The logo features the word "Fitr" in a bold, blue, sans-serif font. A purple line, resembling a heart rate monitor or ECG, is superimposed over the text. The line starts on the left, goes up to the top of the 'F', dips to the middle of the 'i', goes up to the top of the 't', dips to the middle of the 'r', and then continues horizontally to the right.

Fitr

Fitness is Training Right

User Guide v1.0

About Fitr

fitr does this that and another thing really well..

The Fitr Development Team

Software Development

SENG202 2014 Team 5

- Simon Crequer
- James Harrison
- Jaln Rodger
- Sam Schofield
- Daniel Tapp
- Daniel van Wichen

Supervisors, Feedback and Support

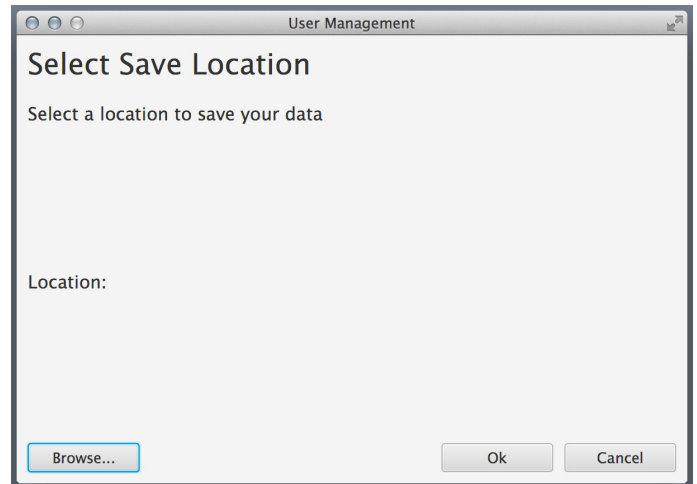
- Class of SENG202 2014
- Matthias Galster
- Moffat Mathews
- Marina Filipovic
- Philip Quinn
- Andrew Nuxoll

Guide to Using Fitr

Save Destination

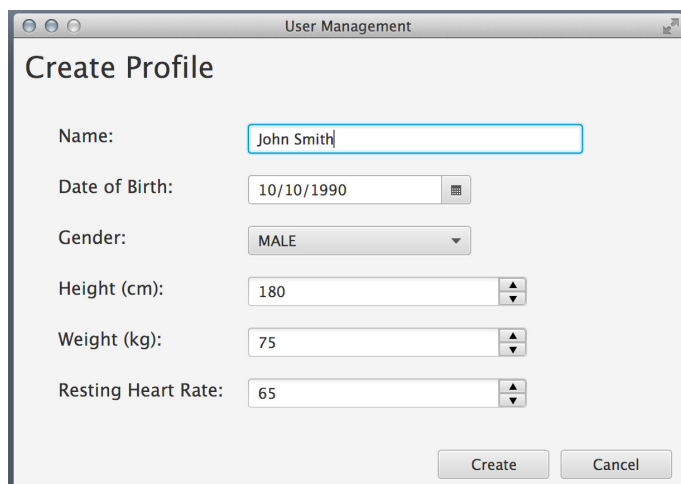
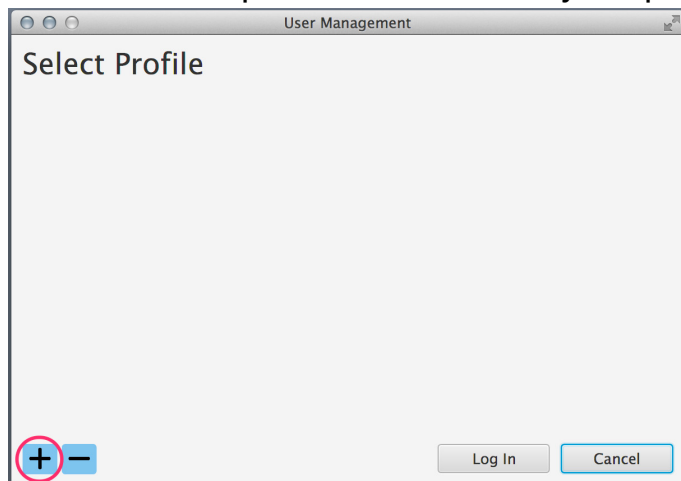
When you open Fitr for the first time you will be prompted to select a save destination. This will create a folder on your personal computer where Fitr will save profile information.

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.



1. Select the Plus (Circled) to create a new Profile
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.

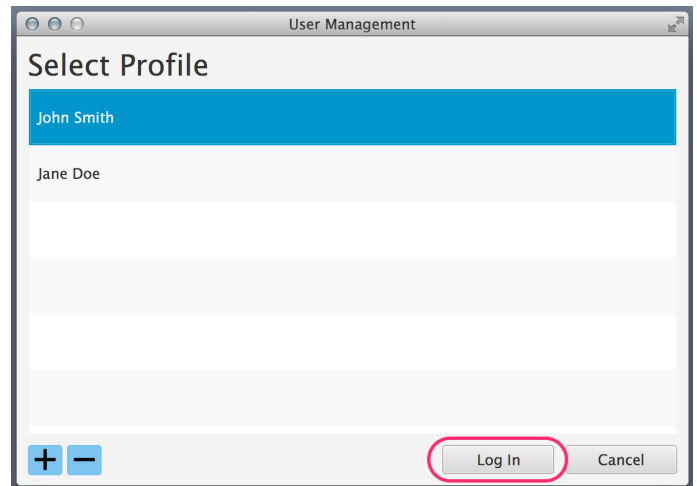
Login to Fitr

1. Highlight the profile you want to use

2. Select 'Login'

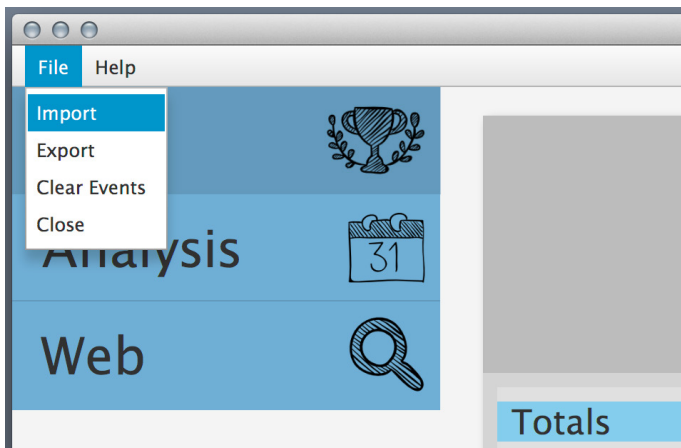
Note:

You can delete a profile by highlighting it then hitting the 'Minus' (Next to the create 'plus').



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 and click load

Note:

Data files will be of the *.csv filetype. If the file is incorrectly formatted it will produce errors.

The Dashboard - User Profile

A successful import will load all of the activities from the data file and place them into selectable events. An overview of the profile will be shown on the dashboard.

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.

The Dashboard - Warnings

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

Summary

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

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.

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.

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. See more results or clear the current results using the appropriate buttons.

Advanced: Fitr Server Console

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

