



LifeExtender+

Group #16
User Documentation

github.com/SE2017/LifeExtenderPlus

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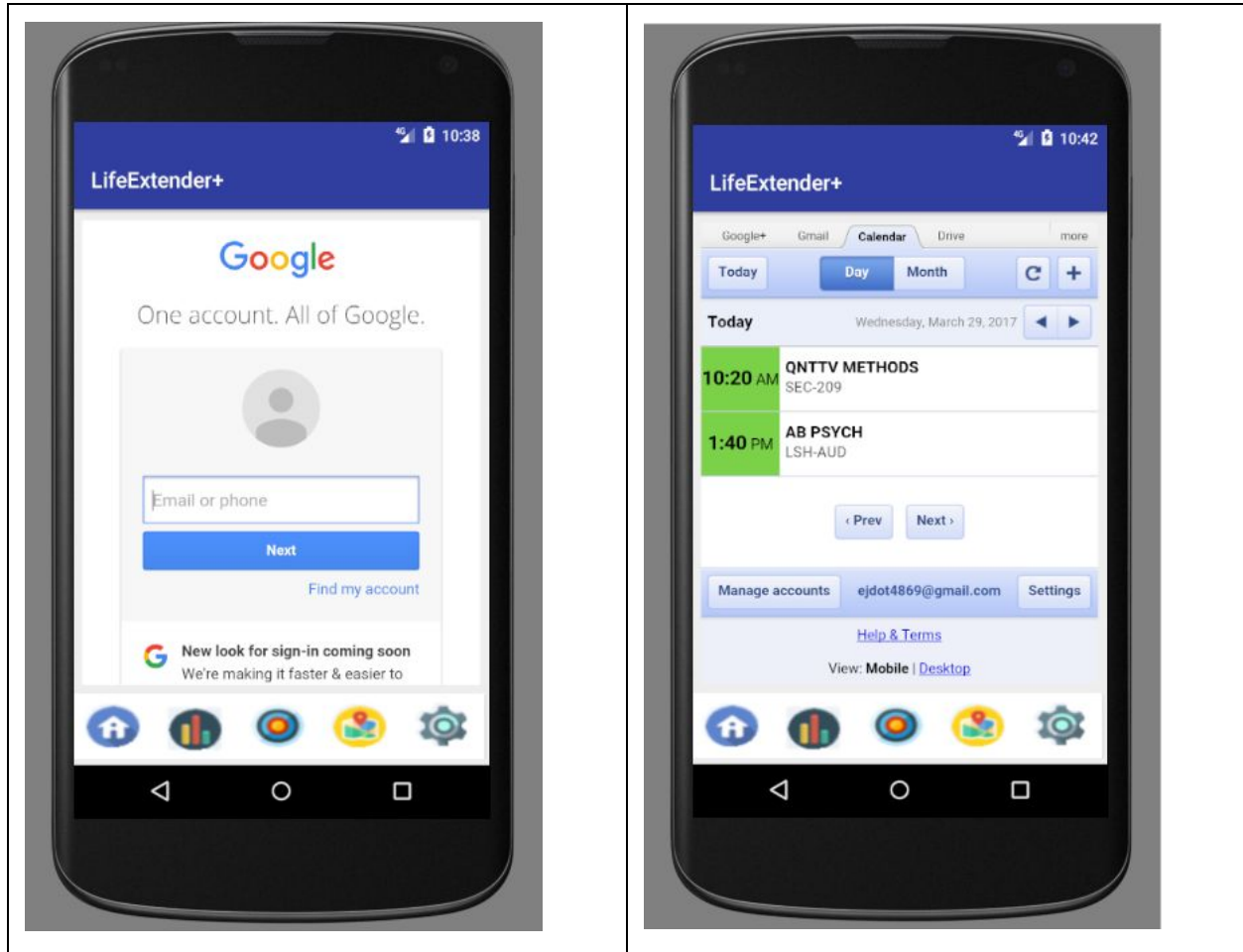
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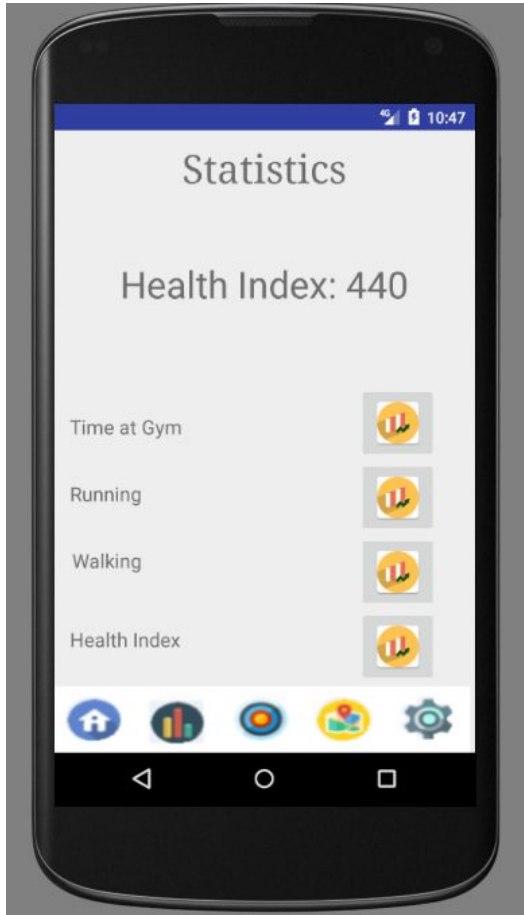
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1. Registration and Login



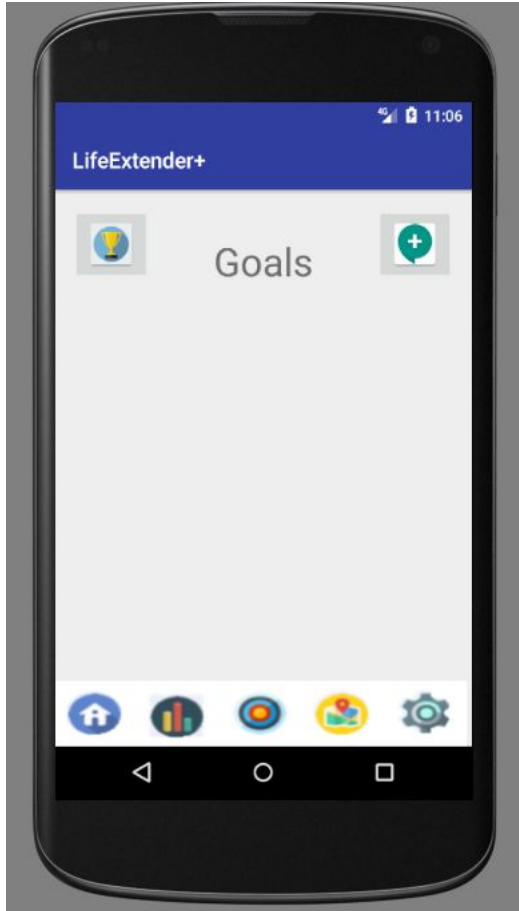
Upon opening the application, users will be prompted to register an account or login with Gmail. After logging in, the home page will load with an interactive Google Calendar to add events. Users can change between home, statistics, goals, location, and settings by using the respective buttons on the bottom.

2. Statistics

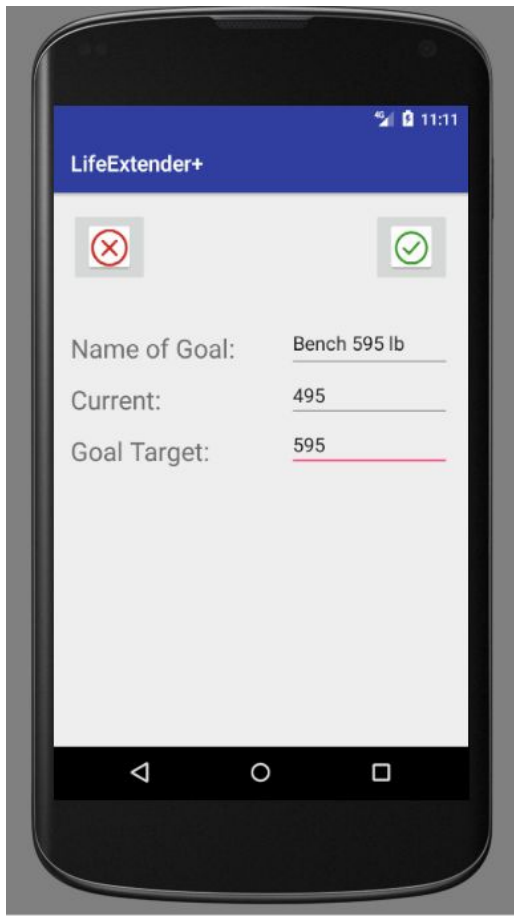


The statistics page will automatically load the user's cumulative Health Index. This value is determined by the user's time spent on low and high intensity activities and decrements by a default value of 100 for each day not spent active. On the same page will be a graphical analysis of the user's Health Index and time spent at the gym, running, and walking. Clicking the graph button next to each statistic will generate an XY scatter plot with a line to show progress throughout a time period.

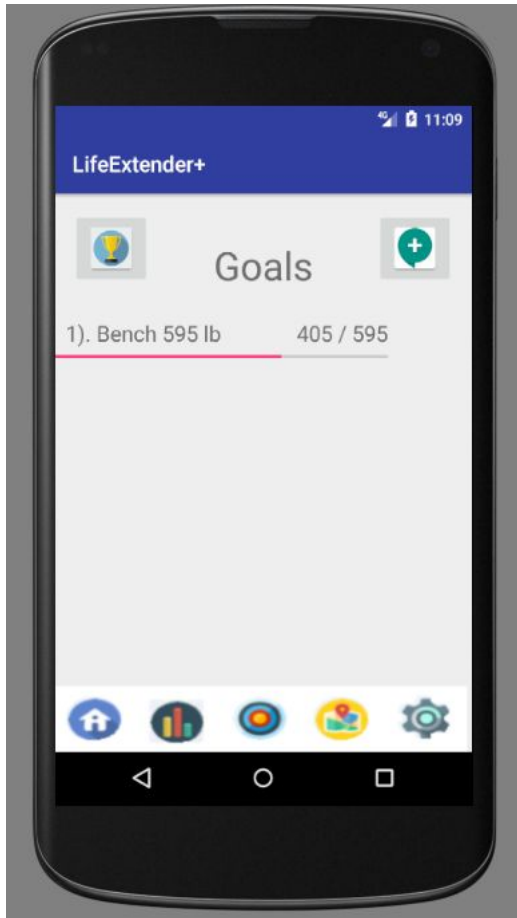
3. Goals



In the goals page, the user's current goals will be automatically loaded from the database. Any goals that are completed will be archived and saved as an achievements. which can be viewed by clicking on the trophy button located in the top left corner. To add a goal, users click on the plus button located in the top right corner, which will navigate to an input page.

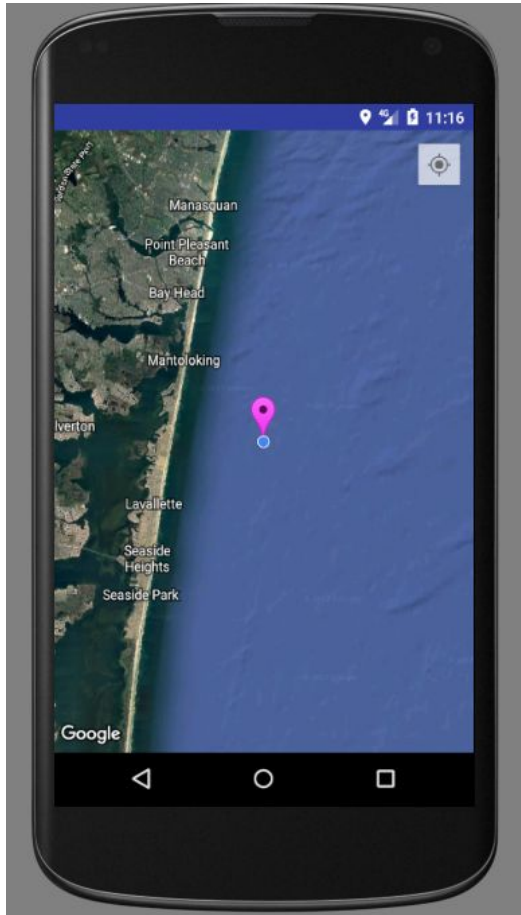


Once the user clicks on the add goal button, the user needs to provide the name of the goal and input the current progress and goal target. For example, if the user wants to bench press 595 lbs, s/he would put his/her current bench press weight as the current number and the target number as 595.



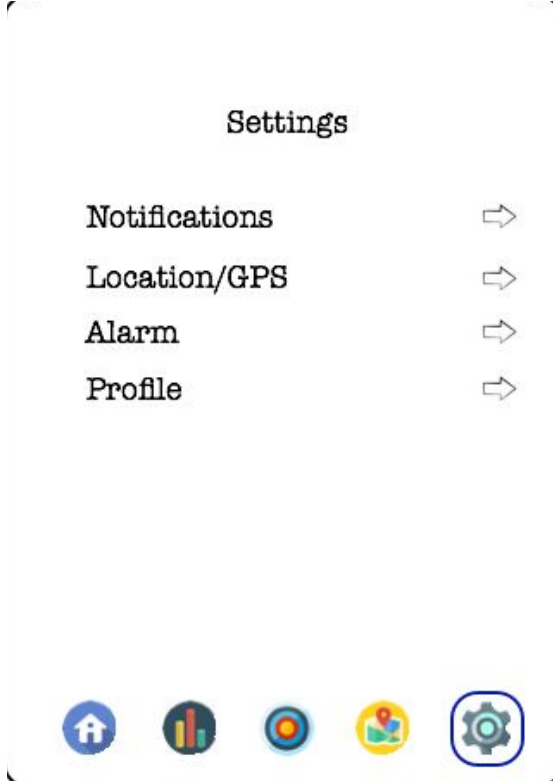
As indicated, the progress bar below each current goal will visually quantify how far along the user is in his/her goal. After the completion of a goal, the software will automatically move it into achievements.

4. Locations



On the locations page, Google Maps will load a map based on the user's location. This will be tracked using the phone's GPS, which will concurrently detect whether the user is near an active location (gym, fitness center, etc.) or whether s/he is engaging in activities (walking, running, etc.). The map is touch screen interactive to show varying range in the user's surroundings.

5. Settings

	<p>In the settings tab, users will be able to change the privacy settings for sharing Health Indices and the location settings to change the polling rate of the GPS.</p>
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