

Members

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Team Name:

ARJ

Project Name:

Fit Track

Description

The mobile application we are proposing and intend to build revolves around health. Health plays a major role in the human body system and can affect us greatly. It is the state of our physical, mental, and social well-being. Additionally, these are also the factors that will affect our health. As a result, maintaining our health is the best way to prolong our lives and to be able to live it to the fullest. To ensure this possibility we should commit to daily activities in order to maximize our health. This includes exercising, managing stress levels, a balance diet, maintaining a good social life, positive attitude, and many more.

Purpose

The purpose of this mobile application is to ensure users can achieve and maintain a healthy lifestyle. Our goal is to organize our users through the help of our application. We will try to implement a simple user interface so all age groups will find it easy to use. As a result, we are trying to promote healthier life choices.

Solution

Through the use of our app, we hope it will help reduce the risk of diseases, obesity, and many other health factors. This will be a great beginner app to use to if you want to start making healthier life choices.

Features

Step Counter – This will use the accelerometer built in our phone in order to keep track of the amount of steps we take. Using this data, we can calculate and convert it into the amount of calories we burn base on the amount of steps we took.

Note pad – This will be used to keep track of the diet the user eats, list of exercising the user did. The user can set a goal or set a plan each day.

Task/Challenges – This will send out task or challenges for the user can do to help set a goal when exercising and recommend healthier life choices.

UV-Index – The sunlight sensor will retrieve measurement of UV light and be used to provide helpful information to the user.

Thermal detector – The thermal array sensor will measure body heat to sense if you are over exercising and may crash from fatigue.

Tasks

Raphael and Johnson will focus on the step counter feature. Adrian will focus on the Note pad feature.