The word "Fitr" is written in a large, blue, sans-serif font. A pink ECG line is superimposed over the text, starting from the left, passing through the letters, and ending on the right. The line has two prominent peaks, one above the 'i' and one above the 't'.

Fitr

Fitness is Training Right

User Guide v1.0

for Fitr build 2.0.0.0

07/10/2014

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About

The Health Tracking and Analysis System (HTAS), known as Fitr, is a tool primarily for physically active individuals. It provides useful information about the users tracked health and physical activity through a range of graphical and textual interpretations.

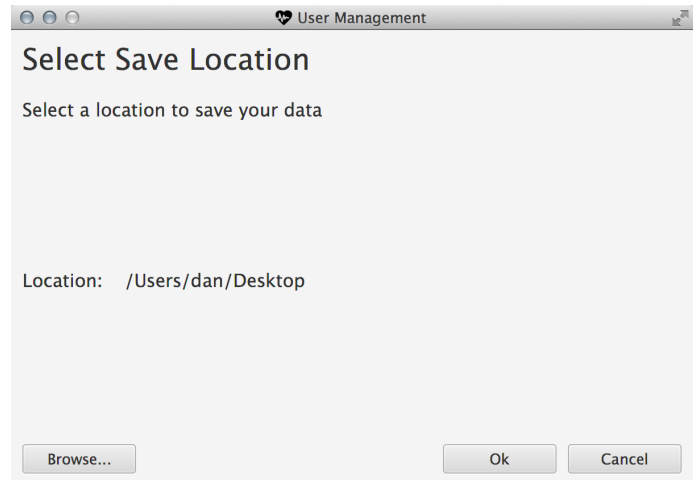
This guide provides a step by step guide on how to get the most out of Fitr, allowing the user to simply and easily visualise their fitness activities and goals immediately.

Guide to Using Fitr

Save Destination

When you open Fitr for the first time you will be prompted to select a save destination. This will create a folder on your personal computer where Fitr will save profile information.

1. Select 'Browse'
2. Select a location from the File Browser
(This will be where your profiles will be saved)
3. Select 'Ok'



Create your Profile

Fitr requires a profile to store your exercise data. Follow the steps below to create your profile.

Select Profile

Log In Cancel

Create Profile

Name:

Date of Birth:

Gender:

Height (cm):

Weight (kg):

Resting Heart Rate:

Create Cancel

1. Select the Plus symbol , ' + '.
2. Enter your Name
3. Use the date-picker to select your date of birth
4. Select your Gender
5. Enter your Height
6. Enter your Weight
7. Enter your Resting Heart-Rate
8. Hit 'Create'

How to calculate your Heart Rate

To check your pulse at your wrist, place two fingers between the bone and the tendon over your radial artery — which is located on the thumb side of your wrist. When you feel your pulse, count the number of beats in 15 seconds. Multiply this number by 4 to calculate your beats per minute.

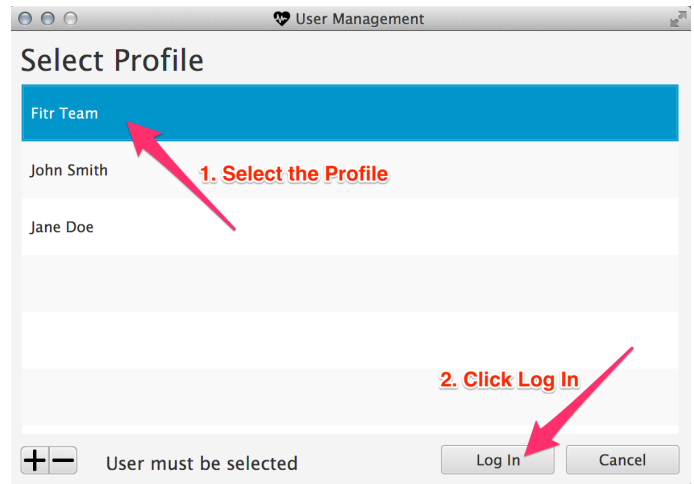
Logging in to Fitr

1. Highlight the profile you want to use

2. Click 'Login'

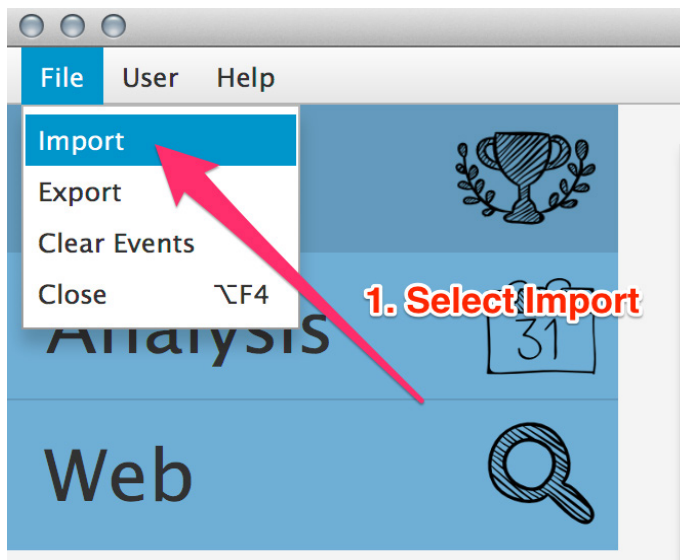
Note:

You can delete a profile by selecting it and then hitting the minus symbol, ' - '.



Importing a Data File

Once you've logged into your user profile you can then start importing events.



1. Select 'Import' from the File Menu

2. Select the data file that you wish to import

3. Click 'Load'

4. Click 'Ok' on the Import Notification
(See Below for more information)

Note:

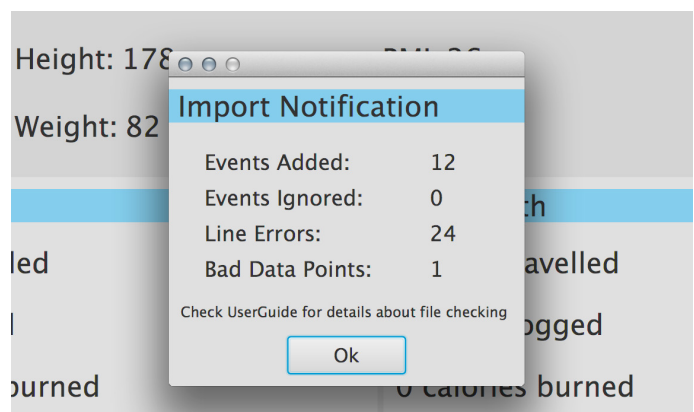
Only data files in the correct format will be loaded correctly. They need to be a *.csv file type and conform to the Fitr data structure.

File Checking Explained

To successfully load up the events in your CSV file, first check that each line is in the following format: #start,Event Name,,, or dd/mm/yyyy,hh:mm:ss,HeartRate,Latitude,Longitude,Altitude.
e.g. 10/04/2005,23:42:28,69,30.2553368,-97.83891084,239.5.

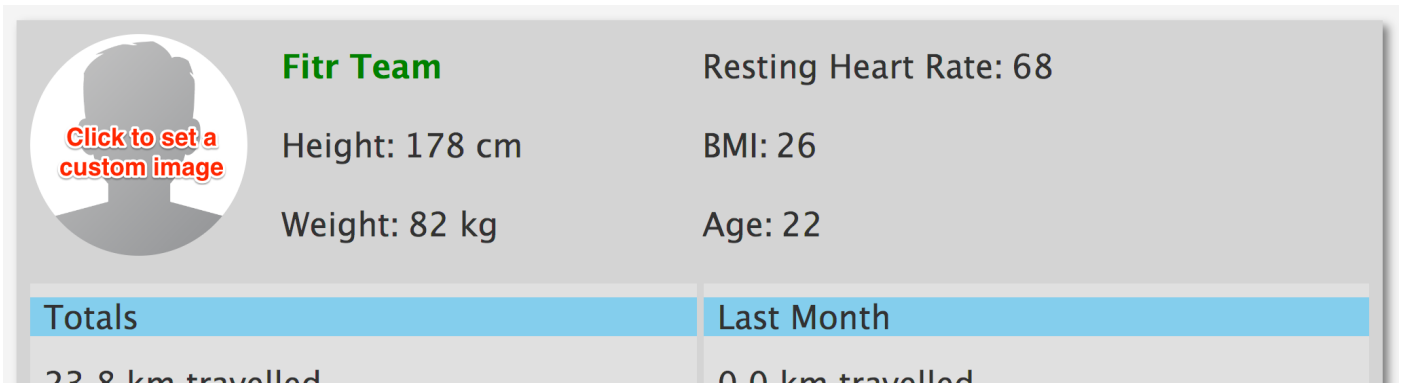
Events will not be added if:

The event being added is the same as an event already in the users events (two events are deemed to be the same if they have the same title and start time). Or the event being added has less than 2 valid points.



The Dashboard - User Profile

An overview of the profile information is shown on the dashboard. This information is set by the user when they create the profile, and updatable if required.

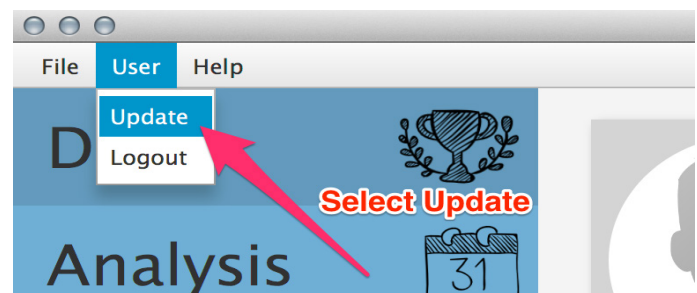


A screenshot of the user profile dashboard. On the left, there is a circular placeholder for a profile picture with the text "Click to set a custom image" in red. To the right of the image, the user's name "Fitr Team" is displayed in green. Below the name, the user's height "178 cm" and weight "82 kg" are listed. To the right of these, the resting heart rate "68", BMI "26", and age "22" are shown. At the bottom, there are two columns: "Totals" and "Last Month". The "Totals" column shows "23.8 km travelled" and the "Last Month" column shows "0.0 km travelled".

Note:

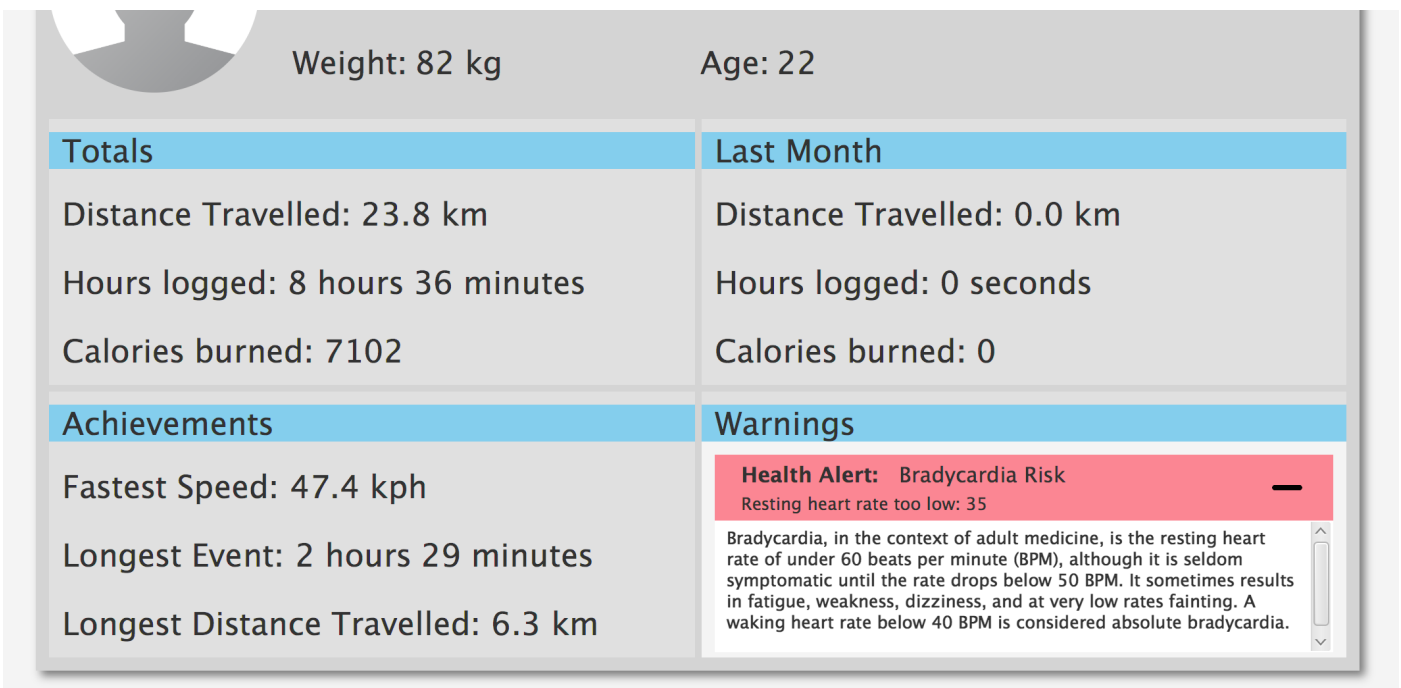
A personalised image can be set for the profile by clicking on the default image.

Updating profile information can be done through the User menu.



The Dashboard - Summary

Total and monthly summary information for the selected profile is shown on the dashboard. This can be helpful to track your progress as you continue to use Fitr.



A screenshot of the dashboard summary. At the top, there is a circular placeholder for a profile picture. To the right of the image, the user's weight "82 kg" and age "22" are displayed. Below this, there are two columns: "Totals" and "Last Month". The "Totals" column shows "Distance Travelled: 23.8 km", "Hours logged: 8 hours 36 minutes", and "Calories burned: 7102". The "Last Month" column shows "Distance Travelled: 0.0 km", "Hours logged: 0 seconds", and "Calories burned: 0". Below these columns, there are two sections: "Achievements" and "Warnings". The "Achievements" section shows "Fastest Speed: 47.4 kph", "Longest Event: 2 hours 29 minutes", and "Longest Distance Travelled: 6.3 km". The "Warnings" section shows a "Health Alert: Bradycardia Risk" with the text "Resting heart rate too low: 35". Below the alert, there is a detailed explanation of bradycardia: "Bradycardia, in the context of adult medicine, is the resting heart rate of under 60 beats per minute (BPM), although it is seldom symptomatic until the rate drops below 50 BPM. It sometimes results in fatigue, weakness, dizziness, and at very low rates fainting. A waking heart rate below 40 BPM is considered absolute bradycardia."

Note:

As Fitr processes your event data it is also checking for signs of health problems. Fitr will alert you with a descriptive warning on the dashboard if any of these health problems have been detected.

Event Analysis

Event Selection

Events for a given week can be seen by selecting a date from that week through the calendar. The day of the most recent event is selected by default the first time analysis is loaded for each Fitr session.

1. Select Analysis

2. Select a Date

3. Select an Event

Summary

Event specific totals and averages are shown on the summary tab. This gives you an overview of the selected event.

Run around Washington DC
Tuesday, September 16, 11:15 AM

Summary

Duration: 30 minutes 33 seconds

Distance: 2.71 km

Average Heart Rate: 122 bpm

Maximum Heart Rate: 158 bpm

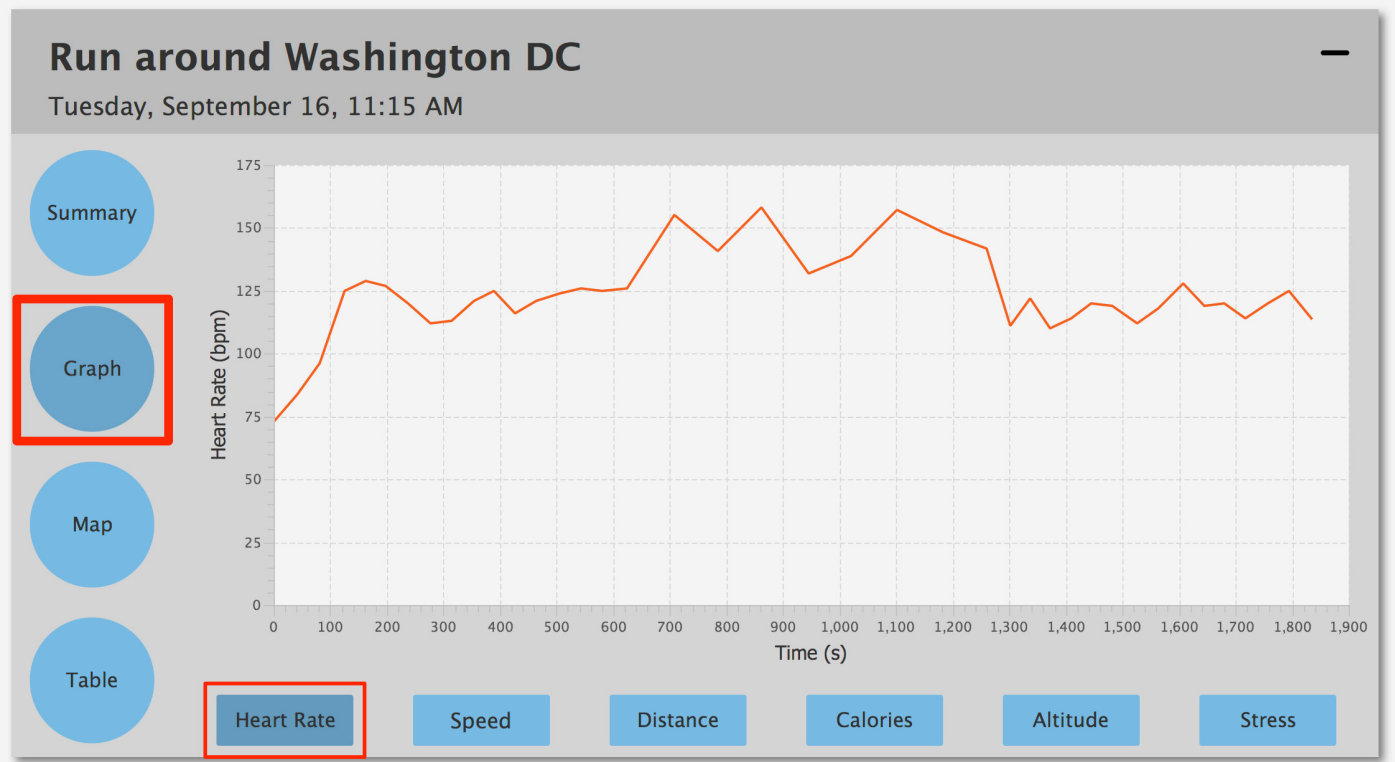
Calories Burned: 338

Average Speed: 5.3 km / h

Maximum Speed: 20.5 km / h

Graphs

Event specific graphs are selectable for viewing on the graphs tab. This feature allows you to track different aspects over the duration of your activity.

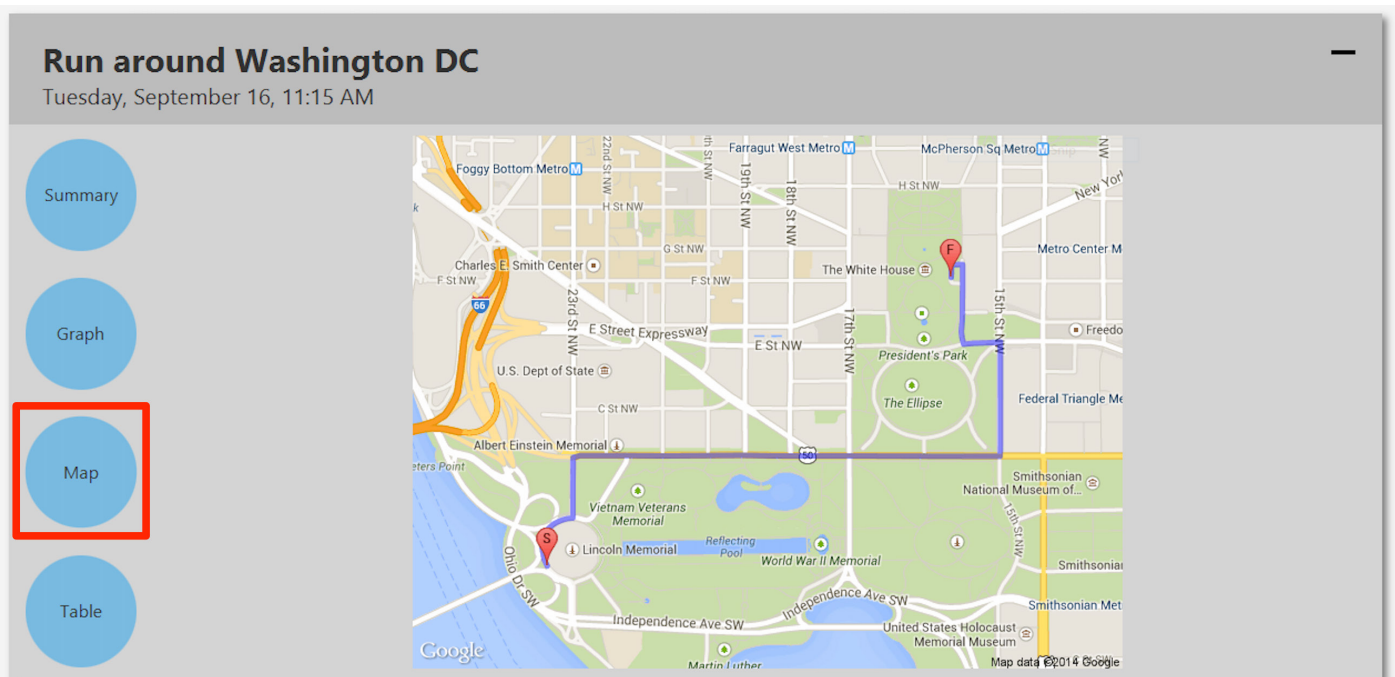


Note:

There are multiple types of graphs that Fitr generates from your data. These can be seen by navigating through the buttons at the bottom of the tile, as seen above.

Map View

The map view shows a map of the path taken during the selected event. An internet connection is required for this feature.



Raw Data

This is a point-by-point breakdown of the data that was imported for the selected event.

Run around Washington DC						
Tuesday, September 16, 11:15 AM						
	Time	Heart Rate	Altitude (m)	Latitude	Longitude	Distance (m)
Summary	11:15:53	73	24.0	38.88879	-77.051160000000001	0.00
	11:16:35	84	24.0	38.88899	-77.05128	24.55
	11:17:14	96	21.0	38.8894	-77.051380000000001	46.42
	11:17:58	125	21.0	38.8895400000000004	-77.05137	15.60
Graph	11:18:36	129	21.0	38.8896600000000006	-77.05132	14.03
	11:19:12	127	22.0	38.88982	-77.051210000000001	20.18
	11:19:50	120	16.0	38.88991	-77.05113	12.17
Map	11:20:29	112	17.0	38.89005	-77.05092	23.94
	11:21:07	113	24.0	38.89016	-77.05064	27.15
	11:21:47	121	18.0	38.890220000000001	-77.05038	23.48
Table	11:22:22	125	23.0	38.89023	-77.050170000000001	18.21
	11:23:00	116	22.0	38.8907500000000004	-77.050170000000001	57.84
	11:23:37	121	19.0	38.8919200000000006	-77.05016	130.14

WebSearch

Search for health and fitness related websites using Fitr's inbuild search engine. Results will show up four at a time and will open an external browser when the URL is clicked.

1. Enter a Search Query

2. Click Search

Brachycardia

Search Show More Results Clear

brachycardia - definition of brachycardia by Medical...
<http://medical-dictionary.thefreedictionary.com/brachycardia>
 Definition of brachycardia in the Medical Dictionary. brachycardia explanation. Information about brachycardia in Free online English dictionary. What is ...

Bradycardia - Wikipedia, the free encyclopedia
<http://en.wikipedia.org/wiki/Bradycardia>
 Bradycardia in the context of adult medicine, is the resting heart rate of under 60 beats per minute (BPM), although it is seldom symptomatic until the rate drops ...

Brachycardia | Define Brachycardia at Dictionary.com
<http://dictionary.reference.com/browse/brachycardia>
 brachycardia brach-y-car-di-a n. See bradycardia. The American Heritage® Stedman's Medical Dictionary Copyright © 2002, 2001, 1995 by Houghton Mifflin ...

Bradycardia Definition - Diseases and Conditions - ...

Note:

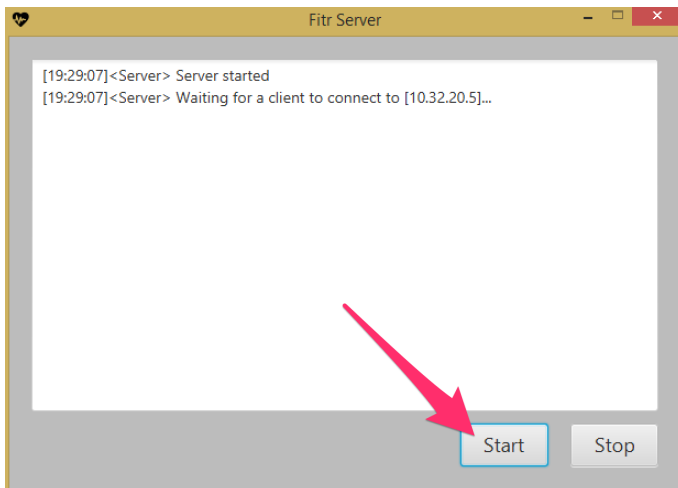
See more results or clear the current results using the appropriate buttons found on the top right.

Advanced - Fitr Server Console

Fitr also contains a server console for advanced users who wish to export their profile information to a local database.

Note:

For this functionality to work an SQL database that is linked to the server is required.



The Server

- Turn the server on by hitting 'Start'
- Turn off the server by hitting 'Stop'

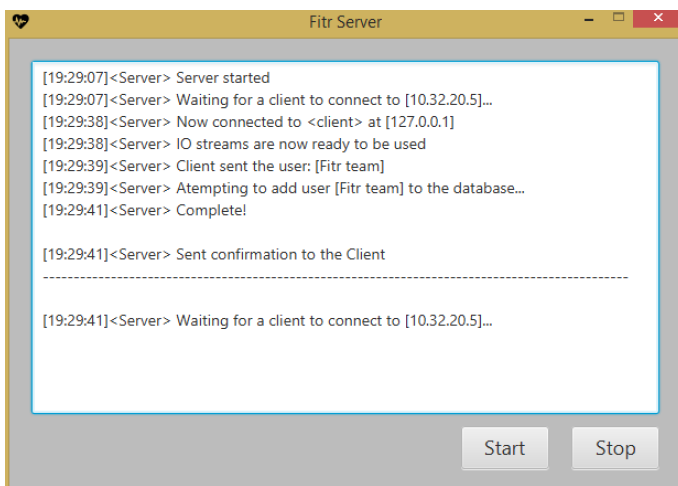
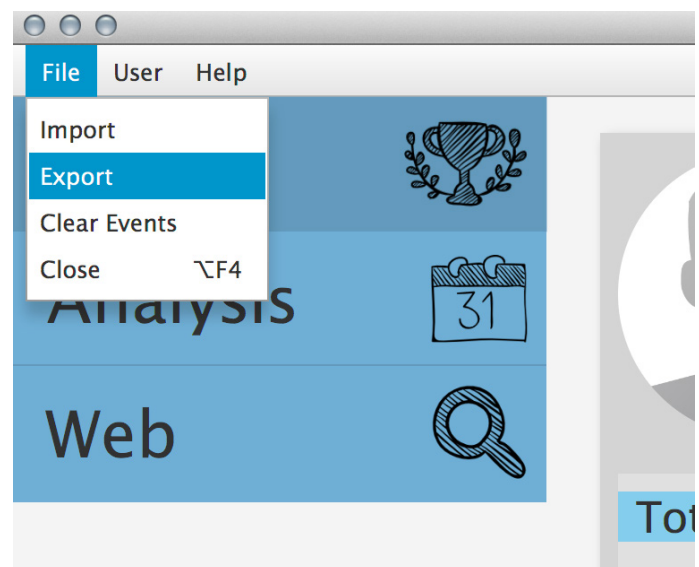
Exporting a profile from Fitr

- Select 'Export' from the File menu

If Fitr is able to locate the server and a database is set up it will send the current profile and event information for it to store.

Note:

Fitr will notify you of a successful or failed export attempt.



The server console will display details about the export.

The server console text will be more informative for both successful and failed exports, so check here if an error is reported in Fitr when attempting to export.

Software Development

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