, food, and sleep all on a customizable dashboard. Fitbit also allows you to set goals and compete with other users. Our app would allow the user to track these different health aspects but would not focus on gathering data from a wearable device. Our app would be an all in one fitness app for anyone to record health data without needing a specific wearable device, or subscription.

**Google Fit:** A fitness app developed by Google and is only available on the play store. Google app is based on tracking users activity and setting user designed goals. Google fit provides it recommended fitness goals, developed in conjunction with WHO, in which the user can work towards. This app also provides a point system to motivate users to moves. Google Fit generates graphical representations of the users data. The app also provides tips in which the user can view. The overall score for the app is 3.8. This lower score is due to inaccurate data tracking, uncustomizable features, and inability to remove/slash edit incorrect data.