# **Introduction**

The focus of this project is to promote a healthier lifestyle through a smartphone application by encouraging individuals to exercise more and implementing healthy habits in their life.

The roadmap to the rest of this document, Chapter 2: Context will analyse existing research and solutions promoting healthier lifestyle. It will also identify the limitations of the current solutions and how to overcome them. The following chapter, Chapter 3: New Ideas will propose a new solution, taking the research done in the previous chapter into consideration, by building on and improving on strong features identified in chapter 2. Chapter 4: Implementation documents the process of the designing and implementation of the proposed solution. Once the proposed solution has been implemented, Chapter 5: Results/Discussion will analyse and discuss the results of testing and evaluation carried out on the implemented solution. The final chapter, Chapter 6: Conclusions/Future Work reflects on what has been learned and summarise the success of the project, in addition to briefly discussing any potential improvements and/or future work.