1. Introduction

Fitness Friends is a health improving program that will help improve or better the lives of the individual user. With Fitness Friends, the user can compare, share, and compete with friends on their daily exercise or routine. Users can view their "fitness points" vs. their friends and see who has a better score.

2. Disclaimer

Fitness Friends will not make you feel better or promises to make you fit. Our program is to allow users to compare data with friends and analyze the data user uploads/inputs. This program will not make you skinnier, healthier or stronger. This program is for data collection and comparison only.

## 3. Table of Contents

4. Body of the Guide

This will differ for each project but here are a few points to cover

- Installation (both automated and manual)
  - o Upload all files onto a php server
  - o Correct connect.php to specific database password, username and database name
  - o Create database, follow instructions on database on readme1.txt on how to create the database
  - o Run program
- Uninstallation (both automated and manual)
  - o Delete all files from php server
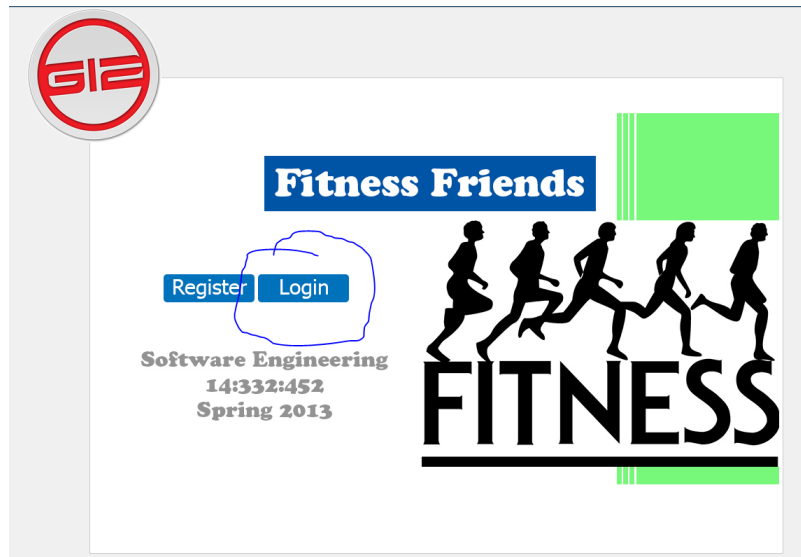 - o Delete all information from database

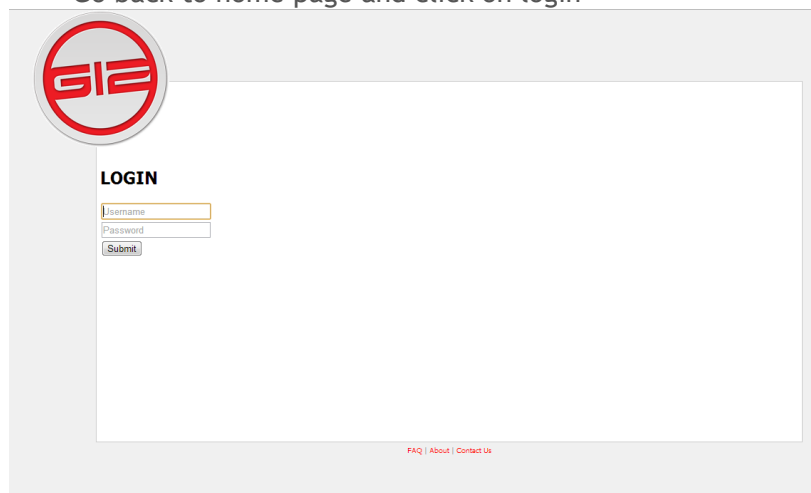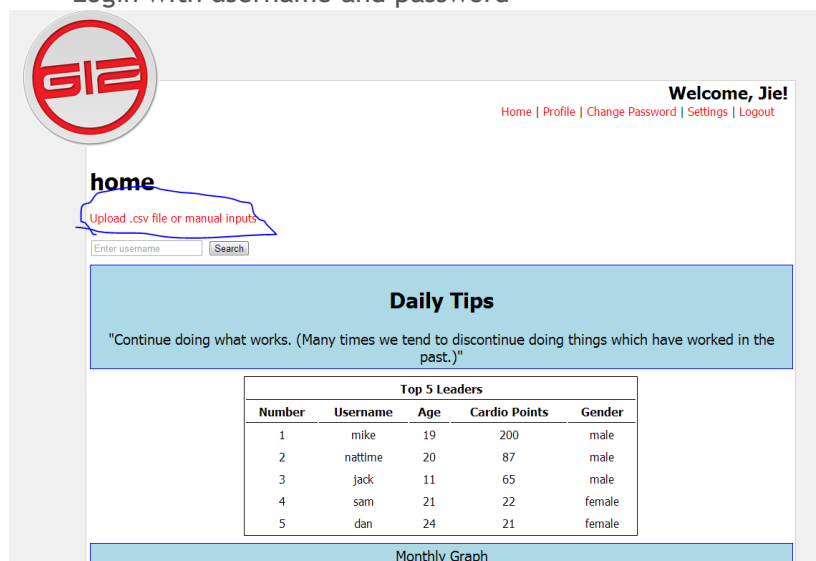- Step by step guides

1.
  Go to home page
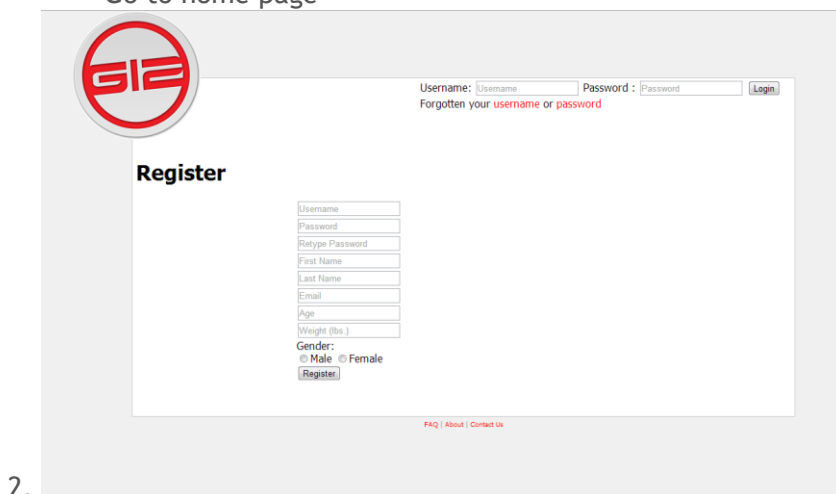
2.
  Register account

3.

Go back to home page and click on login

LOGIN

Username
Password
Submit

FAQ | About | Contact Us

4.

Login with username and password

Welcome, Jie!

Home | Profile | Change Password | Settings | Logout

home

Upload .csv file or manual inputs

Enter username   Search

Daily Tips				
"Continue doing what works. (Many times we tend to discontinue doing things which have worked in the past.)"				

Top 5 Leaders				
Number	**Username**	**Age**	**Cardio Points**	**Gender**
1	mike	19	200	male
2	nattime	20	87	male
3	jack	11	65	male
4	sam	21	22	female
5	dan	24	21	female

Monthly Graph

5.

Click on upload csv file

6.

Upload or manually input data of workout
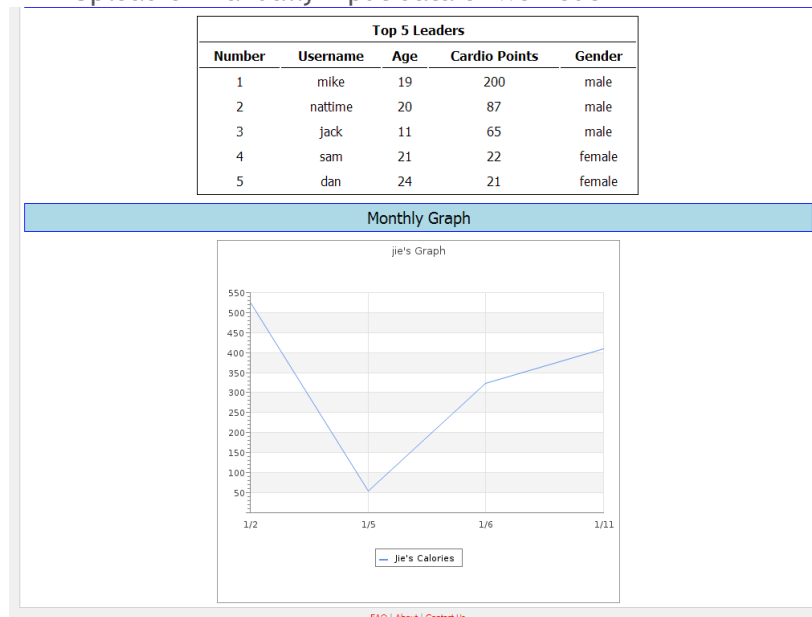
7.

Click home and view your data

5. Reference Materials

1)**"Adult Obesity Facts."** *Cdc.gov*. Centers for Disease Control and Prevention, 13 Aug. 2012. Web. 08 Oct. 2012. <http://www.cdc.gov/obesity/data/adult.html>.

2) **"Wearable Wireless Medical Devices to Top 100 Million Units Annually by 2016, ABI Research."** *Wearable Wireless Medical Devices to Top 100 Million Units Annually by 2016, ABI Research*. Business Wire, 17 Aug. 2011. Web. 08 Oct. 2012. <http://www.businesswire.com/news/home/

3) **"Google Code University: Android."** *Code.google.com*. Google, n.d. Web. 23 February 2013. <http://code.google.com/edu/android/index.html>.

4) **"Heart Diseases & Disorders."** *Hrsonline.org*. Heart Rhythm Society, n.d. Web. 23 Feb. 2013. <http://www.hrsonline.org/Patient-Resources/Heart-Diseases-Disorders>.

5) **"Heart Rate."** *Wikipedia*. Wikimedia Foundation, 10 Aug. 2012. Web. 23 Feb. 2013. <http://en.wikipedia.org/wiki/Heart_rate>.

6) McGee, Marianne Kolbasuk. **"11 Telemedicine Tools Transforming Healthcare."** *Informationweek*. InformationWeek, 23 Mar. 2012. Web. 23 Feb. 2013. <http://www.informationweek.com/healthcare/mobile-wireless/11-telemedicine-tools-transforminghealt/232602982>.

6. Contact and Additional Support Information

Visit us at http://se1.engr.rutgers.edu/~13group12/ for any questions or problems. Also contact Group 12

7. Copyright and Affiliation

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